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The Right to Health Information Privacy: Victories in Hand, Challenges Ahead

James C. Pyles

The American Psychoanalytic Association just completed its most successful year in its efforts to preserve the right to health information privacy, essential for effective psychotherapy and psychoanalytic treatment. Unfortunately, serious threats remain, and the next eight months may determine whether the right to health information privacy survives.

At the Winter 2008 Meeting in New York, President Lynne Moritz inaugurated *Campaign 2008!* with a symposium by honorary member Drew Westen, author of *The Political Brain*. At the conclusion of his talk, Moritz brought the importance of being politically active home by awarding a Special Presidential Commendation to Congressman Ed Markey (D-MA). [See article on page 5.] Congressman Markey has worked closely with APsAA to preserve privacy protections in the context of health information technology legislation in Congress. Markey has fought to protect the patient's right to health information privacy for most of his 32 years in Congress. The Congressman noted in his acceptance remarks that the American Psychoanalytic Association has become the "number one" organization of health-care

professionals in the United States fighting for health information privacy. The Congressman pledged to work with APsAA to introduce "comprehensive privacy legislation" to attach to health information technology legislation in this session of Congress.

Over the past year, intensive efforts were made by Senators Ted Kennedy (D-MA), Hillary Clinton (D-NY), Michael Enzi (R-WY), and Orrin Hatch (R-UT) to push through a health information technology (health IT) bill, the Wired for Health Care Quality Act (S. 1693), lacking health information privacy protections. APsAA was able to work closely with numerous members of the Senate to help ensure that the bill did not pass without basic protections for the patient's right to health information privacy. Senators Patrick Leahy (D-VT) and Olympia Snowe (R-ME) played the most prominent roles in ensuring that the bill did not pass without privacy protections. Many APsAA members contacted their senators, particularly Senator Chuck Schumer (D-NY), to inform them of the importance of including privacy protections in health IT legislation. These efforts by APsAA members proved to be of critical importance.

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Greatness or Obsolescence— The Challenge of Niko Canner

Lynne Moritz



Lynne Moritz

Instead of publishing the column I prepared following the January meetings, I have decided to use this page to recall to you the extraordinary challenge set out for us by Niko Canner four

years ago. Canner, a management consultant, interviewed a wide range of Association representatives in the midst of our governance wars. He spoke to the Executive Council on January 22, 2004. The following is not a transcript, but a detailed summary I prepared as secretary.

Niko Canner has been a friend to psychoanalysis from an early age—his father introduced him to Freud as a teenager: There is a way of finding an abundance of meaning. It is a great motivation to think he could be helpful to a community of people who are advancing this knowledge in the world. His intention is to reflect back—through his own prism—some of the inferences he’s drawn from what he’s heard from some leaders of our group.

He began with “apparent facts”:

- The base of patients is decreasing slowly—about one percent per year.
- Increased challenges to reimbursement in a culture where all health professionals are worried about the reimbursability of their work.
- The policy environment is not friendly—confidentiality, certification standards, etc. Psychoanalysis has too few friends in the policy world.
- Although this varies, too few analysts are regarded well by other mental health professionals, and the profession as a whole

is not regarded well and frequently with distrust.

- The membership base of the Association is aging. New entrants enter at mid-life and not at the height of their creative work and careers.
- The profession is organized around a model of analysis that accounts for less and less of what an analyst actually does.
- The public’s need and ability to pay for treatment has changed. There is too little evidence that psychoanalysis delivers outcomes that patients need and that insurers are willing to fund.
- There is little, and decreasing, interest in funding research on psychoanalysis and its impact as a form of treatment. Little public funding is devoted to it.

The world presents a challenging environment for psychoanalysis, and it will take an extraordinary effort to change this environment. Many forces are trending against the kind of treatment and way of thinking that we all want to see sustained and extended over the course of the next generation.

During this time of significant external challenge, a great deal of energy is focused inward on the dynamics of the Association itself. Particularly, there has been great emphasis on how the Association and its component parts will be governed. This emphasis seems out of all proportion to the stakes involved. Canner estimates that the entire discretionary budget available to the Association and its boards and committees amounts to less than one-tenth of one percent of the income earned by psychoanalysts in the U.S. The stakes for the things that the Association actually controls—that can be formally governed—are very small in terms of the sum of personal and professional concerns of its members. There is a strong perception of entrenched adversarial positions on issues related to the Association’s dynamics and governance. The emphasis is on process and compromise between interests that are taken for granted to be in opposition.

