

the AMERICAN PSYCHOANALYST

FALL/WINTER 2007  
Volume 41, No. 4

Quarterly Magazine of The American  
Psychoanalytic Association

**Robert Pinsky:  
Poetry and Psychoanalysis  
Share Common Ground**

**Poet to Speak at APsaA Plenary**

Erica Levy McAlpine



Robert Pinsky

In the following lines from a poem in his first book, *Sadness and Happiness*, Robert Pinsky uses humor to describe a particular likeness between psychiatrists and writers:

I am quite sure that I have  
read somewhere  
That the rate of suicide  
among psychiatrists  
Is far higher than for any  
other profession.

There are many myths to explain  
such things, things  
Which one reads and believes  
without believing  
Any one significance for them—  
as in this case,

Which again reminds me of  
writers, who, I have read,  
Drink and become alcoholics  
and die of alcoholism  
In far greater numbers than  
other people.

Pinsky's poem, called "Essay on Psychiatrists," is 15 pages long and made up entirely of tercets. For these little three line stanzas Pinsky has a special fondness. During an interview at his home in Cambridge, Massachusetts, he explained it to me: "Four is rather stable, like a table or a horse. But three tumbles forward... I like the way that three is both symmetrical and asymmetrical." And though many of the "Essays" tercets poke fun at psychiatrists ("As far as one can generalize, only a few/ Are not Jewish..."), there is sentimentality and bewilderment in their descriptions of them too. Pinsky says that when he wrote the poem, "It was a period in my life when I was for the first time surrounded by people who were seeing psychiatrists, married to psychiatrists, were psychiatrists; I grew up in a lower-middle-class household where there was a certain amount of mental illness that went untreated." Life has changed for the poet since then: Thirty years later, a former U.S. poet laureate and married to a psychoanalyst, he is quite accustomed to living and working among therapists. He has even accepted an invitation to give the plenary at APsaA's annual meetings in January.

*Continued on page 4*

Erica Levy McAlpine is a poet and a Ph.D. candidate in English at Yale University.

This article was edited by Michael Slevin.

INSIDE TAP...

Highlights of  
New York Winter  
2008 Meeting . . . . . 7

PowerPoint  
Outreach Tool . . . . . 10

The IPA in Berlin . . . 14–15

Working with AMA . . . . 16

Special Section:  
Music . . . . . 18–22

New Publishing  
Partnership . . . . . 25

Community-based  
Peer Supervision  
Groups . . . . . 26

Analytic Service to  
Adolescents Takes  
Psychoanalysis to  
the Streets . . . . . 27

Remembering  
Morton Reiser . . . . . 29

APsaA Fellows . . . . 30–32

97th Annual  
Meeting . . . . . 36–38

- 3 Science in the Association—Part 2 *Lynne Moritz*
- 5 Moving Forward *Cal Narcisi and Myrna Weiss*
- 6 Campaign 2008—Getting Involved in Upcoming State and National Elections *Prudence Gourguechon*
- 7 Highlights of New York Winter 2008 Meeting January 16–20 *Gary Grossman*
- 8 Off Broadway Greets APsaA's Winter 2008 Meeting *Dottie Jeffries*
- 9 Restaurants in or near the Waldorf *Accessible and in All Price Ranges* *Dottie Jeffries*
- 10 PowerPoint Outreach Tool on Psychoanalysis Available Free to APsaA Members *Greg Lowder and Nancy McWilliams*
- 11 Science and Psychoanalysis: Whose Unconscious Is It Anyway? *Andrew J. Gerber*
- 13 Impact of the Omnibus Science Initiative *Alan Compton*
- 14 Remembering, Repeating, and Working Through—the IPA in Berlin *Bob Pyles*
- 15 On Being in Berlin *Paul Schwaber*
- 16 Working with AMA to Protect Patient Privacy *Tom Allen*

SPECIAL SECTION

**Music**

*Edited by Michael Slevin*

- 18 A Private Conversation *Steven T. Levy*
- 19 The Mind of the Composer *Martin L. Nass*
- 21 The Jazz Actor in the Racial Matrix *Krin Gabbard*
- 22 Freud Meets Mozart on the Oral–Aural Road *Julie Jaffee Nagel*
- 23 Poetry: From the Unconscious *Sheri Butler Hunt*
- 24 COPE: Professional Value of Reanalysis *Jon Meyer*
- 25 New Publishing Partnership Positions JAPA to Reach Vast Scholarly Community *Dean K. Stein*
- 26 Creating Community-based Peer Supervision Groups *Noreen J. Honeycutt*
- 27 Analytic Service to Adolescents Takes Psychoanalysis to the Streets *Mark D. Smaller*
- 29 Remembering Morton Reiser *Theodore Jacobs*
- 30 APsaA's Excellent New Fellows for 2007–2008
- 34 Report of the June 2007 Executive Council Meeting *Jane Walvoord*
- 35 Report of the June 2007 BOPS Meeting *Jane Walvoord*
- 36 Y'all Come...to Atlanta 97th Annual Meeting June 18–22, 2008 *M. Jane Yates*

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*Magazine of the  
American Psychoanalytic Association*

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*The American Psychoanalyst* is published quarterly. Subscriptions are provided automatically to members of The American Psychoanalytic Association. For non-members, domestic and Canadian subscription rates are \$36 for individuals and \$80 for institutions. Outside the U.S. and Canada, rates are \$56 for individuals and \$100 for institutions. To subscribe to *The American Psychoanalyst*, visit <http://store.yahoo.com/americanpsych/subscriptions.html>, or write TAP Subscriptions, The American Psychoanalytic Association, 309 East 49th Street, New York, New York 10017; call 212-752-0450 x18 or e-mail [apsa@apsa.org](mailto:apsa@apsa.org).

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ISSN 1052-7958

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## Science in the Association—Part 2

Lynne Moritz

In the last president's column, I described a number of research and science initiatives that I have had the opportunity to institute or facilitate. These included the creation of a Task Force on Research and Science, the joint science meetings planned with Division 39, the research project in child-focused training, and the comparative outcome study of psychoanalysis, CBT, and supportive-expressive psychotherapy.

In this column, I will outline some of the resources related to research and science that are available to our members through our Association. Parts of these resources exist in the sheer depth, diversity, and dedication of our members, many of whom have devoted their lives to education, science, and research. These members serve the organization and our discipline in myriad ways—in teaching, in developing the substantive data that must guide the process of change. Other resources flow from these members working within the structures of our Association, structures developed to support and coordinate our scientific and scholarly endeavors, e.g., the Fund for Psychoanalytic Research and the Research Associates of the American Psychoanalytic Association (RAAPA). Yet other resources exist in the work products of these members, available to all. And all members contribute to science through their dues support and individual contributions.

Indeed, since the Omnibus Science Initiative, the influence and penetration of science within the Association have increased exponentially. Some examples are the *JAPA* associate editor for research (Stuart Hauser), a regular science column in *TAP* (Andrew Gerber), science advisors for both BOPS and the Executive Council (Stuart Hauser/Linda Mayes and Bert Cohler), and the Program Committee's science liaisons. Furthermore, the Committee on Scientific Activities (CSA), which bears chief



Lynne Moritz

responsibility for the research conducted within APsaA, has been recently reorganized with an eye to greater emphasis on coordination and prioritization of projects. Finally, CSA provides support and assistance for all kinds of science needs—survey support, liaison, and oversight. BOPS also includes research components, and research teaching at institutes is now assessed during Committee on Institutes (COI) site visits. Every facet of the Association seems more imbued with an awareness of our status as a scientific endeavor.

Parts of these resources exist in the sheer depth, diversity, and dedication of our members, many of whom have devoted their lives to education, science, and research. These members serve the organization and our discipline in myriad ways—in teaching, in developing the substantive data that must guide the process of change.

### FUND FOR PSYCHOANALYTIC RESEARCH

This venerable program (established in 1976) serves two vital functions: It provides peer reviews of all proposals for scientific research that request funding from the Association, and it recommends and oversees the expenditure of the allocated funds. Chaired over the years by an array of science luminaries, the fund's current chair is Linda Mayes. The fund has developed its own internal guidelines for the grants it makes, now funding initiatives from new or early career researchers and projects under development. Funding may be approved for two years, the second year contingent on satisfactory progress reports.

The review process is of highest quality. Not only does the fund use reviewers both inside and outside of the Association, as appropriate for expertise, but reviewers give thorough and detailed feedback to the applicants. Projects that may not qualify for funding on first submission can be assisted in this way to clarify and improve the quality of the research effort and its presentation.

The fund, which is supported by donations from APsaA members and by a regular allocation in the Association's annual budget, now supports two or three grants per year as well as several smaller consultation grants.

Contact: [www.apsa.org/fund](http://www.apsa.org/fund)

### RESEARCH POSTER SESSION

An increasingly popular poster session for research, administered by Linda Goodman, Linda Mayes, and Stuart Hauser, has been offered at APsaA's winter meetings for the last seven years. Submissions in January 2007 increased by 30 percent over 2006. A prize is awarded for the best submission and a traveling

grant is awarded to a new or early career researcher. This respected and popular event has a standing place on the scientific program, Friday afternoons of the January meetings.

Contact: [www.apsa.org/researchposters](http://www.apsa.org/researchposters)

### RESEARCH ASSOCIATES OF THE AMERICAN PSYCHOANALYTIC ASSOCIATION

Researchers who are not otherwise eligible to join the Association as members are allied with us as Research Associates under this program. The Research Associates of the American Psychoanalytic Association (RAAPA) Forum, a full-day meeting at APsaA's winter

*Continued on page 12*

Lynne Moritz, M.D., is president of the American Psychoanalytic Association.

## Robert Pinsky

*Continued from page 1*

But Pinsky admits his enthusiasm for psychoanalysis is not unmitigated, even now. "I am interested [in analysis]—somewhat skeptical, somewhat convinced, and, as in many things, I find



Erica Levy McAlpine

myself partly on the outside and partly on the inside. Not a bad place for a poet to be." For his plenary, he suspects he will stick mostly to topics involving poetry. "I am certainly not going to attempt to make myself an expert on Freud." And yet he explains that poets in general do not eschew analytic principles; rather, Freud is "still revered among the poets... because he is such a good writer." In spite of, or perhaps because of, these shared sympathies, Pinsky places great importance on distinguishing the poet's work from the analyst's. To draw a comparison between composing a poem and practicing analysis, he says, is to underestimate the work of art. "Poetry is an *art*," he says vehemently—not a kind of therapy or an academic discipline.

And yet he goes on to enumerate several points of correspondence between the art of poetry and the practice of psychoanalysis. For instance, both pursuits are "absolutely dependent on the idea that the past remains alive." And for both the poet writing and the analytic dialogue, there is an implicit rule that what is not said is at least as important as what is. Pinsky likens the silences that happen in an analyst's office to the white spaces between words, between stanzas on a page: Much poetry, he suggests, happens there.

### MUSIC AND MEANING

However, in the case of Pinsky's own poems, sounds stand out more than silences. His poetry is characterized by its musicality; the meter of his lines is always central to the poem's overall effect, and Pinsky chooses words as much for their sonic qualities as for

their meanings. The title poem of his newest book, *Gulf Music*, relies particularly on this interconnectedness between subject matter and sound:

Mallah walla tella bella.  
Trah mah trah-la, la-la-la,  
Mah la belle. Ippa Fano wanna  
bella, wella-wah.

The hurricane of September 8,  
1900 devastated  
Galveston, Texas. Some 8,000  
people died.

The Pearl City almost obliterated.  
Still the worst natural  
Calamity in American history,  
Woh mallah-walla.

Eight years later Morris Eisenberg  
sailing from Lübeck  
Entered the States through the  
still-wounded port of Galveston.

1908, eeloo hotesy, hotesy-ahnoo,  
hotesy ahnoo mi-Mizraim.  
Or you could say "Morris" was  
his name. A Moshe.

Ippa Fano wanna bella woh...

These couplets, the first five-and-a-half of the poem's 30, toe the line between nonsensical sounds (taken from various sources, including New Orleans jazz and Hebrew prayer) and real, honest, human utterance. They brutishly and weirdly suggest the strangeness of language itself. Pinsky startles and alienates his reader initially in order to call attention to the incapability of words to depict human sadness, but in doing so, he also celebrates humanity's attempts at expression, particularly in art forms that require the human voice. The miraculous power people have to name things (including themselves), a power which originated with the earliest humans and which the poet here assumes for himself like a mantle, appears in the poem several times. After two or three turns reading the poem aloud, its lines start to feel like normal music again, especially like jazz.

Pinsky even describes his impulse to write in terms a composer would use: "I can't remember ever not having a desire to make music." And though poems are made of words on a page, it is the speaking voice behind them that Pinsky considers crucial to the final product. "It is vocal art," he says. "The medium is a human voice, but not necessarily the artist's voice. The poem happens in time—it happens every time someone reads it." Pinsky explains that poets tend to be born with a particularly attentive ear. In an e-mail conversation following our interview, he records an incident from his own childhood:

For as long as I can remember, I have paid close attention to the pitches and cadences of speech. Hearing the tunes of language is a deep personal custom. When I was very young, I might hear the melody of a train conductor's chanted warning: "Passengers going to Hoboken, change trains at Summit." Those three decelerating triplets at the beginning, the third triplet or dactyl the name of a New Jersey municipality. Then the long pair: Change trains, followed by the quick little Dizzy Gillespie fillip with a second

*Continued on page 12*





## Moving Forward

Cal Narcisi and Myrna Weiss

As we prepare for our first meeting as co-chairs of BOPS, we have a number of central issues before us. As the educational arm of the Association, we take very seriously our charge to set and maintain standards for psychoanalytic training. To accomplish this task, we need members to work on our committees in an atmosphere of creativity and cooperation. We are pleased that many members have stepped forward to accept appointments to the BOPS committees and we look forward to their contributions. The spirit of the June Council meeting was very encouraging in its affirmation of BOPS's and Council's continued work together.

In considering the Rosenblitt proposal, renamed the Exploratory Proposal for Moving Forward, the Council supported the establishment of a joint committee to assess the advisability and feasibility of creating two separate corporations. We have worked closely with Lynne Moritz to form a committee which will study all aspects of this proposal to externalize BOPS. The committee has been asked to have a report ready in 10 months for general consideration. The co-chairs of this committee are Paul Mosher and Don Rosenblitt. During the preliminary discussion of these ideas, many questions were raised about the effect externalizing BOPS would have on the relationship between APsA and IPA. That being the case, we have asked Charles Hanly, president-elect of IPA, to serve as an ad hoc consultant to this committee. We hope that the committee will be given the support of our organization.

Another element of moving forward is the plan to continue the Congress of Institutes on Tuesday afternoon in New York. At this meeting we hope to be able to get more information from the new Task Force on Externalization in order to facilitate a deeper discussion about this process. It is especially important to clarify the ways in which the two corporations could and would work together.

An equally important topic for this next congress is certification. In the last meeting the

**Cal Narcisi, M.D., and Myrna Weiss, M.D., are co-chairs of the Board on Professional Standards.**

group strongly expressed its wish to have an open discussion on this topic. There are conflicting feelings about certification regarding its intrinsic value, the process itself, its implications for the educational programs at our institutes, and its link to TA/SA status. Using the Third Congress as a forum, BOPS hopes that we can have a thoughtful and open discussion about this process. We must be clear about the emerging research, the changes that have already been made, and those yet to be made, as well as the value of certification to our profession.

We are pleased that Paul Holinger is the new chair of the Certification Examination Committee (CEC). He has recommended the appointment of a number of new members and has invited new participant observers. He is deeply committed to improving the process

so that applicants are treated fairly. He will work closely with Don Rosenblitt, chair of the Certification Advisory Research and Development Committee (CARD). With the help of Stuart Hauser and his Committee on Research Education (CORE), CARD will resume its study of the certification process by implementing phase three of the inter-rater reliability study. It is expected that this will conclude the study of reliability and permit CARD to begin the study of validity. The study of the interview process will proceed using audio recordings. We cannot forget that there was great support at the Second Congress for discussing the externalization of certification, an idea strongly backed by both the Ad Hoc Committee to Study Certification and CARD. This initiative deserves very serious discussion and consideration. In general, the process of certification remains under study, guided by the appropriate research techniques and by the confidential communications from the lawyers that APsA hired to review the entire process.



Cal Narcisi




Myrna Weiss

We are also moving forward in the Committee on Child and Adolescent Analysis (COCAA). We are grateful to Phyllis Tyson for having chaired this committee for several years. Her experience as a child analyst and as a leader in our Association added to her value in this position. As of June of 2007, Ruth Karush agreed to assume the chair of COCAA. We appreciate her willingness to step in once again. This is an especially exciting time, since many of the ideas and programs that were begun during Karush's first tenure are now coming to fruition.

We are pleased that many members have stepped forward to accept appointments to the BOPS committees and we look forward to their contributions.

COCAA will begin the work of reconsidering and rewriting parts of the Principles and Standards for Training in Psychoanalysis that pertain to child training. They will focus on accommodating the training of candidates who apply only for child analytic training in institutes with approved child programs. The research report written by Jill Miller of Denver about child focused training was circulated in June and is an extraordinarily rich document that covers the work in the four pilot programs. Another issue that COCAA will consider is the place of a child case in the analytic training of non-child candidates. We look forward to these changes that will be coming from the evolving work of this committee.

We should not forget the efforts of our other BOPS committees who work to study and advance psychoanalysis. We are proud of the professionalism and integrity of our committees and hope that in a collective atmosphere of trust and cooperation there will be continued forward motion in BOPS. 

## Campaign 2008— Getting Involved in Upcoming State and National Elections

Prudence Gourguechon

Should psychoanalysts get involved in politics? I'm not talking about APsaA politics but the national, state, and local campaigns that affect the fate of our communities and our country. Decades ago this was a matter of some contention, but for most of us the question is settled. Yes, analysts, like other citizens, can and should attend to the political process. And sometimes we may have special insights to offer. What is Campaign 2008? It is an effort by APsaA to provide you with a range of resources and events regarding the upcoming political campaigns. A new feature on our Web site will give members some practical know-how on how to influence politicians and political campaigns. For the general public, we will highlight political issues that particularly concern us. And we have planned some special events for the campaign season ahead.

Before I go further—APsaA *does not endorse any specific candidates or any specific political party*. Whomever you may support, and whatever issues you are concerned about, it helps to know how to maximize your impact.

Any psychoanalyst who follows politics—listening to candidates' speeches, reading reporters' stories, talking to friends in the business—must have been struck, as I have been, by the pervasive, almost naïve lack of awareness of the deeper currents of human motivation in most political discourse. I believe we can contribute mightily to the public debate over vital issues by adding some analytic perspective, encouraging people to look beneath the obvious and consider deeper issues of affect, motive, conviction, political arrogance, and more.

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Prudence Gourguechon, M.D., is president-elect of the American Psychoanalytic Association and a lifelong political junkie.

Two special events will be the highlights of Campaign 2008. Honorary member Drew Westen, author of the recent book, *The Political Brain: The Role of Emotion in*



Prudence Gourguechon

*Deciding the Fate of the Nation*, has agreed to speak at a special Presidential Symposium at the Winter 2008 Meeting. His topic is "Clinical Work Writ Large: The 2008 Presidential Campaign." Westen's book has been hailed by the political community as a breakthrough book. Journalist Robert Kuttner wrote, "*The Political Brain* is the most illuminating book on contemporary American politics I've ever read. By explaining how voters actually process information, Drew Westen lays bare the connection between political technique [and] political conviction." Though Westen is unabashedly partisan—a committed Democrat—his insights and interweaving of neuroscience, psychology, and politics go beyond any partisan position.