These observations are striking to an outside observer. A great deal of contest, consuming a great deal of energy, is going on at multiple levels. There are potential legal challenges, elections, special committees, and task forces that are rarely able to fulfill their missions. A tremendous energy is being expended on the question of the formal design of the organization, while in fact, the organization controls very little of the future of the profession.

At the same time, the stakes are very high. The fact that the external environment is so challenging means that our acts could potentially be deeply important. What is critical is the extent to which the organization can harness the energies of our bright and talented members in order to pursue a few salient aspects of the collective challenge.

Canner described a BOPS fellow’s comment on the preceding day about a Shakespeare festival and a program for local university students that showed how psychoanalysis could contribute to the understanding of the plays. It seemed to be a small instance of the way a few people could change the way psychoanalysis is viewed in the community—a way to deepen one’s understanding of the world. This exemplifies how a few members can work on a local scale, but united behind a few common themes. Such activities impact how the public thinks, whether patients become interested, and perceptions of colleagues in the mental health professions. The sum total of such activities is deeply significant—much more so than the formal actions of the Association itself. Our formal actions are important primarily in a symbolic way to unite people behind a common end, even if the many means to achieve that end are very different.

Canner suggested that perhaps neither the right nor the left of the organization is strong enough. We seem to have a deep-seated worry about making any mistake. We are risk averse. What if we enable people to do the “wrong thing”? What if people with the “wrong views” are enabled to proceed? Perhaps there is a way to bracket those worries—to disagree about how things should be pursued—but to go into the world in different ways and experiment to find what works.

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

Niko Canner

Continued from page 3

For psychoanalysis to overcome these trends, the concerted action required will be significant. The question is not whether we will be functional or dysfunctional, but rather a question of *greatness or obsolescence*. If we do not together do extraordinary things, simply good efforts will have little effect on righting trends that have been set in motion by forces much larger than ourselves. It is not a question of getting things “right” in terms of the mechanics of our organization, it is a question of learning to imagine new possibilities for the profession that have not yet been dreamed. The questions are fundamentally creative rather than fundamentally reactive.

Canner asked himself, how many of the 10,000 brightest minds in the generation now graduating from college are likely to have any significant contact with psychoanalysis in the course of their lives? As things are now, the number is small. He compared that to the number in Freud’s Vienna. Is there a way to invent and articulate relevance so that coming generations will have psychoanalysis as a larger part of their repertoire for understanding the world and creating within the world? There is no reason that this should not be possible, but the scale of efforts and the variety and richness of experimentation required seem beyond where the sum total of organizational efforts and individual efforts seem likely to go today.

Since we are an organization of volunteers, we are difficult to govern, but it is a source of strength. It makes us able to tolerate a diversity of efforts. We need to identify the few goals that we collectively care most deeply about and create many different kinds of efforts in support of these goals. We can take risks about the formal structure of the organization and the nature of our formal, shared decisions, because the action is, and will always be, in the decentralized, volunteer work.

Canner wanted to speak about how to deal with governance because there had been so much controversy about it. He proposed a simple way of proceeding. Governance of the Association should not be about finding “the best” solution, but a “good enough” solution.

Understanding that the action will always be elsewhere, the question is how to get to a governance structure that won’t hold us back—get there quickly, with minimum friction, and distract us as little as possible from the real and important work that must be done in the world. He proposed a plan with a division of labor between three different roles.

The executive group (elected leadership) would initiate a process and set parameters for a governance structure; a representative group would do the detailed work to develop a single proposal; and the membership would make the decision whether it was good enough to accomplish immediate goals.

Canner closed with an excerpt from a poem by W. H. Auden, “In Memory of Sigmund Freud”:

He wasn't clever at all: he merely told
the unhappy Present to recite the Past
like a poetry lesson till sooner
or later it faltered at the line where

long ago the accusations had begun,
and suddenly knew by whom it had
been judged,
how rich life had been and how silly,
and was life-forgiven and more humble,

able to approach the Future as a friend
without a wardrobe of excuses, without
a set mask of rectitude or an
embarrassing over-familiar gesture.

Canner concluded:

You seem over-familiar with a
certain way of debating with each
other; with a future that doesn't look
friendly, but that could be approached
as a friend. It could be a setting in
which you exercise your considerable
talents, your imagination, and
create out there in the world a new
set of things that psychoanalysis can
do, a new level of impact in how we
understand ourselves, each other,
and our possibilities for health. . . .
If this conversation gives us any further
momentum in that direction,
it will have been a conversation
worth having.



Health Information Privacy

Continued from page 1

APsaA also worked closely with the members of the Mental Health Liaison Group (a Washington based coalition), which includes representatives of the American Psychiatric Association, the American Psychological Association, and the National Association of Social Workers. The Mental Health Liaison Group sent a letter to the Senate majority and minority leaders signed by 28 mental health consumer and professional organizations. The letter stated that any health IT legislation passed by the Senate should “at a minimum” include the following four privacy protections:

1. acknowledgement that patients have a right to health information privacy;
2. a right of consent for the disclosure of identifiable health information in routine situations;
3. notice to the patients when their right to health information privacy is breached; and
4. strong enforcement measures for violations of the patient’s right to privacy.

All of these protections are contained in privacy principles approved by APsaA. A similar letter was sent by Patient Privacy Rights (a watchdog group founded by APsaA member Deborah Peel) which was signed by more than 45 consumer associations spanning the political spectrum.

Senate sponsors of the Wired for Health Care Quality Act have stated that they will try again during the first eight months of 2008 to get the bill passed without privacy protections. Fortunately, members of the Senate who have stood with APsaA and other mental health organizations in protecting the right to privacy have stated that they will continue to insist on those protections.

THE LITIGATION FRONT


There was also significant success on the litigation front in 2007. The Maryland Court of Special Appeals issued its decision in *Maryland State Board of Physicians v. Eist*, holding that a state licensing board could not override the constitutionally protected right to health information privacy of psychiatric patients without

Continued on page 5

first showing a “compelling state interest.” The court further held that a psychiatrist could assert his patients’ constitutional right to privacy and that the burden was then on the state to show in court why that right should be overridden. The constitutional analysis endorsed by the court was entirely consistent with the arguments made by APsaA and 27 other organizations that signed onto an amicus curiae (friend of the court) brief. [See “Politics and Policy,” page 10.]

Unfortunately, the Maryland Court of Appeals (the highest court in the state) granted the state’s request to review the decision. So far, more than 40 mental health and medical associations have joined APsaA in agreeing to sign on to an amicus curiae brief to be submitted to the Maryland Court of Appeals in March of 2008. The Court of Appeals is likely to hear arguments in the case in April. This case seems sure to become a landmark case in the law defining the privacy rights of patients in inquiries by governmental agencies.

The first eight months of 2008 could determine whether the health information privacy essential for quality mental health care will be preserved or eroded. Members of Congress are beginning to understand that health IT can be a tool for great good but also poses an imminent threat to the privacy necessary for quality health care. They are also beginning to appreciate that no health IT system is secure. Health IT makes it possible, for the first time in the history of medicine, to steal, disclose, or corrupt health records from anywhere in the world without having physical access to those records. Unlike paper records, health information privacy that is breached electronically can never be restored.

Congressional leaders from both parties have announced that they will try to pass health IT legislation in 2008. The Maryland Court of Appeals could issue a pivotal decision that could be reviewed by the U.S. Supreme Court. APsaA members can once again take the lead in preserving the patient’s right to health information privacy by contacting their congressional representatives. This is the year to do it. We may not get another chance to preserve access to effective psychotherapy and psychoanalysis. The stakes are high but the opportunity has never been better. 

2008 Special Presidential Commendation

President Lynne Moritz awarded a Special Presidential Commendation to Congressman Ed Markey (D-MA) for his efforts in preserving access to high quality psychotherapy and psychoanalytic therapy. In Moritz’s words:

“The right to privacy that you have defended is a core concept of our standards of ethics and is a fundamental constitutional right of all Americans....”

“Thanks to your efforts, many in Congress now understand that recognition and preservation of the patient’s right to health information privacy also is essential for the successful implementation of any nationwide electronic health information system....”

“Thank you for preserving the right to health privacy that most Americans, and certainly our patients, want and expect.”