We are working on lining up an equally exciting speaker on politics for a second Presidential Symposium for the 97th Annual Meeting which will be held in Atlanta next June.

During Campaign 2008, we will launch APsaA's new advocacy manual, an invaluable resource enabling societies and members to do all sorts of political work this year and in campaigns to come.

Although there are innumerable issues analysts can speak out about, we have identified two for special focus in Campaign 2008: privacy (where our own Committee on Government Relations and federal legislative advocate have had so much success) and children's mental health. In the Members section

of the APsaA Web site, when you go to the Campaign 2008 section, you will find talking points and sample letters regarding these issues. We also give you a general template for a political letter on any topic. There will be small but vital tips for getting active; for example, in this day of anthrax spiked envelopes, e-mail, faxes, and phone calls are the best ways to contact candidates, elected officials, and their staffers. According to our D.C. advocate, Jim Pyles, "The best approach is to establish a contact with the relevant staff person and then e-mail or fax him or her your concerns. There is nothing like a call from a constituent to get an elected official's attention. Contributions are also important, but personal contacts with strong examples of the problem are most effective."

Other features on the Campaign 2008 section of the Web site will include:

- A synopsis of Lynne Moritz's invaluable guide to involvement in state level politics
- A quick way for you to find out who is running for office in your district
- Selected excerpts from APsaA's advocacy manual, as well as the manual in its entirety for those who want more information
- Sample questions to ask during the Q and A session at a fundraiser or a town hall meeting
- Links to other valuable sites such as the Wall Street Journal's "Campaign 2008" online feature
- And just for fun—great moments in politics and psychoanalysis, like details of Hillary Clinton's involvement with the psychoanalytic community in New Haven in the early 1970s
- A reading list for the psychoanalyst political junkie

The public site of our Web page will introduce Campaign 2008, and explain why psychoanalysts are interested in politics and public issues as well as our work with patients in our private offices. The focal issues of Campaign 2008 will be featured and talking points and other resources provided. We will also highlight APsaA's other position statements on issues central to the current political discourse, including gay marriage and adoption and veterans' mental health.



# Highlights of New York Winter 2008 Meeting

January 16–20

Gary Grossman

APsaA's Winter 2008 Meeting, which inaugurates Henry Smith's term as program chair, promises to be a rich and satisfying experience and the beginning of a rewarding tenure.

## WORKSHOPS

The popularity of the two-day clinical workshops continues, and we have an excellent selection this year. Irene Cairo will chair a "Workshop in Analytic Process and Technique," featuring Jorge Canestri, training and supervising analyst for both the Italian Psychoanalytic and the Argentine Psychoanalytic Associations. Ted Jacobs will be the featured discussant for a second "Analytic and Process Technique Workshop," chaired by Nancy Chodorow. "Comparing Analytic Approaches" will be the format for a workshop moderated by Stefano Bolognini, training analyst from Bologna, with Fred Busch representing a contemporary Freudian perspective and Paul Ornstein representing a self-psychology position. Richard Fox will be the discussant in the "Psychotherapy Technique and Process Workshop," chaired by Alan Pollack. Virginia Ungar, training analyst from Buenos Aires, will be the discussant for the "Child and Adolescent Workshop," chaired by Ruth Fischer. Enrollment is limited, so, once online registration opens, it will be first come, first served.

## PANELS

We have five exciting panels to look forward to this winter. Richard Gottlieb has arranged a timely panel for Friday afternoon, "The Uses of Medication in Psychoanalysis:

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Gary Grossman, Ph.D., is a member and faculty at the San Francisco Center for Psychoanalysis (formerly the San Francisco Psychoanalytic Institute and Society) and is a member of the Program Committee.

What We Know; What Is Uncertain," with contributions by Stephen Purcell, from San Francisco, and Adele Tutter, from New York. Glen Gabbard will serve as discussant. Saturday morning's panel, "Guilt," chaired by Irene Cairo, features Arnold Rothstein, Estelle Shane, and Virginia Ungar. "Do crises in treatment force analyst and patient to confront what neither has yet been able to tolerate?" This is one of the questions to be addressed in Saturday afternoon's, "The Analyst on the Ropes: Crises in Treatment," chaired by Stanley Coen with contributions by Steven Goldberg, Joyce Slochower, and Shelden Bach. The "Loewaldian Legacy," on Sunday morning, features Rosemary Balsam, Ted Jacobs, and Lawrence Friedman, with Nancy Chodorow as chair. Ruth Fischer chairs the Child and Adolescent Panel, "Parent-Infant Psychotherapy," with guest panelists Tessa Baradon and Angela Joyce from the Infant-Parent Project at the Anna Freud Centre, with discussion by Alexandra Harrison.

## SYMPOSIA

Focusing on the interface of psychoanalysis, society, and related disciplines, the symposia offerings this winter will cover a number of pressing cultural issues. Drew Westen, author of *The Political Brain: The Role of Emotion in Deciding the Fate of the Nation*, will be the presenter for Friday's Presidential Symposium, "Clinical Work Writ Large: The 2008 Presidential Campaign." Saturday afternoon's "Transforming School Climate: Educational and Psychoanalytic Perspectives," chaired by Jonathan Cohen and Tillie Garfinkel, features a presentation by Kenneth Eisold. Also on Saturday, Alice Maher chairs, "Is Community Psychoanalysis 'Real' Enough to be Made Part of the Core Curriculum?" Prudy Gourguechon, Mark Smaller, and Stuart Twemlow will address the history of applying psychoanalytic thinking to community and social problems.

## UNIVERSITY FORUM

The University Forum is an exchange of ideas between academics in fields of relevance to psychoanalytic practitioners and theorists. January's University Forum explores the nature of mind and intelligence through dialogue with a developmental cognitive psychologist and a cognitive scientist. Susan Carey, professor of psychology at Harvard University, has published works on children's knowledge and conceptual development and is the recipient of many honors and awards. Carey will present her research on "The Minds of Infants." Patrick Winston, Ford Professor of Artificial Intelligence and Computer Science at MIT, is the author of numerous publications and textbooks in his field. He will discuss his latest view of artificial intelligence from his collaborative work that integrates how vision, language, and motor facilities account for intelligence. Bonnie Litowitz and Nancy Chodorow will moderate and join in the discussion.

## RESEARCH

Psychoanalytic research will be well represented at the Waldorf. The Scientific Paper Prize is awarded annually for the conceptual and empirical research paper representing the most outstanding contributions to psychoanalysis. This year's prize has been awarded to Kenneth Levy, John Clarkin, and Otto Kernberg for their paper, "Structural Change in Borderline Personality Disorder: Lessons for Psychoanalytic Theory and Practice." Glen Gabbard will chair their presentation Thursday afternoon and previous prize winner and honorary APsaA member Jonathan Shedler will serve as discussant. Barbara Milrod presents and Peter Fonagy, Stuart Hauser, and Robert Waldinger will participate in the Friday noon Research Symposium, "Psychoanalytic Research across the General Psychiatric Divide: Efficacy Studies of Psychoanalytic Psychotherapy for Panic Disorder." The American Psychoanalytic Poster Session is designed to promote stimulating conversation and mutual learning between psychoanalytic practitioners, theorists, and researchers. This year's poster session, "Research Relevant to Theory and Practice in Psychoanalysis," will take place on Friday afternoon. The 2008 Research Forum, "The Single

*Continued on page 28*

# Off Broadway Greets APsaA's Winter 2008 Meeting

Dottie Jeffries

Broadway productions certainly draw a lot of fanfare, but don't overlook the vibrant offerings of Off Broadway. While the productions that take place in Off Broadway theaters are less expensive and less publicized, they often have exceedingly well-crafted scripts and exceptional performers who are interested in experimental and challenging work. Artistically influential and culturally diverse, Off Broadway has debuted eight of the last 10 winners of the Pulitzer Prize for Drama.

Here are TAP's recommendations for the week of APsaA's Winter 2008 Meeting.

## *The Mandrake*

**The Pearl Theatre Company**  
80 St. Mark's Place  
212-598-9802  
<http://www.pearltheatre.org>

The setting is Renaissance Italy; the playwright, Niccolo Machiavelli. Callimaco will dare anything to bed the beautiful married Lucrezia, but must first overcome the obstacle of her husband and the vexatious reality that the virtuous Lucrezia scoffed at romance.

## *Two Thousand Years*

**The New Group**  
**The Acorn Theater**  
410 West 42nd Street  
212-244-3380  
[www.thenewgroup.org](http://www.thenewgroup.org)

Hot off their recent smash hit *Abigail's Party*, artistic director Scott Elliott and longtime collaborator Mike Leigh present *Two Thousand Years*, which had a sold-out run at London's National Theatre. Leigh's play tells how an assimilated Jewish family's quiet life in suburban London is upset when their son becomes seriously devout.

Dottie Jeffries is APsaA's director of public affairs.

## *Next to Normal*

**Second Stage Theatre**  
307 West 43rd Street  
212-246-4422  
<http://www.secondstage theatre.com>

In this over-stimulated and pharmaceutically-based world, one seemingly normal suburban family comes to grips with a long buried secret in this haunting and darkly funny new musical. With provocative lyrics and a riveting score, Brian Yorkey's *Next to Normal* explores the limits to which people will go to keep themselves sane and their families in place.

## *Beckett Shorts*

**New York Theater Workshop (NYTW)**  
79 East Fourth Street  
212-460-5475  
<http://www.nytw.org>

Samuel Beckett's four one-act plays, *Act Without Words I and II*, *Eh Joe*, and *Rough for Theatre*, are theatrical gems directed by five-time Obie award-winner JoAnne Akalaitis. Mikhail Baryshnikov leads a cast that includes David Neumann, Karen Kandel, and Bill Camp. The production features music by Philip Glass.

## *The 39 Steps*

**Roundabout Theatre Company at the American Airlines Theatre**  
227 West 42nd Street  
212-719-1300  
[www.roundabouttheatre.org](http://www.roundabouttheatre.org)

Patrick Barlow's comic adaptation of John Buchan's classic spy thriller has been adapted into a hilarious spoof of the book and the Hitchcock film. The "unstageable" thriller is staged, with four cast members playing a minimum of 150 roles. The story revolves around an innocent man who learns too much about a dangerous spy ring and is then pursued across Scotland, before returning to London to foil the villain's dastardly plans. *The 39 Steps* contains every single legendary scene from the award-winning movie—

including the chase on the Flying Scotsman, the escape on the Forth Bridge, the first theatrical biplane crash ever staged, and the sensational death-defying finale in the London Palladium.

## *Rock 'N' Roll*

**Bernard B. Jacobs Theatre**  
242 West 45th Street  
212-239-6200  
[www.lincolncenter.org](http://www.lincolncenter.org)

Tom Stoppard returns to Broadway this fall with *Rock 'N' Roll*. Stoppard explores the significance of rock music as a symbol of both personal and political freedom along with its accompanying risks, spanning two decades from the Prague Spring of 1968 to the Velvet Revolution of 1989. The play's double perspective focuses on a Czech freedom fighter while also tracing three generations in the family of a Cambridge professor; a Marxist philosopher who resolutely clings to his faith in Communism. The score includes the sounds of The Rolling Stones, The Velvet Underground, Bob Dylan, The Doors, Grateful Dead, U2, and Pink Floyd.

## *August: Osage County*

**Imperial Theatre**  
249 West 45th Street  
212-239-6200  
<http://www.steppenwolf.org>

Tracy Letts's (*Bug*, *Killer Joe*) take-no-prisoners family saga comes to Broadway after a critically acclaimed run at Chicago's Steppenwolf Theatre Company. When the patriarch vanishes, all of the Westons must return to the family home in rural Oklahoma to care for their afflicted (and mistress-of-manipulation) mother. With rich insight and brilliant humor, Letts paints a vivid portrait of a Midwestern family at a turning point.

## *Come Back, Little Sheba*

**Biltmore Theatre**  
261 West 47th Street  
212-239-6200  
<http://www.manhattantheatreclub.com>

Lola's dog Sheba is physically missing, and her husband Doc is emotionally AWOL, when a pretty young thing arrives on the scene.

*Continued on page 9*



# Restaurants in or near the Waldorf

## Accessible and in All Price Ranges

Dottie Jeffries

Looking for a change in spots where you dine during the Winter Meeting? Here are some tips from APsaA's staff and APsaA's president and president-elect—from American fare to Turkish, from the best coffee shop to a five-star winner.

### Lynne Moritz, *President*

"My favorite is the Waldorf's historic **Bull and Bear**, right inside the Lexington Avenue entrance. Besides its convenient location, the environs are conducive to conversation and the food, superb."

### Prudy Gourguechon, *President-elect*

"I love finding good meals in New York for under \$10. For that, you can't beat **Mee Noodle Shop** at 922 Second Avenue (48th and 49th Streets). Dine in or visit Mee's year-round carryout window. My favorite dish is roast chicken with vegetables (pick your own type of noodle—soupy or dry), all for eight bucks including tea and a fortune cookie. Mee's crowd is polyglot and filled with beautifully dressed U.N. persons speaking a wide range of languages. Last time, I even saw a limo picking up diners from the U.N. following their \$8 meals.

**La Mediterranee**, 947 2nd Avenue (50th and 51st Streets) has a \$25.00 pre-fixe pre-theater dinner, great bargain.

For a quick burst of energy, nothing suffices like a stop at **The Buttercup Bake Shop**, 973 2nd Avenue (51st and 52nd Streets).

Need to pick up a bottle of wine? The folks at the wine store at Lexington and 47th are very helpful and nice.

I always travel with metal or plastic picnic plates and knife and seek out good places for picnic foods. Near the Waldorf, my favorite is the **Grand Central Market**, 87 East 42nd Street (enter from Lexington Avenue between 42 and 43rd Streets).

And for a south of the equator treat, walk west from the Waldorf to Times Square on 46th Street—you'll come to the Theater District's enclave of Brazilian restaurants. They're cheap and quick and fun—and atypical Broadway fare.

### Dean K. Stein, *APsaA Executive Director*

"My favorite best sandwich place in a two- or three-block radius of the Waldorf-Astoria is **Cosi** at 44th and 3rd. And my favorite spot for an inexpensive hot lunch near the hotel is **The Press Box** at 932 2nd Avenue (49th and 50th Streets).

My favorite mid-range dinner places east of the Waldorf are **Pampano** at 209 East 49th Street (2nd and 3rd Avenues) and **Jubilee**, 347 East 54th (between 1st and 2nd). And my favorite restaurants for a special evening out are **Il Postino** at 337 East 49th Street (1st and 2nd Avenues), and **L'Impero** at 45 Tudor City Place (Note: Tudor City Place runs parallel to and east of 2nd Avenue between East 41st and 43rd Streets.).

### Carolyn Gatto, *Scientific Program and Meetings Director*

Gatto recommends the **Amish Market**, 240 East 45th Street (2nd and 3rd Avenues) for a good hot meal. Dine-in or carryout.

### Brian Canty, *Manager, Computer Information Systems*

Canty recommends the **Bistro New York Marketplace** on 49th Street between Park and Madison Avenues for sushi and Japanese noodle shops. Dine-in or carryout.

### Debbie Steinke Wardell, *Manager, Education and Membership Services*

For an inexpensive, quick breakfast, lunch or supper, Wardell recommends the **New York Luncheonette** at 135 East 50th Street (Lexington and 3rd Avenue).

### Chris Broughton, *Registration Coordinator*

For a tasty wrap, Broughton suggests the **Oxford Café** at 591 Lexington Avenue (52nd and 53rd Streets).

### Sherkima Edwards, *Accounts Receivable Coordinator*


For a great burger, Edwards insists on **Zip-burger** at 300 East 52nd Street (1st and 2nd Avenues).

### My Personal Favorites

I think nothing quite beats **Sip Sak**, a noted Turkish restaurant at 928 2nd Avenue (49th and 50th Streets) for either lunch or dinner.

And for Chinese food that's exquisite, stop by **Chin Chin**, 216 East 49th Street (2nd and 3rd Avenues).

Eager for Indian food? Try **Diwan**, 148 East 48th Street (Lexington and 3rd Avenues) with its \$15.95 all you can eat lunch.

Headed to a Broadway show? My choice is the Portuguese **Tintol**, 155 West 46th Street (6th and 7th Avenues) featuring delicious tapas and wines by the glass. Another plus? The environs are relatively tourist free. 

## Off Broadway


*Continued from page 8*

Marie, an attractive young boarder, gives new meaning to the lives of Doc and Lola Delaney, married for 20 years and grindingly unhappy. Shocking in 1950 for its frank references to alcoholism and premarital pregnancy, *Sheba*, by William Inge, helped usher in an era of realistic domestic dramas. This Manhattan Theatre Club production stars S. Epatha Merkerson.

### November Ethel Barrymore Theatre 243 West 47th Street 212-239-6200

*November* by David Mamet is set in the month notable for elections as well as presidential pardons of Thanksgiving turkeys. Nathan Lane stars as President Charles Smith who is running for re-election, and some subjects (civil marriage, gambling casinos, lesbians, American Indians, presidential libraries, questionable pardons, campaign contributions) just won't go away.

### The Seafarer Booth Theatre 222 West 45th Street 212-239-6200

Playwright Conor McPherson (*The Weir, Shining City*) concocts a ghost story that is funny, chilling, and profound. *The Seafarer*, a production of London's National Theatre, is directed by the author. 

# PowerPoint Outreach Tool on Psychoanalysis Available Free to APsaA Members

Greg Lowder and Nancy McWilliams

The American Psychoanalytic Association, in conjunction with Division 39 of the American Psychological Association, has made available "The Enduring Significance of Psychoanalytic Theory and Practice," a free-use PowerPoint presentation intended to disabuse audiences of misconceptions about psychoanalytic theories and treatments. Although dozens of studies have shown the efficacy and effectiveness of psychoanalytic treatments, and many more have substantiated various psychoanalytic tenets, some psychoanalytic practitioners and many non-psychoanalytic clinicians are not familiar with this body of research.

The presentation was created by Greg Lowder, in collaboration with Nancy McWilliams, James Hansell, the Board of Directors of Division 39, and the "10,000 Minds" Project of the American Psychoanalytic Association. Numerous empirical studies, both clinical and experimental, are covered that either specifically investigate psychoanalytic treatments and concepts or focus on psychological phenomena that have immediate relevance to psychoanalytic theory.

This is the first presentation to cull and make accessible these important studies. It may be used as a teaching and outreach tool for audiences such as insurers, undergraduates, non-psychoanalytic clinicians, academic book publishers, administrators, and individuals in the humanities.

*Greg Lowder, L.C.S.W., is in private practice in Manhattan. He is also a fourth-year candidate at the New York Psychoanalytic Institute, an advanced clinical psychology Ph.D. candidate at the Adelphi University Derner Institute, and adjunct psychiatry faculty at Weill Cornell Medical School.*

*Nancy McWilliams, Ph.D., is president of Division 39 of the American Psychological Association and associate editor of the Psychoanalytic Diagnostic Manual.*



Greg Lowder



Nancy McWilliams

The presentation may be accessed and adapted for any setting at [www.apsa.org/powerpointresearch](http://www.apsa.org/powerpointresearch) by clicking on "Recommended Resources." Two formats are provided to accommodate diverse needs and levels of computer savvy: (1) a PowerPoint presentation with attendant notes and (2) a word processing document comprised of the PowerPoint slides and notes that can be handheld for presentation. Both formats are user-friendly and require minimal preparation time. A reference list of the studies addressed is also available.

A unique aspect of this project is that the presentation is an "open document," meaning that any ideas for improvement will be duly considered by the authors. Please send suggestions to [glowder@gmail.com](mailto:glowder@gmail.com).