Remarks of the Honorable Ed Markey Accepting the American Psychoanalytic Association 2008 Special Presidential Commendation January 16, 2008

Thank you, Jim [Pyles], so much, and thank all of you, Dr. Moritz, and all of you who are gathered. This is a great honor to me. I have dedicated a very large portion of my 32-year career in the United States Congress to the protection of the privacy of Americans. There is no more important issue, and I really am quite sad that I cannot be here tonight with you but the press of congressional business makes it impossible for me to be with you.

I can assure you, since I am married to Dr. Susan Blumenthal, a psychiatrist and a former assistant surgeon general of the United States and a two-star admiral, I married the dream, a Jewish doctor; as an Irish Catholic politician from Massachusetts. So it’s not the fear of being on the couch because I’m constantly being analyzed on the couch in the car, in the kitchen, no matter where I go because I’m married to one of you. But that only reinforces for me how important this issue is.

William Butler Yeats once famously said that, “in dreams begins responsibility.” Now for this audience, you would say in dreams begins many other things, as well. But, “in dreams begins responsibility” means to me that if this technological revolution makes health IT something that is real in the medical profession, then there is a concomitant responsibility to ensure that we responsibly guarantee the privacy of the information of patients who are part of that health IT system.

That is why I am going to introduce comprehensive privacy legislation to attach to this health IT revolution because it is indispensably linked, inextricably linked, to that health IT revolution.

So for me, there can be no greater honor because your organization has been at the forefront, and I do believe the number one organization in the health care profession in the United States in fighting for privacy protections. It has been my honor to be partnered with you in these past years, and I promise that in the years ahead I am going to try to prove that I warranted this great honor this evening. So thank you all, for having me with you this evening; and I look forward to having you visit me in Washington.

Awards

President's Award—
The Honorable Edward Markey

President's Award—**Abraham Zgleznic, D.C.S.**

Honorary Membership—**Eric R. Kandel, M.D.**

Honorary Membership—**Sander L. Gilman, Ph.D.**

Honorary Membership—**Peter L. Rudnytsky, Ph.D.**

2007 Award for Excellence in Journalism—
Elizabeth Bernstein, Wall Street Journal health and medicine reporter for her article titled "After a Suicide, Privacy on Trial"

Children and Family Community Service Award—
Era Loewenstein, Ph.D., accepted on behalf of the Child Development Program of the San Francisco Center for Psychoanalysis

Karl A. Menninger Memorial Award—
Julie Jaffee Nagel, Ph.D., for her paper "Psychoanalytic and Musical Perspectives on Shame in Donizetti's Lucia di Lammermoor," presented by **Richard Munich, M.D.**, former chief of staff at the Menninger Clinic

CORST Essay Prize in Psychoanalysis and Culture—**Elise Miller, Ph.D.**, for her essay, "Narrating Trauma: Autobiography and Healing," presented by **Mel Lansky, M.D.**, the chair of the Committee on Research and Special Training

Edith Sabshin Teaching Awards—**Paula G. Atkeson, D.S.W.**, **George Ganick Fishman, M.D.**, and **Richard Tuch, M.D.**, presented by **Anna Yusim, M.D.**

Distinguished Service Awards—
Selma Duckler and Mark Smaller, Ph.D., for their work on the Committee on Foundations, which nurtured the links between psychoanalysis and the community

Jill M. Miller, Ph.D., and **Robert N. Emde, M.D.**, with deep appreciation for conducting the landmark research which resulted in Child Focused Psychoanalytic Training becoming an option for all APsA institutes

Poster Session Award—**Eve Caligor, M.D.**, with **Barry L. Stern, Ph.D.**, **Margaret S. Hamilton, M.D.**, **Verna MacCornack, Ph.D.**, for "Patient selection in the analytic clinic"



*Lynn Moritz
and Drew Westen*



*Arthur Farley,
Selma Duckler,
Kerry Kelly
Novick*

*Eric Nuetzel and
Susan Nuetzel*



Aneil Shirke

Images of Change

TAP photographer Mervin Stewart will be honored by the Pittsburgh Psychoanalytic Center on April 11 and 12.

Glen Gabbard will be the featured speaker presenting the way that psychotherapy has been depicted in mainstream Hollywood cinema from the 1930s to the present.

For more information call the Pittsburgh Psychoanalytic Center at 412-661-4224.

Photo Ops

Lynne Moritz and Prudence Gourguechon



Peter Rudnytsky and Lynne Moritz



Nadine Levinson



Lynne Moritz and Sander Gilman



Ronald Benson



Claudio Eizirik



Eric Kandel and Lynne Moritz



Abraham Zaleznik



Photo Ops

*Elizabeth Bernstein
and Lynne Moritz*



Elise Miller, Melvin Lansky and Lynne Moritz

*Mark Smaller, his daughter,
Selma Duckler, and Lynne Moritz*



*Kerry Kelly Novick
and Erica Loewenstein*



*George Fishman
and Lynne Moritz*



Jill Miller and Lynne Moritz



*Warren Procci
and Norman
Clemens*



*Lynne
Moritz
and Paula
Atkeson*

CORST Prize for Essays on Psychoanalysis in Culture Marks 10th Anniversary

Vera J. Camden



Vera J. Camden

The Committee on Research and Special Training (CORST) of the American Psychoanalytic Association celebrated its 10th anniversary at the winter meeting by awarding

the 2007 prize to Elise Miller for her paper, "Narrating Trauma: Autobiography and Healing." Miller is a literary scholar and a psychotherapist, whose winning paper demonstrated both her sensitivity as a clinician to effects of trauma and her skillful reading of Dave Eggers's autobiographical novel, *A Heartbreaking Work of Staggering Genius*. Our judges appreciated the ways in which psychoanalytic theory and practice as well as her expertise in the field of autobiography informed her interpretation of this best-selling work. These strengths were on display as Miller led a "master class" in her presentation at the CORST lecture in New York, evoking a lively and rich discussion from the audience. The complex strategies of Eggers in writing about his parents' deaths, to which he bore painful witness as caretaker, raise important issues for psychoanalytic witnessing and listening to survivors.

Inaugurated at the winter meeting of the Association in 1996 to foster psychoanalytically informed research into the biobehavioral sciences, social sciences, arts, and humanities, the CORST Essay Prize has become one of APsA's most distinguished prizes. Most of its winning essays have been published in the

Vera J. Camden, Ph.D., is professor of English at Kent State University, training and supervising analyst at the Cleveland Psychoanalytic Center, and assistant clinical professor at Case Western Reserve University. The founding chair of the CORST Essay Prize, she is co-editor of *American Imago*.

Journal of the American Psychoanalytic Association (JAPA), which has rights of first refusal on all CORST winners. The winners over the past 10 years comprise an impressive array of scholarly and interdisciplinary distinction.

Fulfilling the mission of the CORST Prize as first articulated by the committee under the leadership of Peter Loewenberg, the following list of winners exemplifies the interdisciplinarity and sheer erudition of the prize winners. Such accomplishment and range of knowledge bear forth the theory and practice first enunciated by Sigmund Freud. His wide-ranging vision of diverse fields, from art history to philosophy, from neuroscience to law, from religion to clinical anesthesiology, must continue to be embraced by the theory and technique of contemporary psychoanalysis if we are to meaningfully interpret our culture and make a difference in the lives of our patients.

The following list testifies to the enduring richness of the field:

1997—"Exploring the Frontier from the Inside Out: The Art of John Sloan," Janice Coco, Ph.D.

1998—"Diagnosing the English Patient: Contributions to Understanding Schizoid Fantasies," Norman Doidge, M.D.

1999—"Melancholia's Cure or Resurrection by Poetry," Laura Mandell, Ph.D.

2000—"The Role of Patronage in Melanie Klein's Clinical Work," Joseph Aguayo, Ph.D.

2001—"Mourning Beyond Melancholia: Freud and Loss," Tammy Clewell, Ph.D.

2002—"Negotiations of Surface: Archeology within the Early Strata of Psychoanalysis," Diane O'Donoghue, Ph.D.

2003—"Psychoanalysis and the Ideal of Reasoned Deliberation in Constitutional Law," Anne Dailey, J.D.

2004—"Lusting for Death: Some Unconscious Meanings of Martyrdom Traditions," Naomi Janovitz, Ph.D.

2005—"Toward a General Theory of Unconscious Processes in Psychoanalysis and Anesthesiology," George Masour, M.D.