The studies presented include clinical trials that found similar outcomes for psychoanalytic psychotherapy and cognitive behavioral therapy, research demonstrating the cost-effectiveness of brief psychodynamic psychotherapy, and a study supporting the commonly reported clinical observation that patients in psychoanalysis continue to experience gains after their treatment has terminated.

In addition to research highlighting the efficacy of psychoanalytic treatments, the presentation includes studies in other areas of psychology that provide support for several aspects of psychoanalytic theory; for example, a compelling word-priming experiment demonstrating the impact of unconscious processes on motivation, a study that found an

association between conflicted personal goals and an increase in somatic complaints, and an investigation that shows how affect-laden thoughts may continue to have an affective press when kept from consciousness.

## ADDRESSES BASIC ISSUES

The presentation also addresses more general, fundamental issues about the culture in which psychoanalysis now finds itself. It summarizes popular myths about psychoanalytic theory and suggests reasons why the theory has attracted such criticism. It points to many psychoanalytic concepts that have been adopted by other therapeutic modalities without proper credit to their psychoanalytic roots. Finally, the presentation proposes several ideas about the role of psychoanalytic treatments in contemporary mental health practice.

Psychoanalytically informed treatments and psychoanalytic concepts predominated in the mental health field well into the 1970s. Free-standing psychiatric hospitals were commonly psychoanalytic in their approach to treatment, insurance companies reimbursed for psychoanalysis, and both DSM I and DSM II were heavily informed by psychoanalytic theory. As reported in the March 26, 2006 *Newsweek* cover story, psychoanalytic ideas and treatments constitute a much more intrinsic and important part of our culture and communities than their current general reputation would suggest.

As this readership knows, over the last few decades psychoanalytic theory and practice have been severely criticized in both academic and popular circles. Some of the criticism reflects legitimate concerns, such as the insularity of psychoanalytic institutes, the damage done by misguided or misapplied theorizing, and the documentation of a handful of cases in which treatment was wildly inappropriate. Some reflect stereotypes, however, that have little to do with psychoanalytic therapy as it is actually practiced.

Most of us are painfully aware of the current status of psychoanalysis: Almost all the psychoanalytically oriented hospitals have either gone bankrupt or changed theoretical orientations, few insurance plans will reimburse for more than one session per week,

*Continued on page 17*



## Whose Unconscious Is It Anyway?

Andrew J. Gerber

Psychoanalysts and historians have written prolifically on the history of the unconscious mind in Western thought, particularly on the unique contribution of Freud and psychoanalysis. How the psychoanalytic unconscious relates to the unconscious described by contemporary cognitive science remains, however, an unwritten story. Given the critical mass of research into the unconscious that is building in cognitive science, the role of psychoanalysts in contributing to this important piece of intellectual history will likely be determined in the next several years.

The confusion often begins in the attempt to establish distinct “psychoanalytic” and “cognitive” definitions of the unconscious. Some assign those concepts that involve unconscious motivation, affect, and self-representation to psychoanalysis, whereas those that deal with less emotional and complicated processes are given to cognitive science. This categorization is inadequate in both the historic and contemporary literatures. The “cognitive revolution” in academic psychology of the 1960s was more a reaction against radical biology and behaviorism than against the conflict and affect-laden models of psychoanalysis. Cognitive theories, in their focus on thinking, were intentionally different from biological theories that limited themselves to structures and processes of the brain and from behavioral theories that treated the organism as a “black box” whose internal workings are unknown and theoretically unimportant.

Andrew J. Gerber, M.D., Ph.D., is a fourth-year candidate at the Columbia University Center for Psychoanalytic Training and Research and a post-doctoral research fellow at the New York State Psychiatric Institute/Columbia University Division of Child and Adolescent Psychiatry.

Nate Thomä and Joel Weinberger assisted in the editing of this work.

Thus cognitive science, in its attempt to carve out a psychological domain with causal power (potentially including conscious and unconscious processes, affect, motivation, and meaning), was far more compatible with psychoanalysis than either was with pure neurobiology or behaviorism.

In fact, the emphasis in early experimental cognitive science on conscious perception, memory, and cold rational processing emerged not from a lack of interest in other more unconscious, emotional, and subjective workings of the mind, but from the practical fact that experimental methods and task designs had not yet been invented to adequately deal with



Andrew J. Gerber

these more elusive concepts. John Kihlstrom reminded cognitive science about the importance of the unconscious in his 1987 *Science* article entitled “The Cognitive Unconscious.” Marshaling evidence from empirical work on subliminal perception, implicit memory, hypnosis, and even an attempted taxonomy of the unconscious (which he subdivided into unconscious, preconscious, and subconscious), Kihlstrom called on empirical scientists to develop new methods for studying unconscious processes with all their complexities. Still, it took time before methods were worked out to give the more dynamically interesting elements of the unconscious their due. By 2005,

in a book called *The New Unconscious*, cognitive scientist James Uleman wrote, “The new unconscious is much more concerned with affect, motivation, and even control and metacognition than was the old cognitive unconscious. Goals, motives, and self-regulation are prominent, without the conflict and drama of the psychoanalytic unconscious. And the new unconscious includes the causes of the phenomenal experience of having intentions and free will, of attributing these to oneself and others.” Uleman, too, is guilty of seeing more of a division between the psychoanalytic and cognitive concepts of the unconscious than actually exists. Conflict is inherent in the new cognitive unconscious and, as much as some may wish otherwise, where conflict exists, drama soon follows.

The last objections to concepts of the “new cognitive unconscious” are currently falling away in the cognitive science literature. Lau and Passingham described in the May 2007 *Journal of Neuroscience* just how complex unconscious cognitions can be. In their work, volunteers were shown a series of words and, for each word, were given an instruction to perform one of two tasks: either to say whether or not the word corresponded to a concrete object (a semantic task) or whether the word had two syllables (a phonological task). If subjects were shown a square prior to the word, they

How the psychoanalytic unconscious relates to the unconscious described by contemporary cognitive science remains, however, an unwritten story.

knew to perform the phonological task, and if shown a diamond, they knew to perform the semantic task. However, unbeknownst to the subjects, they were also exposed to a subliminal (33 millisecond) “priming” symbol immediately prior to the instruction symbol. The priming symbol was displayed so briefly that no subject reported consciously seeing it. However, the results of the experiment unequivocally showed that when the priming symbol was different from the instruction symbol, subjects performed the task more slowly. Furthermore, functional magnetic resonance imaging (fMRI) of the subjects’ brains during

*Continued on page 28*

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## Science in the Association

*Continued from page 3*

meetings, brings clinical analysts, academic psychologists, and graduate students together in an active, integrated working group which seeks to develop new ideas and engagement in collaborative work. It encourages active participation of graduate students, including presentations of their work.

This interface of clinical and research perspectives is clear from previous programs: Linda Mayes presented her work on parental preoccupation; Phebe Cramer, on development of defense mechanisms in children and adolescents; Howard Shevrin, et al., on unconscious and primary process mentation. The 2008 Forum, Saturday of the APsaA Winter 2008 Meeting, will be an in-depth look at single case research, including theoretical and methodological issues.

RAAPA is chaired by Wilma Bucci and John Porcerelli.

Contact: [www.apsa.org/RAAPA](http://www.apsa.org/RAAPA)

### NEW HAVEN PSYCHOANALYTIC RESEARCH TRAINING PROGRAM

Modeled on the IPA-sponsored University College London psychoanalytic research training program (RTP), the New Haven RTP provides a faculty of visiting professors in psychoanalytic research to work with visiting fellows and psychoanalytic scholars involved in or considering undertaking psychoanalytic research as well as more junior academicians or graduate students wishing to extend their research interests into psychoanalysis, and candidates in psychoanalytic training.

Central to the experience is the opportunity for fellows to present and discuss their own research projects and research goals with the faculty and other participants. What is most important is that the program pushes fellows to refine their research questions and focus. The fellows meet other fellows from around the U.S. and the world, and set up collaborative, consultative bridges. Relationships continue through ongoing consultations and collaborative studies. Fellows consistently report that they leave the program with a more grounded feeling about establishing their identities as psychoanalytic researchers.

Key goals of the model are to provide fellows with mentoring in psychoanalytic research design; to build bridges between social, developmental, neuroscientific, and psychoanalytical empirical perspectives; to foster a mentoring/collaborative relationship among like-minded psychoanalytic scholars in a spirit of inquiry; and to demonstrate the compatibility of research perspectives for practicing analysts.

This training program, chaired by Linda Mayes, is sponsored by the Anna Freud Centre Program at the Yale Child Study Center and the Western New England Institute for Psychoanalysis, with partial funding from APsaA.

Contact: [www.apsa.org/newhavenRTP](http://www.apsa.org/newhavenRTP)

### WEB SITE RESOURCES

Our Web site is undergoing a usability study, and major modifications are in the works. However, important resources already exist for science and research on our Web site. There are two main portals to research resources: the Research tab on the left hand ribbon of APsaA's home page and the Training and Education Programs tab at the top.

### EFFECTIVENESS AND EFFICACY STUDIES

A myth exists that there is little or no research undergirding our claims to the efficacy and effectiveness of psychoanalysis and dynamic psychotherapy. These studies exist and their development is a special priority of our Association.

The Research key leads to "Empirical Studies in Psychoanalysis," which contains bibliographies of published studies, arranged according to (1) studies of efficacy and effectiveness of psychodynamic treatments, (2) studies of psychoanalytic process, and (3) studies of psychoanalytic concepts. A sub-tab contains "Abstracts" of these studies. These are available at [www.apsa.org/empiricalstudies](http://www.apsa.org/empiricalstudies) and [www.apsa.org/abstractsofempiricalstudies](http://www.apsa.org/abstractsofempiricalstudies).

### OTHER WEB RESOURCES

Other extraordinary resources are also available:

- Sample syllabi for research courses: [www.apsa.org/researchsyllabi](http://www.apsa.org/researchsyllabi)

- Free PowerPoint presentation of significant research findings for our use to present to any audience [See "PowerPoint Outreach Tool on Psychoanalysis Available Free to APsaA Members," page 10]: [www.apsa.org/powerpointresearch](http://www.apsa.org/powerpointresearch)
- APsaA accredited training institutes or centers that offer programs and/or fellowships in psychoanalytic research: [www.apsa.org/researchprogramsfellowships](http://www.apsa.org/researchprogramsfellowships)
- Links to other psychoanalytic science resource organizations: [www.apsa.org/sciencelinks](http://www.apsa.org/sciencelinks)



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## Robert Pinsky

*Continued from page 4*

place name, at Summit. Chanting it over to myself, playing its rhythm in my mind against a 4/4 time signature, hearing the syncopations and subtleties, the relation of pitch to cadence...while immersed in all that, deeply involved and attentive, I would forget to change trains.

This story about the music of everyday speech touches on another topic important to Pinsky's writing (and to psychoanalysis too): human memory, especially as it pertains to the American historical identity. "Everyone has a history," he says, fascinated by how things in life are forgotten and remembered and expressed in different ways.

In his note to *Gulf Music*, Pinsky complains, "The trite notion that Americans lack memory or historical awareness is unsatisfying. *How* might we lack it, severally and collectively? One doesn't need to be a Freudian to understand that memory and forgetting are partial, willful and involuntary, helpless and desperate, in mysterious measures. Forgetting is not mere absence. The repressed does not simply return, it transforms and abrogates, rising and plunging like a dolphin, or Proteus." Such ideas about memory and history are poetic—they are, he says, the big subject of his poetry. But they are analytic, too. "Everything comes from somewhere. That's something we poets share with psychoanalysts."





# Impact of the Omnibus Science Initiative

Alan Compton

In 1997, APsaA president Dick Fox recognized that developments in science and developments in psychoanalysis appeared to have little to do with one another.



Alan Compton

The majority of members marched on their own paths of treating, teaching, and training, while the relatively few researchers went in other directions, sometimes seeming unmindful of the need to interest the membership in their work.

Fox was not the first to become aware of this gaping disarticulation. Three earlier task forces had recommended creating a science section on equal footing with Board and Council functions and prestige to give science a credible voice. Those suggestions involved a bylaws change and went the way of most such suggestions.

The Task Force on Psychoanalysis and Science was formed in December 1998, charged to report to Board and Council within 18 months. Its activities included interviews with a number of knowing and unwitting stakeholders in the psychoanalysis-as-science enterprise, studying the existing structures and structural relations of the Association and its science related bodies, and discussion of all of this. As a result, a number of more particular problems became clear:

- Psychoanalytic journals carried very few papers that would be recognizable by practitioners in other fields as scientific papers. But why should our journals try to promulgate scientific approaches? There was almost no audience among psychoanalysts for such papers.
- Members had little interest in scientific papers. One very strong reason was that most institute curricula carried no classes that dealt with or even mentioned psychoanalytic science (methodology of evidence,

for example) or research. So long as students in our institutes typically spent four years without hearing science or research even mentioned, how could there ever be an audience for scientific work in psychoanalytic journals?

- Bias against science and research had become a modus operandi not only of journals and institutes but also a broader bias among practitioner-members who saw science as little more than esoteric research with no applicability to clinical work.
- Activities like surveys had come to be undertaken by various subgroups of the Association without any apparent idea that special skill and knowledge about such things were assets that already existed among our members, who might readily be consulted.
- Failure to recognize that since no one else was any longer funding empirical research in psychoanalysis, funding would have to come from us or it would not come at all.
- What little power there was for science tended to be concentrated in a few hands, promoting further isolation of scientific work by decreasing the breadth of members' participation, however excellent the particular scientific undertaking might be.
- There was no voice for science at the executive levels of the Association or at executive levels of the educational bodies.
- An informal survey revealed that we were the only major national association for health care practitioners and researchers that had no poster section.

The fundamental idea of the Omnibus Science Initiative (OSI) began to emerge: Perhaps there were better ways than bylaw change to enhance recognition of science and the promotion of scientific endeavor in and by our Association—small changes that would expand the voice of science in the Association, encourage our journals, program committee, and institutes to include science matters as a regular concern, make our programs and meetings

more attractive to young researchers, and make our researchers work more attractive to general members. What follows are some samples of changes that were suggested by OSI and adopted by Board and Council as a package in May 2000, that is, a coherent group of changes that together would have an impact.

- A science advisor to sit as a non-voting member of the Executive Committee, present throughout all meetings so that s/he could introduce appropriate science related considerations when the committee was not otherwise thinking about them. The same position and functions for BOPS.
- Formation of Research Associates of the American Psychoanalytic Association with a relationship to the Association analogous to that of the Psychotherapist Associates, to attract another basic constituency whom we had been neglecting.
- Establishment of a poster section to present research findings in a poster format in our display areas at national meetings.
- Creation of a Committee on Education for Research to develop goals for psychoanalytic education that include various kinds of research competence, to be implemented by each of the institutes as appropriate to its curriculum and resources.
- Creation of a Task Force on Funding for Research to coordinate the various bodies responsible for funding.

There were 11 proposals in all. Some results were very successful, a few were controversial, and a few never got off the ground. The most conspicuously successful has been the poster section, put together by Linda Goodman and Linda Mayes, with consultation from Stuart Hauser. There has been a steady increase in applications to exhibit posters, an increase in those exhibited to the maximum that the budget will permit, and an average attendance of over 200 members during the four hours that the poster room is open. To visit the poster section has become de rigueur when attending our national meetings. Also encouraging, as a result of OSI, there are reports of more communication among psychoanalytic researchers beyond the meetings. The Task Force appointed by our current president, Lynne Moritz, continues the increased emphasis on science in our Association.



Alan Compton, M.D., is clinical professor of psychiatry and biobehavioral science at UCLA.

# Remembering, Repeating, and Working Through—the IPA in Berlin

Bob Pyles

In a remarkable act of courage, vision, and hope, the IPA held its 45th Congress in Berlin, hosted by the German Psychoanalytical Societies. This is the first congress to be held in Berlin since 1922, more than 80 years ago and more than 60 years after the fall of the Nazi regime. Beginning with the staged “Reichstag fire” in 1933, the Nazis began a campaign of genocide, terror, and domination, resulting over the next 12 years in the deaths of more than 55 million people.

Like most of our colleagues, it was with considerable foreboding that I anticipated attending the congress in Berlin. I remember vividly as a child being riveted to the radio to hear the latest broadcasts about the struggle for Europe, the menacing pictures of Hitler and the goose-stepping German army, and the first horrifying pictures in *Life* magazine of the death camps. In our small southern town, it seemed that at least one member from every family was in the military, and service stars, many edged in black, hung in the windows of most homes.

In the last few years, I had had considerable experience with what the French writer, Romaine Gary, called *A European Education*. An IPA board meeting was held in Paris in a hotel that turned out to be the former headquarters of the SS. It is an unnerving experience to sleep in a room previously occupied by SS officers. During the European Psychoanalytic Federation-North American Psychoanalytic Confederation (EPF-NAPsAC) meeting last year near Vienna, the city of Freud, I found the anti-Semitism palpable and disturbing.

Taking a night flight to Berlin, in retrospect, was a bad idea. My anxiety and dread had free reign. Also a bad idea was seeing Berlin initially by night, particularly the Reichstag and the Brandenburg Gate. Seeing the Brandenburg Gate, I could practically hear the echo of jackboots and tank treads.

*Bob Pyles, M.D., is chair of the Committee on Government Relations and Insurance and a past president of APsAA.*

The congress began the next day and, despite my concerns, proved to be a remarkable event. Along with the usual presentations were many that dealt with trauma, the Holocaust, and the effect of extreme traumatization on the descendants of both the victims and the perpetrators. I was surprised by how moving, frank, and open the discussions were. In particular, I would single out Mary Ann Oliner who told her story under the title, “Personal History and the Third Reich; Excuse Me for Having Been Born; the Fate of a German Jew during World War II.” Oliner spoke movingly of being sheltered, moved from place to place, and the deaths of her family. The pain was palpable; there was not a dry eye in the room. There were presentations on the difficulty of working with the children and grandchildren of perpetrators, given the fact that they had been trained to not remember and to not know. There was much discussion of how to think and know the unknowable.

One of the keynote speakers, past president of the German Society (DPV), Werner Bohleber, presented a paper on the specific problems of recovering memory in the face of massive societal trauma, and how very different techniques are needed in order to work with this specific kind of problem.

After these experiences, Berlin itself began to take on a different perspective. As we later toured the city, it was clear that Berliners seemed to have been doing everything they could to confront and deal with the horrors of the past. The Jewish museum was the most vivid and thorough I have ever seen. It told the story of the Jews from the beginning to the present. I was particularly moved by the history

of the Jews in Germany in the late nineteenth and early twentieth centuries. It seemed that laws of tolerance were finally in effect. Middle- and upper-class Jews seemed fully integrated into German society and felt, not only Jewish, but German. This must have made it even more difficult to grasp the horror of the Hitler regime.

Similarly, the recently completed Holocaust Memorial was deeply moving. It consists of a series of dark granite monoliths arranged over several acres, with narrow undulating avenues through brooding stones of ever increasing height. The overwhelming effect is one of being buried alive. Underground there is a museum, with pictures of individuals and families, and their stories narrated. There are so many stories that it would take six and a half years to go through one full cycle. Ironically, discovered during construction, were the remains of the bunker of Hermann Goering.



Bob Pyles

As we later toured the city, it was clear that Berliners seemed to have been doing everything they could to confront and deal with the horrors of the past.

Another point of great interest on the theme of human survival was the remains of The Wall and Checkpoint Charlie, with a museum telling moving stories of the flight to freedom by East Germans, and the ingenuity and courage they showed in doing so.

With these experiences more internalized, I began to look at Berlin in a different way. The Berlin people themselves were quite remarkable in their courtesy, graciousness, and willingness to help. When I looked back at the Reichstag, I saw it in a different light. Over 70 percent of Berlin had been destroyed during the War and the Reichstag itself was a burned-out shell. Rather than rebuild it, the

*Continued on page 15*

# On Being in Berlin

Paul Schwaber

I felt fear.

My wife and I were attending the 45th International Psychoanalytical Association Congress, the first in Berlin since 1922 and the second ever in Germany after World War II. This was my first time in Germany—unless one counts a trip courtesy of EL AL, which was then on strike and rescheduled me on Lufthansa for my flight to Paris via Frankfurt. Close to 3000 psychoanalysts, from far reaches of the globe, were present. The meetings were lively, papers very intelligent, attuned to theoretical and clinical issues but also to significant resonances of literature, philosophy, and history—above all to German and Jewish history in their fatal interaction in the last century, dreadful beyond words.

Berlin has been rebuilt since the war and thrives, now that the Soviet and western parts of the city have been reunited, as Germany's capital. It's an engaging city, amiable and gracious, clear-eyed about its history and what was done in its name. Germany has tried hard to address the horrors perpetrated by the Third Reich. It has stressed that past in its education system and public life. The psychoanalytic conference, for example, was centered in a hotel on Stauffenbergstrasse, named for the officer who with other plotters tried to kill Hitler and who were executed across the street from the present hotel in what was then the enclosed courtyard of the Wehrmacht command center. I noticed David Ben Gurion's name on a street sign during a bus tour; the same tour that brought us to the understated and stunning Holocaust Memorial and to the courtyard outside Humboldt University where the infamous burning of books by Jewish authors and other enemies of the Reich took place. Not far from there was the statuary memorial to the brave Aryan women who,

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married to Jewish men, refused at Rosenstrasse to be cowed by Gestapo threats and guns in the single successful opposition to Hitler's ruthless regime during the war.

The city has a pleasant feel to it: lots of bicycles—the paths alongside pedestrians on wide streets—art galleries and museums, concert halls, libraries, the beautiful and central Tiergarten, the lovely Unter den Linden boulevard. The citizenry was unfailingly polite, welcoming, clearly pleased that we were there.


Most spoke English easily and pleasantly. It was enormously gratifying to realize a culture had been reborn, had rebuilt itself from its shards and shame, found itself again in a civilized moral world.

All of that I felt, appreciated, registered. And yet I felt fear—bottled up, struggled against, but undoubted. I'm a veteran of life by now, have had my share of trials and disillusionments, feel comfortable enough with who I am to hold my own, hold grudges, not dodge difficulties or confrontations. But at night in Berlin, unable to sleep, I found myself reliving the phases of my life, thinking of people long past and wondering why; finally I was aware of fantasizing myself a little child, terrified, and aware that my loving parents were powerless to protect me. It was a massively regressive fantasy, shaped by history, and emerging in the dark in terrifying consciousness. I could handle it then, realize that what would once have been true did not apply now—that as an American citizen and a devotee of Israel, a nation with an excellent army (Jews with guns), and as a stubborn old codger in my own right I could reassure myself. But the power and precision of that fear with its inevitable sense of timelessness startled me, and deeply saddened me, again.

My experience was hardly special to me. Each morning two Israeli analysts, Shmuel Erlich and Mira Erlich-Ginor, and a German

one, Hermann Beland, held a meeting for attendees called "Being in Berlin," a chance to talk about one's feelings. Each morning large numbers attended, listening, talking earnestly. Most were Jews, many descendants of forebears who had managed to flee from Nazi Germany, Europe, or Russia to Palestine, Turkey, Singapore, Shanghai, Argentina, Mexico, Australia, England, and the U.S. Many, too, were Germans, Austrians, or Poles, also haunted by history—and by the burden of parents or grandparents who, having survived, would not talk of what they did or what happened. The parallel to the experience of children or grandchildren of Holocaust survivors could not have

It's an engaging city, amiable and gracious, clear-eyed about its history and what was done in its name.


been more striking. So in the midst of so many, we had what amounted to a Quaker meeting. People rising to speak, briefly but movingly, followed by thoughtful silences until someone else chose to speak. It was a comfort not to feel alone with those thoughts. One of the young Germans spoke of feeling trapped, inhibited, by history. I thought: That's right. We're all trapped by history. We may choose and act freely. But history doesn't get shed. 

August 2007

## The IPA in Berlin

Continued from page 14

Berliners restored the historic outer walls. Instead of replacing the granite dome, they built instead a cylinder and dome of glass and light. The effect is one of liberation and elevation.

I took one last look at the Brandenburg Gate. Suddenly it no longer seemed so menacing. I could even begin to accept that the statue on top was a monument to peace. I came away feeling a deep sense of gratitude to the IPA and the German Societies. Gradually during these few days, it did indeed seem that healing, "repeating and working through" was taking place. We were all together, sharing the remarkable experience of speaking the unspeakable, and knowing the unknowable. 

# Working with AMA to Protect Patient Privacy

Tom Allen

I attended medical school at Columbia's College of Physicians and Surgeons in the early 1960s and found myself in a very stimulating environment, but one in which the faculty looked down upon anyone not planning a career in research, either basic or clinical. Practicing physicians were disparagingly referred to as "LMDs" (for local medical doctors). Organized medicine in any form was demeaned, especially the AMA. The organization was seen as politically and socially conservative, scientifically irrelevant, and professionally out of touch.

Where once most physicians in the country belonged to the AMA, the membership base gradually eroded, driven by increasing dues and disagreements over policies. Physicians either left or did not join. In time, the AMA began to change. It opened up its ranks to younger physicians, became more involved in public health issues, and increased and broadened specialty society representation in the House of Delegates, the policymaking body of the AMA. The current AMA president, Ronald M. Davis, is one of the youngest in its history, a preventive medicine specialist. From 1984-87 he was a resident physician AMA trustee. Throughout its decline and effort to recreate itself, the AMA continued to be a major force in publishing, medical education, and medical ethics.

Policy decisions about issues of payment for health care have always been a divisive issue in the AMA. In insurance, it is ultimately a zero sum game with each specialty looking out for its own turf. If the academic centers were disdainful of the AMA, many in the psychiatric and psychoanalytic community were actively hostile because of a host of issues.

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Tom Allen

But our shunning of the AMA muted our voice in the debate over insurance policy issues and we have paid a price for that. The advent of managed care and its effect on practicing specialists in every field has been a significant factor in changing the views of the AMA. Psychoanalysts and psychiatrists have a powerful incentive to form alliances with other specialties to address the many abuses that were inflicted on patients and the physicians caring for them. The AMA has been engaged in significant legislative initiatives at the state and national levels to reform managed care since the mid 1990s, when I became a member of the Maryland AMA delegation. Though I have lent my voice to that chorus, I am only one of many. The AMA also has provided assistance in many of the court battles that have brought all of the largest managed care companies, and their mental health carve outs, under judicial oversight. The battle is not over but the momentum has shifted.

Aside from arbitrary denial of payment for psychoanalysis and intensive psychotherapy, one of the ways managed care abused patients in the mental health sector was its intrusion into patient privacy and confidentiality through endless reporting requirements. Instead of trusting physicians, or requiring second opinions for a course of treatment, or asking professional peer review organizations to evaluate outliers, managed care companies decided to assume an important clinical function, i.e., the responsibility for deciding about a course of treatment and its termination or continuance. To do this, it demanded very sensitive information. This had the effect of frightening patients who had no idea who was seeing this information, nor how securely the information was being handled.

There has been egregious mishandling of records by reviewing companies. A GAO study (Sept. 9, 2006) revealed "more than 40 percent of federal contactors and state Medicaid agencies experienced a recent privacy breach involving personal health information." We do not know what the rate is in the private insurance sector but the *New York Times* (Dec. 3, 2006) reported that the civil rights office in the Department of Health and Human Services "has received more than 22,000 complaints under the portability law...since 2003; allegations of 'impermissible disclosure'...among the most common...But the civil rights office has filed only three criminal cases and imposed no civil fines."

The AMA developed significant policy on privacy and the confidentiality of medical records and is currently extending it to issues involving electronic medical records. AMA policy is not law and cannot mandate insurance companies to behave responsibly. It does, however, set a professional standard, which physicians can use as leverage with insurers and to engage legislators. This is another battle to which I have lent my voice and vote.

How did I get here? Partly by chance. In 1980 a friend asked me to give a talk to the Baltimore County Medical Association, and invited me to join, which I did. My membership also included the state medical association and the AMA. A short time later, I was asked to chair a committee and was later elected president of the Baltimore County Medical Association, which led to my taking a more active part in state activities and a term as president of the state medical society. In 1997 I was selected to serve on the Maryland AMA delegation.

Although the psychiatric presence in the AMA House of Delegates has grown, there remain relatively few analysts in it. (I am the only one affiliated with either APsA or IPA.) It is important that analysts join the AMA and make their voices heard. Specialty groups, like the American Psychiatric Association, tend to be dominated by academics and are often focused on research and teaching; practice issues tend to take a back seat. The AMA has developed a more practice-oriented focus in keeping with its founding purposes. My dream is that one day APsA will have a seat in the AMA House.





## PowerPoint

Continued from page 10


some psychoanalysts have been denied academic and clinical positions on the basis of their theoretical orientation, and most curricula in psychiatry, psychology, and social work programs pay little attention to psychoanalytic ideas or treatments (other than to claim that they are passé or not "evidence-based").

If our opponents are correct, and psychoanalysis really is an ineffective and misguided undertaking, then there would not be much we could do about the matter. But as the empirical research in the PowerPoint presentation attests, psychoanalytic ideas and treatment are demonstrably helpful and viable. Public education efforts by members of this organization could help dismantle the misinformation that is currently ubiquitous. Public opinion can have a large bearing on whether or not a particular treatment is deemed legitimate and sought out, and whether it is covered by insurance.

Twenty years ago, alternative medicine was on the fringes of the health care scene, but in response to a number of popular publications, some charismatic leaders, and convincing research, the general public began to seek and demand reimbursement for alternative interventions. A 2004 study showed that more than 50 percent of adults in the United States have utilized at least one form of these treatments. Most schools of medicine currently offer courses on alternative medicine. In Sweden a few years ago, psychoanalysis was removed from a list of government-supported treatments, only to be restored by popular demand. In Germany, where there is good funding for research on psychoanalysis and the analytic therapies, such treatment is also covered by national policy.

While many American psychoanalysts prefer not to associate themselves with insurance companies, those who do wish to obtain insurance reimbursement are often thwarted by policies that discriminate against psychoanalytic

therapies. Partly because psychoanalysts have not done a good job of communicating the value and legitimacy of their work, the general public has not been informed of the effectiveness of analytic treatments. Meanwhile, drug company employees, biological psychiatrists, and advocates of non-psychoanalytic therapeutic modalities have championed their work in academic journals and have participated in political lobbying and marketing campaigns that have convinced many clinicians and lay people that their treatments are the gold standard.

We need to challenge these assumptions by means of the empirical studies that expose their fallacies. We hope that members will use this resource to the full extent of its potential. For anyone who is interested in gaining funding for outreach efforts, the American Psychoanalytic Association has some generous grant monies available; for details, visit the American Psychoanalytic Foundation site on APsA's home Web site, [www.apsa.org](http://www.apsa.org). 

## American Psychoanalytic Brief Aids Eist Victory

I am delighted to report we have just learned that Harold Eist has been victorious in the latest phase of his prolonged battle to preserve patient privacy against the intrusion of the Maryland State Board of Physicians. The Court of Special Appeals of Maryland handed down a landmark decision, closely following the reasoning in the *amicus curiae* brief supported by the American Psychoanalytic Association. While one more appeal by the board is possible, this is a major victory, likely to have national implications. A detailed discussion will follow in the next issue.

**Bob Pyles, Chairman**  
Committee on Government  
Relations and Insurance

## Sign Up for New NAPsac "Find-an-Analyst" Web Site

IPA and the North American Psychoanalytic Confederation (NAPsac) are working together to create a NAPsac sponsored "Find-An-Analyst" Web site. This Web site will enable prospective patients anywhere in North America to find an IPA analyst near them.

All U.S. and Canadian members of IPA are invited to display their names, office addresses, and office phone numbers in a searchable area available to the general public. This new service will be linked to the IPA database in Broomhills, UK.

Be assured that home addresses and e-mail addresses will not be made public. Because IPA will not make any contact information available to the general public without your approval, you must sign up to ensure that your name is included.

To sign up for the new "Find-an-Analyst" Web site, follow these four steps:

1. Go to the IPA Web site <http://www.ipa.org.uk/>
2. Log onto the site using your unique user name and password.  
(If you don't know your user name and password, you can get this information by e-mailing Mike Tilley at: [Mike@ipa.org.uk](mailto:Mike@ipa.org.uk))
3. Click on the link that reads, "To see or change your personal details click here."
4. Scroll down to the bottom of the first block entitled "Personal information" and select "Office Address, Phone Number and Web site on Web" from the "Selected 3rd party Web sites" option at the bottom of the block containing your name.

That's it!

I hope you will use this new service and find it beneficial to your practice.

**Fredric Perlman, Chair**  
NAPsac "Find-an-Analyst" Web Site

## A Private Conversation

Steven T. Levy

I have been playing music, especially chamber music, almost all my life, beginning long before psychoanalytic ideas intruded into my thinking. I have assiduously avoided examining my experience with music as well as analytic explorations of music in general, although names like Noy, Feder, Kohut, Langer, and their connection to the subject drift in and out of my awareness when the temptation makes itself known. I am reminded, defensively to be sure, of Nathan Milstein's comment regarding playing music that deeply moved him, that the trick was not to spoil it with effort, to let it speak for itself. I have always sensed that my investment in a musical life, one I have lived alongside my more public one, involved a determinedly separate and inviolate part of me. This literary foray into the world of chamber music, viewed through an analytic lens, feels risky and exposing. The analogy I wish to draw is connected to this risk.

Playing chamber music is like the intimacy experienced in the context of personal restraint that characterizes the psychoanalytic treatment relationship. There, I have said it! Now to what I mean. To a musician, playing music is a private, personal expression of inner experiences...affect, fantasy, sensate intensity...elaborated in a highly complex language shared only by other musicians. Playing chamber music is like a private dialogue among the initiated. One of the unique musical experiences is to greet a total stranger, settle into some ritualized physical arrangement, perhaps fidget with bow hair tension and rosin, arrange sheet music on a stand and fold corners for page turning efficiency, and then launch into the deepest of emotional communications. Brought to bear on such a dialogue is a history of cultural traditions, a lifetime of striving for technical mastery, a silent chorus of teachers and coaches. I remember reading through a

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Steven T. Levy


Mozart duo with a visiting graduate student at my university who spoke not a word of English or any other language I recognized. Within a minute we were sharing a private ecstatic exchange that we had learned to engage in with others who had access to our private language.

To a musician, playing music is a private, personal expression of inner experiences...affect, fantasy, sensate intensity...elaborated in a highly complex language shared only by other musicians. Playing chamber music is like a private dialogue among the initiated.

It has always been my assumption that, to some extent, my musical co-participants have in common with me a history of wishes, fantasies, fears, and perhaps temperamental proclivities similar to my own. I am certain this shared history attracted them to our alternate world although I have never felt any need to test out such a belief. What has always been important to me in choosing musical

partners is fluency in this language and access to its emotional concomitants. I experience playing music as highly complex, symbolic secondary process with an immediate connection to an underworld of sensate emotional experience. The language rules and their emotional correlates are shared and their execution is as automatized as familiarity, study, and talent allow. The relationship is circumscribed but deep, sensitive, and reciprocal in the moment. There is the oft told story of the Budapest Quartet, which could perform miracles of communication together but stayed in separate hotels when touring due to rancor and strife in their social relationships with each other. I think here of some analysts' capacity for sensitivity, thoughtfulness, and empathy at work without any guarantee that such attributes will consistently spill over into their personal lives. Music is like a second register, and a precious one at that. The appeal of analytic work and the discomfort in translating its pleasures for non-analysts come to mind as well.

Most of what I have said is suggestive rather than clear. I am certain this is by unconscious design but I have no inclination to try harder. Recently, a now disbanded quartet to which I belonged for years reunited for an evening of musical reminiscence. Our dissolution as a quartet was far from uncomplicated and disappointments lingered. We

played some familiar and pleasing repertory. Then one of us suggested Shostakovich #8, a work of surpassing beauty, passion, and harrowing intensity. When we were done, we felt depleted, packed up our instruments and dispersed almost silently. We did not want to spoil it. Our private language had rendered our social language anemic and unnecessary. We knew where we had been. 

# The Mind of the Composer

Martin L. Nass



Martin L. Nass

For over 30 years I have been speaking with contemporary American composers about their experiences during the development of their musical ideas.

In organizing the data, I have been interested in the particular sensory style and physical experience that is characteristic of the individual composer, whether visual, auditory, kinesthetic, or something else. While I have learned that composers will employ different styles in various pieces that they work on, for many there is a consistency in sensory approach.

It is difficult for a composer to articulate how the musical idea is experienced and where he or she feels it originates. This taps at the heart of the creative process and demands a verbal discursive description of a non-verbal process. It has an unfair quality to it because it requires a shift in focus from process to observation. The ability to present non-verbal ideas in verbal form is extremely difficult. In many instances, the composers had never been asked the kinds of questions about their work that I was investigating and found our talk interesting and challenging. Thinking in non-verbal terms involves a completely different "set" and often the direction of the interviews took surprising turns for the interviewees.

Since many composers who have written about their experiences in the development of musical ideas have described them most often in auditory terms, one would think, therefore,

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that their primary means of experiencing and processing the musical impulse would be auditory. In my own interviews with many contemporary composers, I found this not to be the case. While there are many composers who ascribe a major role to their auditory experiences, many report other sensory modalities as their main vehicle in experiencing the musical impulse. Following are some anecdotal reports by composers regarding their experiences during the inspirational phase of their work:

## THE MUSICAL IDEA IN AUDITORY TERMS

There are several particular forms of auditory experience that some composers described to me that merit consideration.

For example, one said, "My ideas come aurally. I know the instruments of the piece I'm writing and I just sit down and some ideas come. I'll hear a melody and figure out a way to circulate it around among the other instruments."

While there are many composers who ascribe a major role to their auditory experiences, many report other sensory modalities as their main vehicle in experiencing the musical impulse.

I asked another composer, Chen Yi, "How do you experience the musical idea?"

She answered, "I hear every precise pitch and rhythm."

"You actually hear it?"

"Yes," she said. "I don't use the keyboard to compose. I do it all in my head and actually hear it precisely. I have absolute pitch, so whenever I hear people talking or bells ringing, the music sounds in my head and I know the pitches."

Chen Yi was born and grew up in China where spoken language uses particular pitches as means of expressing meaning. She uses this in her music, especially in setting texts.

During a discussion with George Crumb regarding some of the developmental aspects of music in a composer's life and the origins of some early musical impulses, he said, "Composers first draw from infancy or childhood on the sound of nature, even the particular acoustic. Appalachia happens to be a river town that sits in a valley. That's a particular acoustic that I accepted as the acoustic of the world, and I don't think there's any question but it found its way into my own music. An echoing acoustic."

## THE MUSICAL IDEA IN VISUAL TERMS

A number of composers, contrary to earlier expectations and reports in the literature, are more visually oriented and at times experience their ideas for compositions in visual terms. One composer whose inspiration was visual described his process of composition, in this manner: "I can see scores in my mind, full scores in my mind. I actually see the notes and everything in my mind."