2006—"Placing the Self: Dreaming, Discourse, and Disavowed Volition among the Tzotzil Maya of Highland Chaipas, Mexico," Kevin Groark, Ph.D.

2007—"Narrating Trauma: Autobiography and Healing," Elise Miller, Ph.D.

I am proud to have served as chair of the CORST Prize Committee for the past 10 years and appreciative to have had the assistance of Dottie Jeffries and the eminent juries who have been drawn from the ranks of CORST, including Peter Loewenberg, Volney Gay, Robert Paul, Jonathan Lear, Allen Stern, Mel Lansky, Nancy Chodorow, Laurie Wilson, Nellie Thompson, Jeffrey Prager, Lewis Kirshner, Paul Schwaber, Bert Cohler, Humphrey Morris, Sherwood Waldron, and Steve Levy. The hard, cheerful work as well as the brilliance of the juries over the years have added to the luster of the prize and will insure its continued success.

It is a particular pleasure to welcome Lewis Kirshner as the new chair of the CORST Prize Committee in 2008-09. We all eagerly anticipate another decade—and beyond!—of sustained success under his leadership. This prize is a natural expression and outgrowth of the mission of CORST to extend the vision of psychoanalytic thought to the full range of human learning and to bring to bear upon this evolving theory of the mind that same range of knowledge and insight. Such reciprocal exchanges enrich the clinical and cultural soil of our psychoanalytic frontiers from which grows the new and transformative research and writing represented each year in the winning CORST essay.

Absolute Power: The Eist Case

Bob Pyles

"And remember, where you have a concentration of power in a few hands, all too frequently men with the mentality of gangsters get control. History has proven that. All power corrupts; absolute power corrupts absolutely." So wrote Lord Acton in his famous 1887 dictum.

One hundred and twenty years later, this sentiment reverberates throughout the opinion written by Judge Deborah S. Eyler of the Maryland Court of Special Appeals. The unanimous ruling in favor of Harold I. Eist in *Maryland State Board of Physicians v. Harold I. Eist, M.D.*, is the fifth decision in support of his stand for patient confidentiality and professional ethics. In over five years of litigation, an administrative law judge (twice), two separate Maryland circuit judges, and now three appellate judges have held that the prosecution of Eist was unfounded.

ORIGINAL COMPLAINT

The board's attempt to discipline Eist arose out of a bitterly contested divorce and custody battle in which he was the treating psychiatrist for three members of a family (the wife and two of the children). The father (an attorney) complained to the board that Eist was overmedicating these three patients and had behaved rudely toward him. In keeping with their policy, the board automatically demanded the entire charts on all three patients without considering the merit of the complaint or the motivation of the father. Indeed, it later developed that the board was prepared to comply with the father's demand that the charts be turned over to him.

Acting in accordance with professional ethics, Eist contacted his patient to obtain permission, which was refused by the patients and their attorneys. Eist notified the board

and was told, "For your information, receipt of those medical records is not contingent upon the consent of the patients." Because he would not release the records until the patients allowed him to do so, Eist was charged with failure to cooperate with a lawful investigation.

ISSUES IN THE CASE

At the heart of this case is the Maryland board's assertion that its power is absolute, not answerable to patients, physicians, legal precedents, or professional ethics. The board saw no need to directly notify the patients that their charts were subpoenaed, nor did the board see fit to conduct a less invasive investigation, such as interviewing the patients or requesting the relevant sections of the chart (e.g., the record of medications prescribed). The board ignored communications from the patients indicating that the charges were false, and that the treatment was satisfactory. It remained the board's position that their issuance of a subpoena and the obligation of compliance were not open to challenge or legal review.

THE COURT'S DECISION

The court's decision closely followed the reasoning in the amicus brief submitted by 28 organizations representing mental health professionals, patients, and privacy protection groups, including the American Psychoanalytic Association, the American Psychiatric Association, the National Association of Social Workers, and the Patient Privacy Rights Foundation. In keeping with previous court rulings in this case, the opinion was sharply critical of the board's conduct and legal reasoning, and laudatory toward Eist for his principled stand in protection of his patient and professional ethics.