To me, this represents a unique phenomenon, in that a composer, working in an auditory medium and using sounds to express his creative ideas uses visual means as the primary

mode of expression. Apparently, sensory preferences operate independently of the particular sensory modality that the composer uses in his or her creative mode. One might speculate that on a neurophysiological level, this conforms to the descriptions cited by Allan Schore, who stated that the convergence of sensory afferents in the frontal lobe are operating and may be available for both visual and auditory functions. I have since found other documentation in the work of neuroscientists which support this proposition including the ability to change visual cortical cells to auditory functions.

*Continued on page 20*

## Mind of the Composer

*Continued from page 19*

### BODILY EXPRESSIONS

I was most interested to learn that many composers experience the musical impulse in bodily terms, some as a form of bodily tension or kinesthetic pull which is released through the expression of the piece, others as a more general feeling of physical motion. In his interview with me, the late Ross Lee Finney described his experiences in writing several pieces of music:

The image in my mind is related to a sense of gesture. They're not usually picture memory experiences, but gesture memory experiences. I'm writing a work for a band now. It's called "Crack the Whip." It's based on a game played on the frozen rivers in North Dakota where a group of children on skates form a line and then pull the far end around. The body pull of the experience is what is involved in the source of inspiration for the piece.

This articulate individual was able to put his most complex experiences into words. I had the impression at times that these were issues that he had never before articulated and that formulating them made a good deal of sense to his experience.

A young composer, who was awarded a Pulitzer for her music, was also an articulate reporter who thought through many of her responses to some complex questions:

I see the composer as a sculptor: I feel that I need to do something physically. I use the idea as a piece of clay...shaping and reshaping.... I'm always trying to determine how it fits into the larger picture...there's always a physical sense to how I work.

On reflection, one could see how the sense of physicality is close to the experience of sound. Early sound experiences are related to body movement experiences and composing music is reported by some (e.g., Paul Hindemith)



to be connected with the baby's earliest gestures. Thus, the composers interviewed who are close to these early experiences report their compositional inspirations in terms of early sensorimotor experiences. These experiences are also related to basic issues in the creative individual, who has the capacity to hold onto and continue early non-verbal experiences and to reshape them.

The problem in being able to articulate the issues and the processes involved was aptly described by another fairly recent Pulitzer Prize winner:


I feel music. I hear it and I feel it. I think the thing that's difficult about music is that it exists in time and we don't have any way to talk about it. We talk about musical form as though it were something that was in space, but the whole issue of musical form is when something happens, when you have a contrast.... It's not translatable to a flat surface. So I think it's very difficult for us in some ways to think about it. It's difficult to articulate even what the issues are in time. The concept of gesture for something, for instance, is something that is a time sense and the feeling we have in our body—rhythm, what-not—a time kind of thing. I think a very important part of thinking about music is to experience the time of it

and to have a sense of how the piece lays itself out over a period of time.... These are the big issues.

Another highly successful young composer, in response to a question about how she experienced the musical idea, said that an idea "is like a person. I think you have to live with it, you have to be patient with it to get inside of it. You have to understand the rhythm of it, the shape of it, the space you're in, the dynamic you're in. You have to really, really get inside of it and see this little kernel of things...you need a relationship with it."

I asked, "How do you actually experience the idea? Do you hear it? Do you see it? Do you experience it in a body sense?"

"I call myself a choreographer of sound," she said. "I have a physical relationship to music and I feel it physically...how high does it go up, how long does it stay up there and what's the fall-out.... It's tension and the release of tension. The whole thing has got to have some kind of architectural motivation to it."

I continue to be awed by the work style of these creative people. More and more, I regard their creative work as being accessible to their inner workings, as being able to take risks, to try out new ideas, and to face unknown and frightening consequences. Also a form in which they work parallels the form of good psychoanalytic work in that imagination, new ideas, and an ability to move into unknown, unexplored areas are critical factors in the endeavor. 



# The Jazz Actor in the Racial Matrix

Krin Gabbard



Krin Gabbard

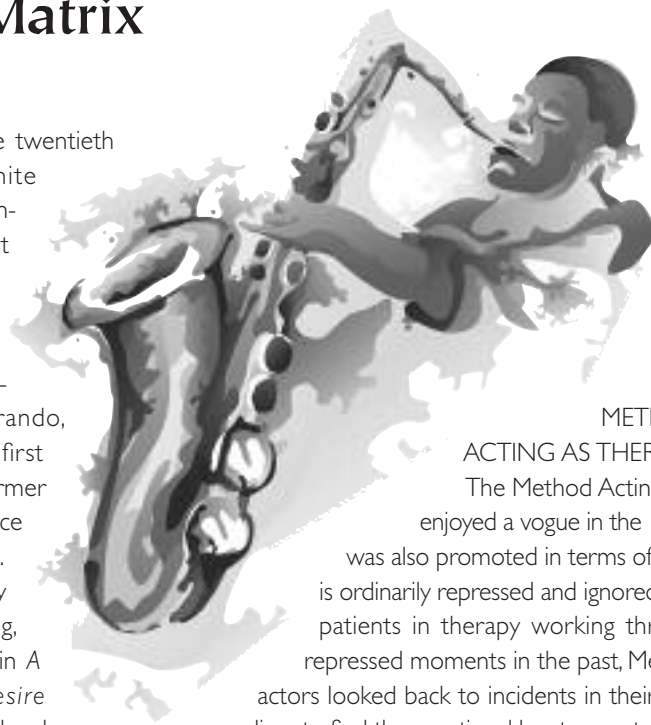
All symphonic musicians are improvising to some degree when they interpret a written score, and with very few exceptions, jazz musicians are drawing on a reservoir of written music when they improvise. Improvisation and fidelity to a written text represent a continuum, not a dichotomy. But for most white Americans and for most of the twentieth century, improvisation was black and the disciplined reproduction of a written score was white, just as jazz was black and classical was white. With these distinctions comes a long tradition of financial support, institutionalized education, canon building, and the rest.

Nevertheless, if you think about the history of jazz and American popular music, black people clearly have something that white people want. From the 1830s until the middle of the twentieth century, the most popular form of entertainment in the United States was the minstrel show. When white men put on burnt cork to impersonate African-Americans, they were portraying them as simple, child-like, and endowed with natural musical ability. Think of Jolson singing "Mammy," but think also of *Birth of a Nation* in which white actors in blackface aggressively pursue innocent white women. The white minstrel men, like the white men playing blacks in *Birth of a Nation*, were inhabiting the fantasy of blacks as more sexual, more transgressive, more emotional, and more spontaneous.

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In the middle of the twentieth century, however, white performers began channeling blackness without blacking up. White entertainers such as Benny Goodman had been doing this for several years. Marlon Brando, however, may be the first white American performer outside of jazz to practice minstrelsy in white face. Although not every aspect of it is appealing, Brando's performance in *A Streetcar Named Desire* embodies, on several levels, what we might call an aesthetic of jazz improvisation. Both jazz and the Method Acting of this period were part of a modernist mix that included a romance with psychoanalysis, new forms of racial imitation, and a fascination with improvisation. Significantly, in 1951, when *Streetcar* was released, blackface performance was disappearing from the American cinema. Al Jolson, Judy Garland, Mickey Rooney, Bing Crosby, Fred Astaire, and many others had all blacked up for movie roles. The practice came to an end in 1952 after Joan Crawford appeared in dusky body paint in *Torch Song*. African-American performance styles had been so integrated into American entertainment that blackface was no longer necessary. Elvis Presley made his first records in 1953.

It was also in the 1950s that specific connections between jazz artists and the unconscious mind began appearing in the psychoanalytic literature. For example, an analyst with the jazzy name Miles Miller wrote in 1958 that jazz functions "as a sublimated means of releasing tension associated with repressed hostile and aggressive impulses." More specifically, Miller associated the sounds of the jazz trombone with "anal expulsive components" that bring delight to audiences who would surely find such sounds objectionable in other situations.



## METHOD ACTING AS THERAPY

The Method Acting that enjoyed a vogue in the 1950s was also promoted in terms of what is ordinarily repressed and ignored. Like patients in therapy working through repressed moments in the past, Method actors looked back to incidents in their own lives to find the emotional key to constructing a character. Indeed, the Actors' Studio, the home of the Method in postwar New York, has been conceptualized as a therapeutic institution with its leader Lee Strasberg playing the role of psychoanalyst and his actors the role of analysands. With the help of elaborate exercises, frequently built around improvisation, actors sought to "unblock" themselves and connect with their inner selves in hopes of bringing authenticity and immediacy to their performances. Some jazz artists were intrigued by psychoanalysis at the same time that Method Acting was gaining in popularity. In his writings from this time, the great composer and bassist Charles Mingus seemed to understand jazz and improvisation as psychoanalysis "by other means."

Marlon Brando's most famous piece of apparently improvised business involves Eva Marie Saint's glove in *On the Waterfront* (1954). The scene is regularly cited as the *locus classicus* of Brando's improvisatory style in particular and of Method Acting in general. Brando picks up the white glove that Saint seems to have dropped by accident. While sitting on a child's swing, he absentmindedly toys with the glove, eventually putting it on his own hand. Brando actually improvised with the glove after Saint accidentally dropped it

*Continued on page 39*

# Freud Meets Mozart on the Oral-Aural Road

Julie Jaffee Nagel

I had the fantasy that Freud and Mozart met on a road one day and talked about music, a topic embraced by the composer and dismissed by the psychoanalyst. As my fantasy developed, (fueled by the timelessness and unlimited possibilities of the unconscious regarding reality of birthdates, location, and topic), the two men did not find much in common, since the composer extolled non-verbal sounds called music while the psychoanalyst emphasized the importance of words, calling his theory about interpreting dreams the Royal Road to the unconscious.

Mozart shared with Freud the letter he wrote to his father in 1777: "I cannot write in verse, for I am no poet. I cannot arrange the parts of speech with such art as to produce effects of light and shade, for I am no painter. Even by signs and gestures I cannot express my thoughts and feelings, for I am no dancer. But I can do so by means of sounds, for I am a musician."

Freud nodded and complimented Mozart on two of the composer's operas that he enjoyed, *Don Giovanni* and *The Magic Flute*, but sternly added the proviso he had expressed in "The Moses of Michelangelo" (S.E., 1914).

...works of art do exercise a powerful effect on me, especially those of literature and sculpture, less often painting. This has occasioned me, when I have been contemplating such things, to spend a long time before them, trying to apprehend them in my own way, i.e., to explain to myself what their effect is due to.

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Wherever I cannot do this, as for instance with music, I am almost incapable of obtaining any pleasure. Some rationalistic, or perhaps analytic, turn of mind in me rebels against being moved by a thing without knowing why I am thus affected, and what it is that affects me.

Undaunted, Mozart suggested to Freud that on some level he *must* be aware of the symbolic and metaphoric properties of music since Max Graf, musicologist and father/analyst of Little Hans (who became stage director of the Metropolitan Opera in New York in 1936), had been a member of Freud's Wednesday Night Psychoanalytic Society.



Wolfgang Amadeus Mozart (1756-1791)

In these meetings, Graf presented studies of Wagner and Beethoven which suggested that music allowed the listener to gain access to the unconscious according to the concepts of

Freud's topographic theory. This thought interested the psychoanalyst, but he did not express further curiosity.

Mozart, trying to illustrate to Freud that he had

indeed experienced a connection between music and affect, then recalled that in 1897 Freud wrote to his friend, Fliess, about his affective reaction to Wagner's opera, *Die Meistersinger*, where he commented, "I was sympathetically moved by the 'morning dream interpretation melody'...real ideas are set to music with the tones of feeling attached..." (Masson, 1985).

Of course, it was unclear if Freud was primarily responding to the verbal aspects of the libretto and its pre-Oedipal and Oedipal themes, but it did seem apparent that the affective aural essence of music enabled some thought and/or feeling to reach the awareness of the doubting psychoanalyst since he felt "displeasure" in one instance and was "sympathetically moved...by tones of feeling" in another. Mozart tried to emphasize that Freud's emotional responses to his own and Wagner's music were stimulated, in part, by the formal structure of music itself which resonated with Freud's psychoanalytic attunement to the nuances of the tone in talk and other non-verbal exchanges that were part of psychoanalytic theory and clinical technique.

Shortly after this conversation, the musician and the psychoanalyst parted company on the road that the musician called aural and the psychoanalyst called oral.

## RECENT TRAVELERS

The idea that music was a point of entry to the unconscious through affect lay dormant until Mozart and Freud crossed paths once more many years later. Mozart asked Freud if he had ever thought further about their conversation, but Freud said he had been too busy creating psychoanalytic theory and practice.

*Continued on page 33*



Julie Jaffee Nagel

# From the Unconscious

Sheri Butler Hunt

Cynthia Mitchell is on the faculty at the Psychoanalytic Institute of New England and is an advanced candidate in their child analysis program.

She has taught courses in "Writing Clinical Cases" and "Poetry and Psychoanalysis." She served as faculty chairperson in 2006-2007.

Her poems have been published in *Kalliope, Riverrun, Pearl, Caveat Lector*, and other publications.

Mitchell will be closing her practice in Cambridge and working for New York University in Paris at the end of the year.

The fluidity with which her poems employ time gently washes the reader between past, present, and future in a way reminiscent of stepping into a verbal watercolor.

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## I read recently that in Turkana land, there is no word for goodbye. You can only say, "I'm going. You stay."

I have stopped with you and I am going now  
out through low fields in the Model T grandpop had. Nothing to know then about cars  
except how to stop and how to go.  
I watch sunlight streak across cornfields where we walked  
hours wrapping the white house and the wedding  
where we ate barbeque and lavender cakes  
swaying to old songs that spilled out into the yard. I will make a new house now  
a brown house with stone walls and flowers.  
I will watch spring on new trees and learn  
a new street. Sometimes I wish this were a story  
out of order. That walking in the cornfields  
after the rain were somewhere in the future.

## The Hatmaker

In the factory my grandmother sits sewing hats  
in the long dark room women curl over their machines  
she presses the foot pedal again and again  
until there is that perfect whirr and the needle descends out and in  
out and in  
as she guides the braid round and round  
and sometimes when the braid isn't good enough she curses  
the boss, not a good man, she would say, a bad man.  
  
In the kitchen each Saturday she stacks rectangular pieces of thick paper in columns of orange green and blue  
her accounting of what he owes certain hats of shiny straw  
earn a few pennies more.  
  
My grandmother brought home beautiful hats  
of spiraled braid and carefully wrapped them in tissue  
and placed them one upon the other high on the closet shelf  
and once in a long while she put gold earrings in her ears  
and traced her lips with color and took one hat down.

—Cynthia Mitchell





# Professional Value of Reanalysis

Jon Meyer

COPE Study Groups are dedicated to expanding and disseminating understanding of important areas in psychoanalytic education. Our Study Group on Reanalysis (Dan Brener, Stan Coen, Helene Keable, Mel Lansky, Gunther Perdigao, Al Robbins, Eslee Samberg, Christine Ury, Joan Wexler, and this writer) is interested in taking advantage of the natural laboratory of reanalysis to understand analytic process. Beyond that broad interest, we specifically contextualize reanalysis as part of the most significant educational experiences of the analyst: the often career-long exposures to personal analyses in addition to the training analysis. We are exploring the contributions of analysis and reanalysis to psychoanalytic careers, clinical skills, professional immersion, and educational commitments.

The fact that analytic candidates are required to undergo the field's most powerful treatment method in their training analyses is unique in clinical education. It is necessitated in our "impossible profession" by the need for the analyst to be not only the agent but also the instrument of change. Beginning with "Analysis Terminable and Interminable," however, it has been recognized that the training analysis may be insufficient to accomplish those ends. In fact, Freud suggested that analysts be periodically reanalyzed without feeling ashamed, noting that even a good, completed analysis

cannot necessarily be expected to endure because of defenses and systematic resistances, passages in life, evolution of experience, and changes in the balance of sublimations—not to mention the "dangers" of stirring up the analyst's own instinctual demands and conflicts by regular immersion in patients' material. The fact that training analyses have become more thorough since Freud's day cannot eliminate the complexity imposed by the uneasy melding of therapeutic and educational goals, or the vicissitudes of an analytic career.


Although it may sometimes appear that Freud's recommendations have been honored largely in the breach, that appearance is misleading. Two or more analyses are actually far from rare. The training analysis is required, recognized, openly acknowledged, and is, in many ways, a public procedure in all but content. Other analytic experiences, by contrast, are not required, not recognized, kept private, and therefore appear less common than they are. If asked, analysts who have had additional analytic exposure will acknowledge it, and even swear by its benefits, but the subject is largely absent from clinical considerations, informal and formal education, and the literature. Nonetheless, suggestive data from studies and ad hoc surveys bridging 30 years indicate that about two-thirds of analysts have had more than one analysis—and sometimes multiple analyses. It appears that about half of the group with more than one analysis (one-third of the total) was analyzed prior to beginning training, so that the additional analytic exposure was in a sense preparatory, and the other half was reanalyzed after the completion of training. To designate those two categories, we have referred to them as "preanalysis" and "reanalysis," respectively.

We have tried to understand the factors that either lead from preanalysis to training or from a training analysis to later reanalysis. We remain less than certain about those factors, but

it is clear that repeated exposure to analysis is predicated on having a satisfactory first analytic experience. While we had hoped that those who were dissatisfied with their first experience might return for a better one, it does not seem to be the case. For those who do have more than one analysis, our preliminary observations indicate that a benefit of repeated exposure is access to greater psychic depth. In that vein, by far the strongest area of preliminary agreement in our study group was that reanalysis after a training analysis was characterized by a greater regression with more powerful transferences, previously unknown levels of anxiety, the recovery of object representations from earliest development, access to primitive affective states, and profoundly re-experienced losses and narcissistic injuries. Our impression is that such an investment in continuing education tends to pay off in terms of work that is less doctrinaire, more attuned, lively, and vital without being wild, and solidly based in analytic process. We are continuing to work to refine our observations, questions, and hypotheses.

Although not usually a part of COPE activities, our group is seriously considering developing a research protocol to get better data on such simple questions as the prevalence of multiple analytic exposures among analysts. It is the strong impression of the COPE group that the training analysis as both necessary and sufficient for most analysts is incorrect, but we do not reliably know the actual frequency of multiple analyses. We do not underestimate the complexity of the questions and are in consultation with a BOPS science advisor to see what might be designed.

Finally, we have taken seriously the mandate to make our findings available. One paper from our group, "Reanalysis in the Career of the Psychoanalyst," which I co-authored with Nancy Debbink, was published in the *Journal of Clinical Psychoanalysis*, 12(1), and another paper I wrote on "Training Analysis and Reanalysis in the Development of a Psychoanalyst," will appear in the *Journal of the American Psychoanalytic Association*, 55/4 (2007).

We not only hope to be a resource for educators and other analysts but also are very interested in input. Please send your observations, comments, and ideas to: [jkmeymrmd@comcast.net](mailto:jkmeymrmd@comcast.net). 

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*Eslee Samberg, M.D., is editor of the COPE column.*



# New Publishing Partnership Positions JAPA to Reach Vast Scholarly Community

Dean K. Stein

The *Journal of the American Psychoanalytic Association* (JAPA) is entering a new era in its publishing that will make it available online for the first time to the entire scholarly community. After dedicating over a year to researching options, the Association has decided that JAPA will be published by a major commercial publisher beginning in January 2008. The opportunities for JAPA and psychoanalysis are great. But first, a little background.

For many years, the Association has self-published JAPA through arrangements with vendors who supplied the necessary services to publish and distribute the print journal. This has enabled us to provide our members with an excellent and well-received publication, but has limited our ability to get JAPA “out into the world” so that psychoanalytic thought would register on the radar screens of those outside the psychoanalytic community.

Starting about four years ago, APsA's director of public affairs, Dottie Jeffries, urged the Association to consider making JAPA available via an online platform. Her widely shared concern was that the Association was isolating itself from students, researchers, and anyone doing an online literature search. Additionally, as the world of scholarly journals has turned toward delivery by electronic means, libraries increasingly build their collections in electronic rather than print form. And libraries typically buy large collections of journals from publishers who represent a wide spectrum of journals. Without a robust online presence in the mainstream academic publishing arena, JAPA was in jeopardy of becoming invisible to the broader scholarly community. We felt that if we failed to enter this mainstream, the Association, JAPA, and psychoanalysis in general were missing an enormous opportunity to reach a vast audience.

As most of you know, APsA was one of the founders and is a co-owner of PEP—one of the

Dean Stein is the executive director of APsA.

most exciting psychoanalytic electronic research tools ever to be developed. As we explored options for JAPA, a prime concern was to make sure that we would do nothing that might interfere with PEP's success. It quickly became clear that we did not have the publishing and online expertise to conduct a business analysis and come to conclusions on our own, so we sought the services of an expert who could guide us. Interestingly, both Steve Levy, JAPA's editor, and Nadine Levinson, one of the managing directors of PEP, recommended independent consultant, Kathey Alexander, to work with us. Her background includes over 20 years in scholarly and professional publishing, where she has been involved with books, journals, and online publishing.

After studying our current publishing structure for JAPA, its financials, and learning about PEP, Alexander suggested that the Association consider partnering with a commercial publisher that would publish JAPA in both print and online formats, and provide international marketing



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Journal of the American Psychoanalytic Association

and sales services. An RFP (request for proposal) was developed and sent to a number of major journal publishers, who responded with great enthusiasm. It was surprising and gratifying to learn how important these publishers considered JAPA. Three publishers were invited to make personal presentations to explain their capabilities. Levy, Alexander, and I participated in these meetings, and after subsequent conversations, we made our recommendations to the Executive Committee. The Executive Committee spent a fair amount of time reviewing the case for a commercial publisher and evaluating the financial ramifications of such a decision for the Association. After considerable discussion, the Executive Committee enthusiastically endorsed the recommendation to contract with Sage Publishing for JAPA as of January 2008.

Moving the journal to Sage will provide us with a number of benefits that do not currently exist:

- We will be working with a professional publishing team, highly experienced in production, online penetration, marketing, and sales.
- Sage makes it their business to stay on top and at the forefront of current publishing trends, marketing techniques, and cutting-edge technological opportunities. We don't have the staff capacity to address these areas, let alone stay current with them.
- JAPA will be marketed worldwide. JAPA's current publisher lacks the capacity to do any comprehensive marketing on JAPA's behalf.
- JAPA citations in other journals that Sage publishes will be linked to JAPA, allowing readers of those journals to “click-through” directly to JAPA and read the article—with no delay and at no charge. Both of these factors are absolutely key, as delays and charges function as “locked gates” that the vast majority of our targeted readers won't bother to find ways to open.

Continued on page 26

# Creating Community-based Peer Supervision Groups

Noreen J. Honeycutt

We have a lot to learn and a lot to offer. This has become most evident as I round year two in the peer supervision group that meets in my office monthly. It started as an informal chat over coffee at one of the case conferences hosted monthly as an outreach effort of the Baltimore Washington Institute and Pastoral Counseling Services of Maryland. I watched heads nodding as a therapist lamented the isolation and lack of peer contact often associated with private practice. I offered to query the audience to see if peer supervision was of interest to the larger crowd. The list circulated with enthusiasm, and after two years, analysts from the Baltimore Washington Institute are hosting seven peer groups of therapists at varying levels of professional development across the D.C./Baltimore Metro area with an ever evolving waiting list.

The first group of therapists introduced themselves as “humanistic,” “family systems,” “intersubjective,” “self-psychological,” “solution-focused,” “psychodynamic,” “eclectic,” and “psychoanalytic.” So, we established our

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different approaches at the same time that we established a unified desire for improving clinical skills and for supervision.


Having completed analytic training and feeling wedded to my clinical approach, I wondered how this could possibly be a good fit for me. It took no time to find out that my colleagues had much to teach me and each other. As one person presented a case each month with its consequent challenges, I marveled at the unique way that each group member listened to the material and formulated ideas about the issues at hand. I also recognized that many of us were thinking about conflicts, defenses, resistance, object relations, and ego functioning in our approaches to treatment, even if our vocabularies differed. When it was my turn to present, I chose an analytic case and received incredibly rich feedback that moved my work along with my patient.

As the culture of acceptance of divergent views developed, an interesting trend began to emerge. Members of these peer supervision groups began to apply for psychoanalytic and psychotherapy training at our institute, signed up for the fellowship program, and began attending many of our events. Group members requested referrals for treatment and for individual supervision. This interesting outcome seems to be a result of the analytic community embracing the broader community of therapists as valued peers. In turn, these new peers are

valuing what we have to offer in terms of training and treatment. The

peer groups have not only been successful at the individual and community levels but have served as a wonderful resource for recruitment. Our institute is benefiting from the rich and diverse interests and backgrounds of our newest applicants.

Gone must be the days of the elitist or exclusive reputation of the psychoanalyst. Our communities are filled with very gifted mental health professionals with whom we can develop relationships in mutual ways. Peer supervision groups are filling a need in the community and creating new paths to psychoanalytic interest. Bridges are being built.

Just think, if every institute started free, community-based peer supervision groups, announcing them at each public function, imagine the levels of benefit—patients get better treatment, standards for clinical skills improve, therapists feel supported and connected, interest in our programs increases, and our programs are enriched by diverse perspectives. Why wouldn't we embark on this? Peer supervision groups are not a new concept; in fact, we've been doing them on the institute level forever. It is clearly time to broaden the guest list. 



Noreen J. Honeycutt

## JAPA


Continued from page 25

- JAPA will have a robust online presence in a way that the Association could not possibly create on its own or afford to buy. Sage utilizes HighWire, a division of the Stanford University Libraries, as its online platform. More than 850 journals, including the *Journal of the American Medical Association*, the *New England*

*Journal of Medicine*, and all the journals of the American Psychiatric Association as well as *Psychiatric News*, are hosted on HighWire, which delivers scientific and medical research online in a high-quality Web environment.

- The full archive of JAPA will be available (back to volume 1, issue 1) via this platform. All APsaA member subscribers will have access to the online journal and all of its reference connections.

It is important to note that JAPA will continue to be wholly owned by the Association, and the editor will remain in control of the content. All new services, including the robust online presence, will be provided at no additional cost to members who subscribe.

We look forward to a successful relationship with Sage and we are thankful to Dottie Jeffries for her persistence in keeping this issue in front of us. 

# Analytic Service to Adolescents Takes Psychoanalysis to the Streets

Mark D. Smaller

Three and half years ago when the social worker I was supervising in the Chicago Institute Psychotherapy Program asked if I would be willing to visit the alternative high school where he worked, I reluctantly agreed. "Geez, I'll have to change my Wednesday patients and schlep all the way out to Cicero," I said to myself. Morton Alternative School (MAS) was just beyond the west side of Chicago in Cicero. Forty students were placed there having been expelled from the two regular high schools, usually for violent and gang related behavior.

During that visit I met with the school principal, teachers, and staff and also sat in on one of the student groups. At the end of my visit, Dave Myles, the social worker, along with the principal, Rudy Hernandez, thanked me for coming. "No," I quickly said, "thank you for inviting me." I asked if I might come the following week. They agreed. The following week I asked if I might come just one more time. Soon my Wednesday morning patients were permanently rescheduled. I have been "schlepping," no, racing out to MAS every week ever since.

What happened was that I immediately fell in love with the kids, the principal, teachers, and parents. On the one hand, I heard horrible stories in staff meetings and in the student groups. One student had been walking out of his house a few months earlier; was shot four times and miraculously survived. Another, after being kicked out of her house by her mother, began cutting herself regularly. One student, when I asked why he had written, "Forgive me," in gang script on his notebook, said quietly, "Because of all the bad things I have done." One parent sadly reported to me that he

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was trying to be more involved with his son, "but the gang is pulling him away from me."

But what hooked me about each of the students was that in school, in the one safe, reliable, and predictable place in most of these kids' lives, they were just kids! The bravado, the gang related aggression and protective behavior seemed left at the security door each morning. Once inside, they were just kids and in so many ways no different from my own—wanting to be listened to, understood, having aspirations and longings, and just trying to be, well, teenagers.



Mark D. Smaller

But what hooked me about each of the students was that in school, in the one safe, reliable, and predictable place in most of these kids' lives, they were just kids!

Back in the 1960s Martin Luther King marched through a mostly white Cicero to protest racist housing and school policies and was stoned. Today Cicero is mostly Hispanic and economically poorer than it was back then. Gang violence on the streets and in the schools—including the elementary schools—remains alarmingly high. I became aware of the brutal statistics confronting these kids and educators trying to help. As reported by the Children's Defense Fund (2003), every day in America: 2,861 high school students dropped out of school; 7,883 children were abused or neglected; and 5 children under the age of 20 committed suicide. Every second, a high school student was suspended; every 9 seconds, a high school student dropped out; and every 37 seconds, a child was born to a mother who was not a high school graduate. Moreover, 1 in 3 children was

at least one year behind in school, and 1 in 8 children would never graduate from high school.

For Latino children the numbers are more dramatic. Every day in America for Latino children: 751 were born into poverty; 1,005 babies were born to mothers who were not high school graduates; 2,357 public school students were suspended; and 561 high school students dropped out. Every day!

Tragically the internal worlds and the everyday lives of these kids create endless obstacles. Depression, anxiety, anger, and, maybe the worst of all possible feelings, hopelessness and cynicism, were rampant in the school—for students and staff. I quickly witnessed Myles, maybe the most trusted adult at the school, gaining access to their inner and interpersonal worlds. And in a relatively short period of time, the kids in one of his groups allowed me access as well. Myles would introduce me as, "Dr. Smaller, he's in my club [gang] downtown," and that was enough information for them. By the second year, I was sometimes referred to as "Dr. Walkaway," a reference to an ongoing discussion about "walking away from a confrontation," while maintaining respect.

Over a number of months, Myles and I discussed the idea of creating a program that would allow some of the most severely troubled students to be seen individually and more intensively. I would try to raise funds to hire an additional social worker to work with students and another to work with their families. We would offer home visits since parents often did not or could not make it into school for meetings.

I kept thinking about how many years before at the University of Michigan I had heard Selma Freiberg remark in front of a large audience, that although she had become a psychoanalyst, she, of course, still did home visits if she thought it was indicated. And, certainly, August Aichorn's application of psychoanalytic ideas to his work with Vienna delinquents back in the 1930s was on my mind.

*Continued on page 28*

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## Service to Adolescents

*Continued from page 27*


The Analytic Service to Adolescents Project (ASAP) was born through these discussions with Myles, Marty Laub, the head of development at the Chicago Institute, and also the Institute Committee on Multi-Cultural Issues. We saw an opportunity for our institute to provide not only an innovative service to the community but also to learn about the world of this community and, with proper evaluative tools, describe the impact of applied psychoanalytic treatment. If successful, why not replicate it in other schools? Laub and I began informal discussions with a foundation that might provide support.

Unfortunately the most resistance to the project came from some faculty at our institute. Was this the proper use of psychoanalytic ideas, the institute, the staff? Were we putting ourselves in legal jeopardy? These were dangerous kids! Would we be paying social workers too much by offering \$50 or \$60 an hour?

Our concern for these students and the committed principal and school staff facilitated perseverance regarding the institute resistance and prospective funders. Even after being turned down once for funding, we resubmitted and finally received a \$20,000 grant from the Arthur Foundation. With that support, I was able to raise another \$8000 from an individual donor and from our own American Psychoanalytic Foundation.

We completed our first project school year last June. Of the original six students, five remain in school with one to graduate in December. One student was ultimately expelled but was replaced with another who returned to school this fall. All 40 students were given a depression and anxiety scale test at the beginning of the year and at the year's end comparing the impact of the intervention on the six project kids to the larger group. All 40 students scored beyond the most severe levels of depression and anxiety in the pretest, but slightly improved over the course of the year. However, when the six students who received individual treatment were compared with the larger group, these students' levels of depression, anxiety, and stress were significantly lower by the year's end.

We also learned that home visits were not necessarily the answer. Parents in this community are reluctant to have a home visit out of anxiety that something more of the family life will be exposed. Also, a visit from someone at the school evoked anxiety and concern about being criticized for parenting. We have made adjustments and have more to learn in our second year.

In our site visit last spring from the Arthur Foundation by the foundation president and a member of the Grants Committee (a former Berwyn mayor and Cook County judge) the project was significantly praised. For me the highlight of the visit and our first year was when one of our students, in front of the site visitors, spontaneously said, "This [group] is a place where you can get things out but not like with friends... It's where people care about what you are going through. And that's helped me control my temper. It used to get me into trouble. Now I just can't wait to graduate." 


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## Highlights

*Continued from page 7*

Case Paradigm: New Methods and New Results," is a daylong program on Saturday sponsored by the Research Associates of the American Psychoanalytic Association (RAAPA).

### PLENARY LECTURES


We are fortunate to have two outstanding plenary lectures in January. Poet Robert Pinsky's Friday morning plenary address, "The Fate of the Modern," will compare the work of psychotherapy with the work of art and the history of psychoanalysis with the history of modern poetry. The former United States Poet Laureate is the author of seven volumes of poetry and is the poetry editor for the online magazine, *Slate*. In her Friday afternoon plenary presentation, "The Missing Tombstone: Reflections on Mourning and Creativity," Anna Ornstein addresses the unique challenges of mourning following multiple, traumatic losses. There are many other informative and thought provoking entries, including 90 discussion groups, an oral history workshop, Affiliates Forum, and a film tribute to Ingmar Bergman. I hope to see you at the historic Waldorf-Astoria in January. 

## Science and Psychoanalysis

*Continued from page 11*

the task showed that they were not just performing more slowly because of a distraction but rather were partially engaged in the "wrong" task (i.e., that was being suggested to them subliminally). The authors conclude that "the cognitive control system... is not exclusively driven by conscious information, as has been believed previously."

This may not sound immediately like it has a lot to do with psychoanalysis. But the notion that the unconscious mind affects higher-order thinking (conscious or not) is a central piece of the psychoanalytic worldview, and one about which analysts have much to contribute. Cognitive science's rising interest in the unconscious provides a new and precious opportunity for psychoanalytic theorists and clinicians to influence research and theories that will shape our society's scientific understanding of the mind and brain (even if this occurs outside of psychoanalysis proper).

In addition, progress in a cognitive science approach may well help analysts learn more about properties of the mental apparatus and to interpret experimental findings in ways that will enhance our own theories. This potential exists whether or not we believe that the cognitive science perspective can help us learn about the *contents* of unconscious fantasy and thought. The kind of complexity and abstraction processed by the unconscious mind at various stages of development is of crucial importance to various schools of psychoanalytic theory and even differentiates major schools from one another. Anna Freud and Melanie Klein argued much over the role of fantasy/phantasy in early life, and this debate would benefit from data that help establish how and what the infant's mind encodes. More recently, the debate over the role of implicit memory in transference, therapeutic change, and other core analytic processes, as proposed by the Boston Change Process Study Group, as well as Westen and Gabbard, relates directly to how we understand the nature of unconscious memory and learning. The possibility of adding to our understanding of such phenomena using a cognitive neuroscience framework is an exciting one. 



# Remembering Morton Reiser

Theodore Jacobs

On June 21 of 2007 Morton Reiser died at the age of 87, and at his death the field of psychoanalysis lost an irreplaceable treasure.

Mort was a truly unique individual, a man who was not only a distinguished neuroscientist, researcher, and educator, but a superb psychoanalyst who made enormous contributions to our field.

I first got to know Mort some 40 years ago when we both were in the Department of Psychiatry at Albert Einstein College of Medicine. I was a beginning resident and Mort, who had come to Einstein via the Department of Psychiatry in Cincinnati, was director of research.

Einstein was a tumultuous place in those days, filled with strong creative personalities with equally strong wills who often clashed on issues of educational policy and other matters. As the storm of passions—and words to match—swirled around him, Mort would remain an island of calm, a voice of reason, an anchor for all of us. Mort had the capacity to zero in on the essence of a problem, to see the central issue with great clarity, and to offer solutions that were based on an in-depth understanding of the fundamental issues. To this quality was added Mort's great store of knowledge and his broad experience as researcher, educator, and clinician.

Throughout his career, Mort joined his long-standing interest in medicine and neuroscience with an equally strong interest in workings of the mind. Well known was Mort's early work in the field of psychosomatic medicine and his later studies of brain physiology. He had an international reputation as a pioneering researcher in both areas. Less well known was Mort's expertise as a psychoanalyst and his contributions to the psychoanalytic literature.

Like Otto Isakower, whom he much admired, Mort had a strong interest in dreams, memories, and the psychology of dreaming.

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Linking this interest with neurophysiological studies of the brain, he made a number of important discoveries that were clinical as well as theoretically groundbreaking. One of these was the fact that the analyst's memories of his own childhood and images that he has formed of the patient's childhood are stored in the same way in the brain. This suggests that if he is listening well, the analyst's memories and images of his own childhood experiences that may arise as he listens to the patient's associations, in all likelihood, will be meaningfully linked to related psychological experiences of the patient. In this way, Mort provided neurophysiologic support for Isakower's idea of the analytic instrument, a concept that intrigued him and that he utilized extensively in his own work.

In his interests, his capacity for integration, and his originality, Mort had much in common with Freud. He shared Freud's keen interest in neurophysiology and, like Freud, was forever seeking to discover its relationship to the mind and to psychological experiences.

What Mort shared with Freud, too, was the gift of creativity, a quality that infused not only his pioneering research, but his multifaceted career.

Mort was born and raised in Cincinnati, went to medical school there, and as an expert in psychosomatic medicine, remained a central figure in the Departments of Psychiatry and Medicine.

After military service, Mort joined Milton Rosenbaum, another Cincinnati alumnus and newly-appointed chairman of psychiatry at Albert Einstein, as chief of research in that department. From that point on, Mort's rise was meteoric. Within a few years he became, first, chief of psychiatry at Montefiore, and then chairman of the department at Yale. Shortly after joining the Western New England Psychoanalytic Institute, he was appointed training and supervising analyst.

In 1982 Mort was elected president of the American Psychoanalytic Association and, after completing his term in office, served as chairman of the Committee on Psychoanalytic Education (COPE) for a number of years. He remained an active contributor to



Morton Reiser

the American Psychoanalytic Association until his death, serving on a number of committees and co-chairing a discussion group with Elise Snyder on neurophysiological research and its relation to clinical issues.

Mort's publications include four important books

focusing on the interaction of mind and body and scores of articles on a variety of topics ranging from dream studies to an essay on the operas of Richard Wagner. For the past several years, Mort had been working on a major study of Wagner's works from a combined neurophysiological-psychologic point of view. He was also the recipient of many honors and awards in this country and abroad.

Mort's achievements, however remarkable as they were, do not speak to the essence of the man, to the qualities that endeared him to all those who had the privilege of knowing him well.