Perhaps the most heartening message from the decision of this court was the respect and understanding on the part of the judges for the work we do with our patients. In language strongly reminiscent of the landmark

Jaffee-Redmond Supreme Court decision, which reaffirmed the therapist-patient privilege, Judge Eyler stated, "In fact, the psychiatrist-patient relationship depends in large part upon the patient's having the trust in the doctor and confidence in the privacy of the therapeutic relationship that will foster a willingness to disclose innermost thoughts. That relationship can be damaged merely by the threat that the records containing the patient's most personal thoughts will be turned over to others to examine."

KEY FINDINGS

The power of the medical board is not absolute. Like other American governmental agencies, it is subject to checks and balances. While the board has the right to issue a subpoena for medical records, patients and clinicians have the right to protest and challenge the subpoena.

- The court clarified that the right of the state to obtain privileged information must always be balanced against the individual's right to privacy. The state is required to evaluate a patient's constitutional privacy interests and also to apply the "Westinghouse factors" (a landmark court case which outlined a balancing test) before it issues a subpoena.
- The patient must be notified that a subpoena, or a request for records, has been issued by the board.
- If the patient or physician challenges a request for medical records, the burden rests with the board to prove that its need to invade privacy outweighs the patient's right to privacy. It is then incumbent upon the board to seek an independent court ruling in which the Westinghouse factors will again be applied in a legal setting. In the words of Judge Eyler, "...a balancing analysis that takes the Westinghouse factors into consideration is the proper standard for weighing "individual privacy interests in medical records against competing state interests in those records," and that "[w]hether a compelling state interest can be shown in order to override an individual's privacy interest is to be determined on a case-by-case basis."

Continued on page 12

Bob Pyles, M.D., is chair of the Committee on Government Relations and Insurance.

Innovations in Education

Cal Narcisi and Myrna Weiss

We would like to use the Third Congress of Institutes to organize and highlight some important innovations in psychoanalytic education that BOPS is considering. The congress, held January 15, 2008, during the winter meetings in New York, was chaired by Betsey Brett and Dan Jacobs, current chairs of the Committee on Institutes (COI).

After outlining the history of previous congresses, Brett focused specifically on reports from the Task Force on Externalization, the Project for Innovation in Psychoanalytic Education (PIPE), and the Certification Examination Committee (CEC).

Paul Mosher, co-chair of the Task Force on Externalization with Don Rosenblitt, presented their preliminary report. Up to this point, they have focused on the feasibility of different models for the externalization of some or all

member institutes would agree to be governed by the rule of the majority. Institutes that did not want to join would be free to seek accreditation with other accrediting bodies such as the International Psychoanalytical Association (IPA) or the Accreditation Council for Psychoanalytic Education (ACPE). APsaA and the new corporation would have a contractual agreement during a 10-year transition period of decreasing financial support. At the end of the transition, the two entities would be separate and financially independent.

An ongoing collaborative relationship is envisioned between the two organizations, both during and after the transition. It is important to stress that the new standard setting and credentialing body would not have individual members but would be composed of member institutes that choose to join.

Delegates and fellows seemed open to learning about the feasibility of the models and giving serious consideration to the deliberation of the task force.

of BOPS's functions. Two models are being given the most serious consideration. One is what was formerly called the Mosher-Narcisi proposal and is now called the External Corporation model (EC). The other model, which has been proposed by Bob Michels, is now called the Institute Initiated model (II).

Under the EC model, which presumably would require bylaw changes, a separate corporation would be set up to perform the educational standard setting, accrediting, and certifying functions now contained within BOPS. Like-minded institutes would join together in this new body, form a new board of directors, and set up standards for education, accreditation, and certification. These

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

The II model might look very similar in the end but would take a different path in getting there. Under this model, a group of like-minded institutes would come together and form a new body. Others could join if they wanted to. This would not be under the auspices of APsaA, would not require a two-thirds vote of the membership or a bylaw change, and would not involve financial support from APsaA.

It is interesting to note that there was much less opposition to the idea of externalization at both the congress and at BOPS. Delegates and fellows seemed open to learning about the feasibility of the models and giving serious consideration to the deliberation of the task force. The task force plans to present its final report in June 2008.

We believe that a full consideration of externalization is critical at this juncture. Our recently elected president-elect, treasurer-elect, and



Cal Narcisi



Myrna Weiss

two councilors-at-large all campaigned as strong supporters of "local option." We feel strongly that local option will put an end to national standards for education and credentialing of both institutes and individuals. We further believe that under local option, we will soon become a loose confederation of institutes, training candidates with educational standards driven more by local practicalities than by a national consensus of educators and institutes.