Throughout his career, Mort remained a scholar and scientist, a seeker after truth. Although power and influence came to him, he was not a seeker after power. On the contrary, throughout his life Mort remained modest, unassuming, natural; a warm and caring person, deeply devoted to family and friends. He disliked partisanship and chauvinism and deplored the narrow-mindedness that prevented analysts of the varying schools from understanding one another and seeking creative integrations of their competing theories.

For above all, Mort was an integrator, a man who, throughout his professional life, sought to forge links between different disciplines, different perspectives, different ideas. In this endeavor he was remarkably successful, being the foremost analyst of our time in building bridges between psychiatry and psychoanalysis, neuroscience and the science of the mind.

If the term Renaissance man can be meaningfully applied to one of our colleagues, Mort Reiser was certainly that man. Scholar, educator, researcher, author, master clinician, Mort was a valued mentor to many of us and in his lifelong devotion to learning, his unrelenting search for the truth, a model for us all.

We shall not soon see his like again.



## APsaA's Excellent New Fellows for 2007-2008

The American Psychoanalytic Association Fellowship Program is designed to provide additional knowledge of psychoanalysis to outstanding early-career mental health professionals and academics, the future educators and leaders in their fields. 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.

**Clifford Guarnaccia, Ph.D.**, earned his degree in combined clinical and school psychology from Hofstra University in 2005. After completing his Ph.D., he worked as a school psychologist in an alternative education



Clifford Guarnaccia

high school for students with severe learning and behavior problems. In pursuit of an academic career, he began a post-doctoral fellowship in the Laboratory of Personality and Psychopathology at Emory University working under the mentorship of Drew Westen and Rebekah Bradley. His interests include the classification and treatment of personality disorders, adolescent psychopathology, psychotherapy effectiveness, and risk and resilience factors for developing PTSD. His hope for the future is to be able to teach full time and maintain an active clinical practice.

**Samar Habl, M.D.**, is in her second year of psychotherapy and psychodynamic psychiatry training at the Austen Riggs Center. She went to medical school at the American University of Beirut, Lebanon, and



Samar Habl

trained in psychiatry at the Mayo Clinic in Rochester, Minnesota. She is interested in the psychodynamic study of social systems as well as organizational consultation. She plans to pursue training at the A.K. Rice Institute in Ranier, Washington, for the study of social systems. Her research interest is geared towards education and the study of the place of psychodynamic psychiatry in residency training. She has begun some work in this

area and presented her findings at two meetings. She is now in the process of publishing her data. She is also interested in teaching and thinking of ways to preserve psychodynamic thinking in future generations of psychiatrists.

**David D. Kemmerer, Ph.D.**, is a second-year post-doctoral psychology fellow in the Program for Psychotherapy at the Cambridge Hospital/Harvard Medical School. In this position he treats adults with



David D. Kemmerer

long-term psychodynamically oriented psychotherapy. Kemmerer also completed his clinical internship at the Cambridge Hospital, working with inpatients and outpatients. He completed his Ph.D. in clinical psychology at the University of Tennessee, where his research interests focused on the intersection between analytically oriented case formulation and psychotherapy outcome. Kemmerer is also interested in psychological assessment, particularly the use of projective measures. In addition to his interests in psychology and psychoanalysis, he is passionate about documentary and fine art photography, travel to places that are off the beaten path, biking, and scuba diving.

**Amelia Klein, Ph.D.**, recently completed her doctoral studies in history, Holocaust studies, and cultural memory at Deakin University, Melbourne, Australia. Her research focused on grandchildren of Holocaust survivors and their responses to their grandparents' Holocaust video testimony.



Amelia Klein

Klein earned her B.A. (Honors) in Jewish history at the University of Sydney, where she wrote her dissertation on Sydney child survivors of the Holocaust. In Australia she was involved in Holocaust education and remembrance programs, including making a documentary film, *Claiming the Memory: Who Owns the Legacy?* (Australian Broadcast Commission Television, 2004), leading Holocaust education programs to Poland, and founding Young Friends of the Sydney Jewish Museum. She is particularly interested in the transmission of trauma across generations and the ways in which psychoanalytic theory can be applied to understand the impact of cultural traumas.

**Greg Kolodziejczak, Psy.D., Ph.D., M.A.**, is a post-doctoral fellow at Two Brattle Center in Cambridge, Massachusetts. After an initial career in science and engineering, including a doctorate in ocean



Greg Kolodziejczak

engineering from M.I.T., he switched careers in order to focus on human psycho-social-spiritual issues. He received an M.A. in theology from the Catholic University of America in Washington, D.C., and then a Psy.D. from the Institute for Psychological Sciences in Arlington, Virginia. His dissertation was an integrative analysis of love, drawing upon psychology, philosophy, and theology, using the notion of the self as the integrative focal point. His main interest is the manner in which psychology and theology can mutually inform one another, with applications to emotional and relational healing, spiritual growth, social issues, and the challenge of overcoming evil with good.

*Continued on page 31*

**Kristin L. Leight, M.D., M.A.**, is a fourth-year psychiatry resident at New York State Psychiatric Institute/ Columbia University, where she currently serves as a chief resident. She graduated



Kristin L. Leight

from University of North Carolina-Chapel Hill on a Morehead Scholarship with a B.A. in English and creative writing and received an M.A. in classics and English literature from Oxford University on a Marshall Scholarship. Prior to receiving her M.D. from Harvard Medical School, she worked at UCLA in mood disorders and perinatal psychiatry research. Her clinical interests include psychodynamic psychotherapy and women's mental health, and her research interests include the relationship between attachment paradigms and the development of mood and anxiety disorders during pregnancy and in the postpartum.

**Anna Marquez, M.D.**, is the chief resident in her final year of training at University of California, Davis. She has always been fascinated with psychotherapy and has sought varied group and individual psychotherapy experiences during her residency.



Anna Marquez

She joined the intensive psychotherapy track, which is informed by contemporary dynamic thought, and enjoyed contacts with faculty from both the San Francisco Psychoanalytic Center and the Psychoanalytic Institute of Northern California. Her intent is to pursue formal analytic training soon after completing her residency. She has a background in basic sciences with a B.S. in cellular and molecular biology. She spent one year after medical school in a postgraduate research fellowship with the Department of Neurology at UC Davis studying the etiology of non-epileptic seizures. She is interested in a career that blends academic psychiatry, group therapy, adult outpatient psychotherapy, and medication management.

**Cecile Matip, M.D.**, is a fourth-year psychiatry resident at the State University of New York (SUNY) Downstate. She was born in Lyon, France. She felt racial prejudice related to her African cultural back-



Cecile Matip

ground would interfere with her professional growth there and emigrated to New York City at age 19. Within a year, she was attending college with a full scholarship. She went on to study medicine at SUNY Downstate. Following medical school, she completed a master's degree in public health in policy and management at Columbia University with a concentration on the issues of the uninsured and their place in the health-care system. During her residency, Matip has had three children. Inspired daily by their psychological capabilities, she would like to pursue child analytic training after a fellowship in child and adolescent psychiatry.

**Kevin B. Meehan, Ph.D., M.A.**, is a psychologist at the Center for Intensive Treatment of Personality Disorders at St. Luke's-Roosevelt Hospital Center in New York and an adjunct



Kevin B. Meehan

professor of psychology at New York University. He is also a research associate for the Cornell Borderline Psychotherapy Project. He received his B.A. in psychology and political science from New York University, his M.A. in forensic psychology from John Jay College of Criminal Justice, City University of New York, and his Ph.D. in clinical psychology from the Graduate Center of the City University of New York. His primary interests include the development of mental representations, language, mentalization, and affect regulation, and the impact of impairment in these lines of development on personality and character structure across the lifespan. He is also interested in clinical research demonstrating the efficacy of psychodynamic psychotherapy.

**Christina Papanestor, M.S.W., A.S.W.**, is a clinical social worker who received her M.S.W. from Smith College School for Social Work. She received a B.A. in anthropology and sociology from Middlebury



Christina Papanestor

College in Vermont. Her graduate training encompassed culturally informed, solution focused, and insight oriented psychotherapy. Papanestor was awarded a post-graduate fellowship in clinical social work at Stanford University and recently completed a rotation at UCSF/San Francisco General Hospital's cultural focus inpatient units. Currently, Papanestor is a staff clinician in Kaiser Permanente's Eating Disorder Intensive Outpatient Program where she works with individuals and families to explore the roots of disordered eating in the context of gender identity, individual development, and family dynamics. Her research areas include gender studies, gerontology, trauma, and cultural identity development.

**Suzanne Petren, J.D., Ph.D., M.A.**, practices psychology at Mountain Regional Services, Inc., in Evanston, Wyoming, where she works psychodynamically with individuals with mental



Suzanne Petren

retardation and co-occurring mental illness. She also teaches psychology at the University of Wyoming. Petren received her B.A. in English from Brandeis University and her law degree from the University of Missouri School of Law, where she received honors in Moot Court and Law Review. After practicing law as a litigator for 10 years, she changed careers, earning her B.A. in psychology, as well as her M.A. and Ph.D. in counseling psychology from the University of Missouri. She trained in the areas of biofeedback; experiential methods and principles of existential phenomenological therapy, using body-focused awareness; states of consciousness; and in the phenomenology and meaning of the end of life. Petren's research interest is in the psychophysiology of emotion.

*Continued on page 32*



## 2007-2008 Fellows

*Continued from page 31*

### Alejandra Postlethwaite, M.D.,

is a second-year child and adolescent psychiatry chief fellow at the UCLA Semel Institute. She was born and raised in the border city of Mexicali, Mexico, where she crossed the border daily to attend an elementary school in the United States. This was her first cross-cultural experience and it served to define her clinical and research work in years to come. She received her medical degree from the Universidad Autonoma in Guadalajara, Mexico, and then moved to San Juan Teitipac, a small Zapotecan community in Oaxaca, Mexico, where she served as a primary care clinician. She moved to the U.S. in 2002 to start her psychiatry residency in Boston and later transferred to the University of California, San Diego, as their inpatient chief resident. In San Diego she started working closely with the underserved Mexican-American population and became one of the principal investigators for an ongoing binational study of the prevalence of childhood trauma across the U.S./Mexico border, and its correlation with parental bonding, disclosure, and acculturation.



Alejandra Postlethwaite

### J.J. Rasimas, M.D., Ph.D.,

earned his degrees in the Medical Scientist Training Program at Penn State University. He completed psychiatry residency training at the Mayo Clinic in Rochester, Minnesota, where he was chief resident and instructor. He was recognized by the American College of Psychiatrists with the Laughlin Fellowship in 2007. Rasimas is a member of a number of academic honor societies as well as the Association for the Advancement of Philosophy and Psychiatry. The phenomenology of suicide is his primary area of clinical research interest. He plans a multidisciplinary academic career at the interface of psychosomatic medicine, medical toxicology, and psychodynamic



J.J. Rasimas

psychotherapy. Currently, Rasimas is a clinical fellow at the NIMH, training in consultation-liaison psychiatry, bioethics, and clinical research.

### John Roseman, M.D.,

is a first-year attending psychiatrist in the Dissociative Disorders and Trauma Unit at McLean Hospital, an instructor in psychiatry at Harvard Medical School, and the site co-director of the Harvard Medical School second-year introduction to psychiatry course at McLean. He completed adult psychiatry residency training at MGH/McLean. Roseman studied religion as an undergraduate at Princeton University. For several years he worked as an editor in encyclopedia publishing; he attended art school at Parson's School of Design, and then completed his pre-medical studies at Columbia University School of General Studies. He graduated from the Weill Medical College of Cornell University. He continues to be an active painter and sculptor; recently presenting a talk on the psychological underpinnings of his art as his senior talk for his residency.



John Roseman

### Michal Shapira

is finishing her Ph.D. in history and gender studies at Rutgers University. Her research focuses on the cultural and psychological impact of war in the twentieth century. Specifically, she explores the work of British child psychoanalysts during World War II and its aftermath. She follows their efforts during air raids and evacuations and their subsequent impact on postwar welfare policies. A recent recipient of a Mellon Foundation Fellowship for a British history seminar at Columbia University, she has also received support from the Fund for Psychoanalytic Research and from Rutgers, Cornell, and Princeton Universities. She has guest lectured at the Department of the History of Science at Cambridge and the Institute for Historical Research, United Kingdom. She completed her B.A. with honors at Tel Aviv University and has since been interested in the history of psychoanalysis after Freud.



Michal Shapira

### Jeffrey Tuttle, M.D.,

is assistant professor in the Department of Psychiatry at the University of Kentucky. After receiving a B.S. in physics from the University of Kentucky (UK), he attended medical school there and did a residency in adult psychiatry. During his residency, he participated in research on visual perception and cognitive processing using functional neuroimaging techniques. He also completed a senior elective course in psychodynamic therapy at the Cincinnati Psychoanalytic Institute. He currently directs the UK psychiatric consult-liaison service and oversees the hospital electroconvulsive therapy clinic. His outpatient interests include psychotherapy for patients suffering from depression in the context of severe medical illnesses. His academic interests include the exploration of the physician-patient relationship, the relationship between psychiatry and the arts, and the application of existential philosophy in the clinical setting.



Jeffrey Tuttle

### Glenda Wrenn, M.D.,

is a fourth-year psychiatry resident at the University of Pennsylvania where she serves as inpatient chief resident. She is currently conducting clinical research in posttraumatic stress disorder as part of the Clinical Research Scholars Program at Penn. She graduated from the United States Military Academy at West Point with a B.S. in chemistry and life sciences and a minor in nuclear engineering in 1999. She then went on to earn a M.D. from Jefferson Medical College in Philadelphia. Her research interests include assessing and building resilience to psychological trauma, and developing integrative systems of care using community-based participatory research methods. She hopes to apply psychoanalytic theory to her research and has a particular interest in examining the psychodynamics of trauma responses at a population level.



Glenda Wrenn





## Freud Meets Mozart

Continued from page 22

Yet they both noticed that other psychoanalysts had begun to take the journey on the aural/oral road. Some of these people had proposed that there was a bridge between music and psychoanalysis. Included among these intrepid travelers were Heinz Kohut, Siegmund Levarie, Marjorie MacDonald, Pinchas Noy, Martin Nass, Stuart Feder, Melvin Lansky, and I.

Mozart and Freud were fascinated with some of the ideas that had been proposed. They learned that melody, tonality, rhythm, and repetition were elements and functions of music, which suggested that sounds came from both external stimuli and internal sources that had—or developed—affective significance through associations. A developmental line of thinking about the auditory realm proposed that melodies could serve as transitional objects—or transitional tunes—which had implications for parent/infant-child non-verbal communication and for maintaining contact at a distance. Music, like words, was conceptualized as representational sound that could signify a spectrum of human narratives. Also, non-verbal sound evoked in listeners elements that could be explained both by topographical and structural theory and enabled some people to deepen a clinical analytic process. For example, music permitted both temporary non-pathological regression and ego mastery in listeners. There was one analyst, Melvin Lansky, who claimed that music did not represent anything (as did the literature and art that Freud appreciated) but was an example of the “will” itself, similar to Freud’s unconscious wish.

Mozart was delighted to learn that Stuart Feder examined elements of music as psychoanalytic data, in particular, the tonality of D minor in his own composition, *Don Giovanni*. Even Freud was impressed that an analyst had explored one of his few favorite operas. What began to surface more and more was the linkage of feeling and meaning, affect and idea, multiple function, and analysis of manifest and latent themes in the bridges between music and psychoanalysis.

In my own efforts to understand the contrapuntal complexities on the aural/oral road, I have been assisted by the musical data of

Mozart in *Sonata in A Minor*, K. 310, Verdi in *Otello*, and Donizetti in *Lucia di Lammermoor*. Clinical material also has demonstrated the feelings evoked by music as it deepened the transference in one of my patients, Ms. B.:

I can get anxious when it is silent here.... A song in my head eases my anxiety. I never thought to talk about it, never thought to analyze it. Music is tied to memories...like old tapes of earlier times. Why am I going back there? Why now? You'll ask, “Why now?” Music is tied to times in my life. It's emotional and personal. The hard part is I don't know how to articulate it...it's a feeling. Music is tied to memories.... It makes me get shivers down my spine.... I hear sound and see and feel it like a texture...I can't reproduce it. The experience involves a lot of my senses.

I have come to believe when Freud said he was “moved” by a particular musical theme that unknowingly he was describing the importance of affect that links the tones and inherent meanings expressed in music and the talk and inherent meanings expressed in psychoanalysis. Freud approached—and then avoided—this intersection.

As Freud and Mozart continued down different avenues and my fantasy drifted into more concrete thought, I am left with the optimism that both clinical work and future interdisciplinary explorations about music and psychoanalysis can harmoniously collaborate to explore the idea that if the oral analysis of dreams paves a Royal Road to the unconscious, analysis of music provides an Aural Road to the same destination. I propose that it is the destination of the unconscious itself which is sophisticatedly attuned to both words and music and compels us to continue the journey.

APSA



The advertisement features a blue background with a white and yellow abstract graphic on the left. The APSAA logo is at the top left, followed by the text 'AMERICAN PSYCHOANALYTIC ASSOCIATION'. The years '2008' and '2009' are prominently displayed in large white and black fonts. The title 'Fellowship program' is written in a large, elegant serif font. Below this, the text 'NOW ACCEPTING APPLICATIONS!' is in bold. The main body of text describes the program's goals and eligibility. At the bottom, the deadline 'February 11, 2008' and contact information are provided.

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The FELLOWSHIP PROGRAM seeks outstanding psychiatrists, psychologists, social workers and academics currently in training or at an early stage of their career. Competitive applicants should have a curiosity about how the mind works, and an interest in how psychoanalytic ideas may be pertinent to their discipline and field of interest.

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**More information: 212-752-0450 x12**

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# Report of the June 2007 Executive Council Meeting

Jane Walvoord

## NATIONAL INFORMATION HEALTH INTERNET TECHNOLOGY NETWORK

James Pyles reported that while Congressman Edward Markey is still relying heavily on us to craft the health Internet technology (IT) bill in the House, Senators Ted Kennedy and Hillary Clinton have decided to try to move a health IT bill requiring broad Republican support. This bill calls for a nationwide electronic health information system with standards to be set by the secretary of the Department of Health and Human Services without notice or public comment. According to Pyles, the bill is set up so that organizations that would like to eliminate the right to privacy may do so with no congressional fingerprints and without public scrutiny. While Pyles recognized that it was a long shot to get an amendment into this bill, he encouraged members to call their senators because the more congressmen hear from us, the more they will listen to him in the future.

## FUTURE OF BOPS DISCUSSION

Lynne Moritz reminded the Council that BOPS has a specific mandate from the Association that is spelled out in Article XII in the bylaws. She then asked the BOPS leaders to introduce topics for discussion.

Eric Nuetzel told the Council that the first part of the Exploratory Proposal for Moving Forward (EPMF) was intended to spell out the BOPS relationship with the Council. It was for the Council's deliberation and feedback.

The second part considered the concerns of many on BOPS that the strain of APsA politics interferes with their primary goal of taking care of the profession. Nuetzel said that there

has been a minority view in BOPS for some time that the certifying and accrediting functions should be outside the membership organization. BOPS members felt it was time to consider the advisability and feasibility of this plan, recognizing this as the structure of most professional health-care organizations. He said that in light of the events of the last six months, with the threat of a lawsuit based on discrimination and the behavior of some members that resulted in a discontinuance of ongoing research, he had come to believe that this separation may be the only way to insure the long-range health of the educational functions of BOPS. He said BOPS was not asking for a timetable. They were simply trying to form a committee that would study the practicality of such a plan.

There was debate about the nature of the problem. Paul Mosher said that while he supported the intent of the proposal, he did not believe that BOPS was in disagreement with the Council. Instead, he believed the difficulty was between BOPS and the membership and that the Council's role was one of referee.

Others spoke about the basic complementarity of the educational interests of BOPS and Council. It didn't seem to make sense that BOPS was at odds with the membership since everyone is a member. It was pointed out that BOPS had worked hard, in a timely fashion, to address the dissatisfactions with BOPS standards. Members of BOPS were concerned that the problems were being politicized and they feared a legalistic approach rather than a deliberative one.

Jonathan House said he didn't take the EPMF as either adversarial or as a resolution of any issue. He said, "I take this proposal to be the creation of a mechanism to explore and [to inform the ExCouncil] about the meaning of the Mosher/Narcisi externalization plan."

He urged BOPS and Council to make this a "mundane matter."

Prudy Gourguechon proposed a motion stating that "The Committee on Council and the leadership of BOPS meet together to make proposals for the establishment of standing mechanisms to provide and assure continued feedback and guidance from the ExCouncil to BOPS."

After some discussion, Jonathan House proposed a substitute motion eliminating the first part of the EPMF and keeping the second part, attaching the beginning phrase, "Taking note of the BOPS statement entitled, the 'Exploratory Proposal for Moving Forward,' the ExCouncil decides that..."

All but one speaker supported the substitute motion, noting that it was a diplomatic suggestion. The motion was passed with seven opposed and three abstentions.

## PSYCHOANALYTIC PRACTICE

Lee Bauer reported a response rate of 43 percent in the most recent practice survey. He said that at first glance the raw data indicated the average number of cases of 910 graduated analysts was 4.57, up considerably from the 2001 survey. However, if responses by analysts with more than 10 analytic cases at one time were excluded, this figure dropped to 3.66, virtually identical to the 2001 survey. Forty-seven percent of analysts said they believed a frequency of three times a week could be called analysis. However, 30 percent of TAs and 26 percent of non-TAs said that four times a week was the appropriate standard.

The most common frequency of analysis is four times a week reported by 36 percent of non-TAs and 46 percent of TAs, while 13 percent of TAs and only 9 percent of non-TAs saw patients five times a week. These were statistically significant differences. Bauer said that many of the current efforts of APsA members to increase awareness of psychoanalysis and outcome studies demonstrating the effectiveness of psychoanalysis would go a long way in the effort to improve practice.



Jane Walvoord, L.C.S.W., is TAP senior correspondent and a graduate of the Dallas Psychoanalytic Center.

# Report of the June 2007 BOPS Meeting

Jane Walvoord

## LEGAL EXPOSURE

Eric Nuetzel, speaking to the Coordinating Committee, reminded the members that before the January 2007 meeting many members had been under the impression that the Executive Council, in its manner of acting with the Board on Professional Standards was in violation of New York law. After conferring with APsaA's attorney, an expert on New York Not-for-Profit Law, Victoria Bjorklund, Mortiz and Nuetzel were surprised to learn that having the Council receive the BOPS report had, in fact, been legal all along. Bjorklund explained that Council needed only to intervene in the circumstance of egregious malfeasance, such as discrimination based on race, gender, national origin, creed, age, or sexual orientation.

The subsequent ExCouncil meeting was one of collaboration and hope for relative peace in the Association. However, a few weeks later an allegation of discrimination based on sex and professional degree was made on the Members' List and later taken up on the ExCouncil listserv. The Executive Committee consulted with an attorney, an expert in discrimination law in Washington D.C., Art Lerner. Lerner reviewed the outcome of the last four and a half years of certification cycles (since the revision of the certification exam) and found no evidence of systematic discrimination.

## CONGRESS OF INSTITUTES

Myrna Weiss and Cal Narcisi reported that the Congress of Institutes had been very well attended with about 80 to 90 people present. The congress had been convened in order to discuss the externalization of certifying and accreditation functions of BOPS. Some institutes were against externalization. They wanted at all costs to retain all BOPS functions within the Association. Spokesmen for other institutes said they would consider externalization. There was discussion about the fact that in most professional organizations, certifying

and accrediting functions are separate from the membership organization. A coalition of the New York City institute leaders read a letter stating that they wished to be affiliated with an organization that maintains the current education and credentialing standards, either within or external to APsaA. Laura Jensen, president of the Affiliate Council, speaking for herself, said that the value of psychoanalytic education in APsaA accredited institutes is the perception that it provides the highest and most rigorous training.

In discussion of the proposal put forth by Don Rosenblitt, the Exploratory Proposal for Moving Forward, there were two straw votes. While the exact number of votes was not counted, there was strong support for national standards and for the motion. Narcisi said that there was strong support for the proposal because it provided a direction on how to proceed.

## PROJECT FOR INNOVATION IN PSYCHOANALYTIC EDUCATION (PIPE)

Mike Singer reported that almost everyone on the PIPE committee and all those from whom the committee had heard agreed that the training analyst system was vital to the integrity of analytic training. He said that, since candidates are in a most sensitive treatment with their current and future colleagues, they deserve assurance that their analysts have put their work on the line to be judged by their peers.

Candidates in analysis with a non-TA having to switch to a TA has been a vexing problem. While the committee members are respectful of the difficulties involved in having to switch, they have determined that two out of three alternatives seem to offer more problems than solutions. The Personal Analyst Choice (PAC) would put an end to the TA system. Another alternative, a waiver system, is also highly problematic because requests from institutes for a waiver could become unwieldy, misused, and interfering. Rather than making

exceptions, a third alternative would be to make it easier to become a TA. Singer said, "We are looking into possible ways to be more flexible, including lowering the number of cases, the number of years post graduation, and including immersion in psychoanalytic psychotherapy as a qualifying prerequisite."

## EXPLORATORY PROPOSAL FOR MOVING FORWARD

The proposal was in two parts. Part one restated points of the relationship that already exists between BOPS and Council. Part two proposed that a joint committee be formed to study the advisability and feasibility of a process in which APsaA would evolve in a series of graduated and mutually supportive steps into two independent corporations. The discussion was rich, with some amendments being accepted and some rejected. When the question was called, BOPS voted to endorse the proposal by a vote of 41 in favor, 11 opposed, and one abstention.

## CHILD AND ADOLESCENT FOCUSED TRAINING

After Jill Miller reported on the Committee on Child and Adolescent Analysis (COCAA) research, a proposed change in the current standards document, permitting child and adolescent only training was passed with two votes opposed. Bob Pyles said that the project was being observed around the world and would influence other psychoanalytic organizations.

## CERTIFICATION ADVISORY AND RESEARCH COMMITTEE

Rosenblitt reported that the Committee on Research Education's (CORE) research on certification had been discontinued because the researchers had been "hounded," both publically on the Members' List and privately. He expressed the hope that the Council would find a way to provide a framework in which the study of certification, especially the interview process could be resumed. He also said that the Certification Advisory Research and Development Committee (CARD) would have a role in studying and implementing the advice of the attorneys about risk management.



# Y'all Come...to Atlanta

## 97th Annual Meeting June 18–22, 2008

M. Jane Yates

Imagine yourself surrounded by the lush beauty of the South, the citrus smell of magnolias still in bloom, and the sound of the chorus of cicadas....You have just experienced Atlanta in the early summer. Here in the South we take hospitality very seriously and hope you will come to the 97th Annual Meeting and plan to spend some extra time and immerse yourself in some of what Atlanta has to offer.

In June, Atlanta's temperatures are much more moderate than in the late summer, with typical highs in the mid-80s. This time of year we can also expect the occasional late afternoon thunderstorm, so don't forget to bring an umbrella.

The Hyatt Regency Hotel is located in the heart of downtown, on Peachtree Street, adjacent to Peachtree Center and the MARTA (Metropolitan Atlanta Rapid Transit Authority) station. Since there are dozens of "Peachtree" streets, pay careful attention when asking for or receiving directions. If you are comfortable with pulling your luggage, it is an easy, 20-minute ride on MARTA from the airport to Peachtree Center. Taxis and shuttle buses are easily found at the west end of the terminal.

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M. Jane Yates, Ph.D., is president of the *Atlanta Psychoanalytic Society*, graduate of and faculty at *Emory Psychoanalytic Institute*, and in private practice. She is on the *Local Arrangements Committee for APsA's June meeting*.

### CULTURAL AND HISTORIC SITES

The city has a reputation, of being a "city in a forest." Some of our oldest neighborhoods, Grant Park, Inman Park, Decatur, and Druid Hills, are former suburbs now considered in-town. The Preservation Society sponsors walking tours through these areas in which you can see rambling Victorian era mansions.



Ebenezer Baptist Church

Guided tours of sites of Civil War battles and other historical places are available. The Atlanta History Center in Buckhead, Kennesaw Mountain, and the Cyclorama at Grant Park are also interesting places to visit if you are interested in Civil War history.

Established in 1850, Oakland Cemetery is a beautiful sculpture garden of Victorian cemetery art and a serene park with huge old oak trees. Among the 40,000 interred at Oakland are 7,000 Confederate and Union soldiers. Reminiscent of the period, there is a beautiful Jewish section and an African-American section. You will find the headstones of 24 former

Atlanta mayors, six former governors, and prominent Atlantans, including *Gone with the Wind* author Margaret Mitchell Marsh and great amateur golfer Bobby Jones. You can wander on your own, or take one of the scheduled guided tours. After a walking tour you may want to go across Memorial Drive to Six Feet Under, a funky little casual restaurant for lunch.

Atlanta is known as the home of the civil rights movement and is the ancestral home of Martin Luther King, Jr. City leaders successfully integrated schools, social institutions, and businesses more calmly than other places throughout the South.

The Martin Luther King, Jr., National Historic Site is a must on your sight-seeing itinerary. It is in a section of the city affectionately known as Sweet Auburn, a few blocks from your hotel. The old Ebenezer Baptist Church, where King served as co-pastor with his father from 1960 until 1968, is open to visitors. I find it a very moving experience to sit in the old sanctuary and listen to recordings of King's speeches and sermons. You can also visit his birthplace and family home, the Center for Nonviolent Social Change, and his final resting place, a marble crypt

surrounded by a reflecting pool.

A short drive or taxi ride away is the Carter Center: Founded in 1982 by former President and Nobel Peace Prize Laureate Jimmy Carter and former First Lady Rosalynn Carter, the Center is more than a presidential library. Led by the Carters, an independent board of trustees and in partnership with Emory University, the Center is committed to "waging peace by resolving conflicts, strengthening democracy, advancing human rights and alleviating unnecessary human suffering by fighting disease throughout the world."

*Continued on page 37*



On your way to Decatur, Emory University, Druid Hills, or Fernbank Museum you can drive along Ponce de Leon through a winding green corridor, known as Linear Park in Druid Hills, a beautiful legacy of the creative genius of Frederick Law Olmsted, Sr. The term "landscape architect" was coined to describe his work in creating Central Park in New York City.

### MUSEUMS AND ATTRACTIONS

A visit to the Fernbank Natural History Museum is a perfect way to spend a couple of hours with children. Even the limestone floor is part of the experience as it is the home of scores of fossils which lived from 150 to 180 million years ago. In addition to the dinosaur exhibits, the museum is associated with its popular "Martinis and IMAX" event on Friday nights.

The Michael C. Carlos Museum is a small gem of a museum located on the Emory University campus. You will find a permanent collection of 15,000 objects, including art from Egypt, Greece, Rome, the Near East, the Americas, Asia, and Africa. The museum's architecture, designed by internationally renowned architect Michael Graves, is not only beautiful but lends a feel for the geographical areas being highlighted by the art. For several years, the museum was the home of the mummy believed to be Ramses I before it was given to the Ministry of Cultural Affairs in Egypt. It now rests at the Luxor Museum.

Atlanta has a thriving Jewish community and culture. The Temple is Atlanta's oldest synagogue and one of many in the Atlanta area. Perhaps some of you remember *Driving Miss Daisy*, which depicts Jewish culture in Atlanta in the 1940s. The William Breman Jewish Heritage Museum provides a remarkable look into Jewish history and culture, with permanent and traveling exhibits and lectures.

In the downtown area you are within walking distance of several sites surrounding the Olympic Centennial Park with its Fountain of Rings. These will be a delight to visit as a family outing. A gift to the city from Home Depot co-founder Bernie Marcus and his wife Billi, our new Georgia Aquarium is the

*Continued on page 38*



Piedmont Park



High Museum of Art


## Atlanta

Continued from page 37

world's largest aquarium. There, you will marvel at hammerhead and zebra sharks, beluga whales, and giant grouper, to name a few. Integral parts of its mission are aquatic animal conservation, aquatic animal pathology research, and veterinary teaching in its hospital program. Across the street, CNN Studios offers tours. Make reservations in advance as this is a very popular attraction. The World of Coca-Cola and Imagine It, a children's museum, are here too.

Located in Midtown, Piedmont Park is the site of most of Atlanta's annual festivals and events. It will be the hub of the Gay Pride Festival while you are here. Throughout the month of June there is also Screen on the Green, in which classic movies are shown. The Atlanta Botanical Gardens at the park offer woodlands, a magnificent large orchid display, and special exhibits. Every Thursday night during the summer there are Cocktails in the Garden.

Also in Midtown, Woodruff Arts Center comprises Atlanta Symphony Hall, the Alliance Theatre, the High Museum of Art, and the 14th Street Playhouse. A visit to the High Museum is worth the trip, if only to see our beautiful contemporary building designed by Richard Meier. The High was named one of the 10 best works of American architecture of the 1980s by the American Institute of Architects. In June, in addition to its permanent collection, the museum will be featuring "Louvre Atlanta: The Louvre and the Ancient World," a collection of 70 works from the Louvre's Egyptian, Near Eastern, and Greco-Roman antiquities collection.

Look forward to more information featuring the "new South," dining, entertainment, and shopping in the next "Y'all Come...to Atlanta" article in the Winter/Spring 2008 TAP. 

*Thanks are extended to Nora Dougherty, D.S.W., president of the Atlanta Foundation for Psychoanalysis, for her assistance in preparing this article.*

## Atlanta Resources

### General Information

<http://www.accessatlanta.com>

<http://www.atlanta.citysearch.com>

### Tours

Atlanta Preservation Center

<http://www.preserveatlanta.com>

CNN Studios Tours

[www.cnn.com/StudioTour](http://www.cnn.com/StudioTour)

### Transportation

MARTA (Metropolitan Atlanta Rapid Transit Authority)

[www.itsmarta.com](http://www.itsmarta.com)

404-848-4711

### Cultural and Historic Sites

Atlanta Cyclorama and

Civil War Museum

<http://www.webguide.com/cyclorama.html>

The Carter Center

<http://www.cartercenter.org>

Martin Luther King, Jr.,

National Historic Site

<http://www.nps.gov/history/nr/travel/atlanta/kin.htm>

Oakland Cemetery

<http://www.oaklandcemetery.com>

### Arts and Entertainment

<http://www.atlantaabout.com>

The Rialto Center

<http://rialtocenter.org>

The Schwartz Center

for the Performing Arts

<http://www.schwartzcenter.emory.edu>

Spivey Hall

<http://www.spiveyhall.org>

Woodruff Arts Center

<http://www.woodruffcenter.org>

### Museums

Atlanta History Center

<http://www.atlhist.org>

Fernbank Museum of Natural History

<http://www.fernbankmuseum.org>

Georgia Aquarium

[www.georgiaaquarium.org](http://www.georgiaaquarium.org)

The High Museum of Art

<http://high.org>

Michael C. Carlos Museum

[www.carlos.emory.edu](http://www.carlos.emory.edu)

404-727-4282

William Breman

Jewish Heritage Museum

<http://www.thebreman.org>

### Parks and Recreation

Atlanta Botanical Gardens

at Piedmont Park

<http://www.webguide.com/botanical.html>

Centennial Olympic Park

[www.centennialpark.com](http://www.centennialpark.com)

Stone Mountain Park

[www.stonemountainpark.org](http://www.stonemountainpark.org)

770-469-3311

## The Jazz Actor

Continued from page 21

during a rehearsal with director Elia Kazan. At Kazan's urging, the business was preserved when the scene was shot. When Brando toyed with the glove, seemingly without artifice, many were convinced that he was letting his unconscious do the work for him and that he was drawing on training that was heavily inflected by psychoanalysis.

The incident with the glove in *On the Waterfront* was not just a bravura piece of improvisation, if indeed it was by the time the film was shot; it also allowed Brando to reveal a feminine side—by putting on the clothing of a woman—as well as an innocent, childlike quality by sitting on the swing. In *A Streetcar Named Desire*, when Brando as Stanley Kowalski inspects the items in the trunk belonging to his sister-in-law Blanche that has recently been deposited in the dining room, he is once again unafraid to handle female garments. He also sulks like a child and plays the boys' game of keep-away whenever Stella tries to grab back whatever Stanley has unceremoniously plucked from the trunk.

Several incidents in Brando's biography reveal a deep fascination with black sexuality. It may explain his rejection of the conventional poses of male stars such as Wayne, Gable, and Bogart, and his appropriation of a more sensual masculine presentation. He was also affecting behavior more typical of children and adolescents than of grown-up men. Again, think of Jolson singing about his Mammy. But Brando was *also* in touch with a generation of jazz artists, both black and white, who acted out their gender in more subtle ways. The ability of Miles Davis to project vulnerability and even to "cry" with his trumpet became as



essential to his gender presentation as his "manly" fascination with boxing and expensive sports cars.

### IMPROVISATION AS DISCIPLINE

We can also see the influence of the jazz improviser in *Streetcar* when Stanley rifles through Blanche's possessions. Toward the end of the scene, when white feathers drift away from the stole that Brando has been manhandling, he picks them out of the air with the purposeful purposelessness of a child. Once again he has ingeniously found a way to react "in character" outside of any scripted directions. In this context, the myth of the jazz improviser as an inspired primitive or as a bold explorer of the unconscious should be placed alongside the equally powerful myth of

the musician's unconscious takes over; when the musician is "in the groove," no longer thinking through each step in the improvisation. Nevertheless, some jazz scholars have developed carpal tunnel syndrome transcribing recorded solos in order to demonstrate the structural elegance of a jazz musician's improvisations. In a book about Charlie Parker, for example, Henry Martin takes the different versions of the same song that Parker recorded in a single recording session and then shows how Parker was effectively presenting a more rigorously logical composition in each successive version of the tune. By using the methods of the German musicologist Schenker, Henry Martin gives us a Charlie Parker more like Johannes Brahms than Ornette Coleman.

Accomplished jazz artists have large bodies of music under their fingers and can insert favorite motifs, bits of exercises learned in practicing, and fragments of familiar melodies into a performance. They also have different strategies for deploying this material or "running the changes" so that each improvised performance will be different from what they played in the past.


jazz soloists as disciplined artists in full control of their craft.

Accomplished jazz artists have large bodies of music under their fingers and can insert favorite motifs, bits of exercises learned in practicing, and fragments of familiar melodies into a performance. They also have different strategies for deploying this material or "running the changes" so that each improvised performance will be different from what they played in the past. But the best jazz improvisers do more than simply run the changes. They also know how to build a solo with structure and logic. As many musicians and scholars agree, there also comes a point when

And yet, to the uninitiated, jazz musicians seem to be making all of it up as they go along. The accomplished improviser has also learned the codes that connote freshness, looseness, and a feeling of spontaneity. When Marlon Brando as Stanley Kowalski picks feathers out of the air in *A Streetcar Named Desire*, he may be letting his unconscious mind do the work. But he also has much in common with accomplished jazz musicians, dipping into a large reservoir of formulas and gestures acquired through years of training and practicing. And like the great jazz artists, Brando makes it all seem as if it's coming to him out of the air—just like the feathers.

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