Michael Singer then gave a report from PIPE presenting some exciting new ideas for an alternative national pathway for certification. In this proposal, any applicant who preferred or was opposed to our current certification procedure could apply to a national panel of theoretically diverse psychoanalysts. The applicant would choose two examiners from this panel. They would then engage in a primarily oral discussion of clinical material over an extended period of time. A mentor would be assigned to assist the applicant throughout this process. The traditional certification exam would also remain an option for those who prefer it. This new alternative pathway would not require a bylaw change and could be used to fulfill the certification requirement for training analyst appointment.

Paul Holinger, chair of the Certification Examination Committee, presented ways in which the committee is working to improve the present process. These include a mentoring process for applicants, the possibility of making the oral portion of the exam optional and at the discretion of the applicant, as well as the immediate resumption of the reliability studies. In addition, the chairs of the CEC and the Certification Advisory Research and Development Committee (CARD) observed several interviews at the January 2008 meeting and are considering making observers a routine part of future interviews.



APSAA secretary Robert Galatzer-Levy announced the results of the election of candidates for office.



President-elect
Warren R. Procci

PRESIDENT-ELECT
Norman Clemens
Warren R. Procci (Elected)

TREASURER-ELECT
Richard Lightbody
Judith Schachter (Elected)

COUNCILORS-AT-LARGE-ELECT
Thomas A. Bartlett (Elected)
David I. Falk

Ralph E. Fishkin
*(Elected to fill the unexpired
two-year term of Robert Tyson)*

Stuart D. Hirsch
Malkah T. Notman (Elected)
Dwarakanath G. Rao
Stephanie D. Smith



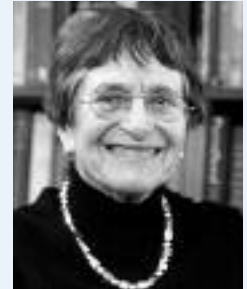
Treasurer-elect
Judith Schachter



Councilor-at-large-elect
Thomas A. Bartlett



Councilor-at-large-elect
Ralph E. Fishkin



Councilor-at-large-elect
Malkah T. Notman

GENERAL BALLOTING STATISTICS

Ballots Mailed—3246
Ballots Returned—1325 (41%)
Additional Ballots Received On-site—12
Total Ballots Received—1337
Invalid Ballots—52 (*illegible name; no signature; no proxy; etc.*)
Ballots eligible to be counted—1285

The Eist Case

Continued from page 10

- The court explicitly recognized a federal right to privacy embedded in the Constitution of the United States.

WHAT'S NEXT

The Maryland Court of Special Appeals found that the initial complaint against Eist was without merit; application of a balancing test would have failed to result in a subpoena for the patient records. Therefore Eist had not failed to cooperate with a lawful investigation—the investigation itself was not “lawful.” The board has one more opportunity to request review from the highest court in Maryland. According to legal counsel, the carefully detailed 56-page opinion of the

Court of Special Appeals can easily bear scrutiny from that court. Such an opinion would only further strengthen the privacy rights of Maryland's citizens.

The implications of this case extend beyond the state of Maryland. Boards and professional associations have been carefully observing this case which further establishes a model for a just balance of power between professional boards and individual patients and clinicians. Lawmakers in all 50 states and Congress will benefit from this reaffirmation of a patient's right to privacy. This is of particular importance given the rush to embrace electronic health records without adequate privacy protection.

Returning to Lord Acton's dictum, this court has affirmed the importance of the principle of checks and balances, particularly between the interests of government versus the rights of

individual citizens. Acton seems to have intuitively understood that unchecked power almost inevitably leads to narcissistic regression and abusive behavior. As James Madison cogently stated, the primary purpose of the Constitution is to protect citizens from their government. The Maryland Court of Special Appeals clearly agrees.

For the complete text of the decision, see Website.courts.md.us/opinions (Court of Special Appeals, 9/13/07)



Editor's Note: *As noted in the cover story, this case will be heard on appeal by the highest court in Maryland. TAP will continue to follow the case closely.*



Impact of Boundary Violations

Brenda Solomon

Analysts from the U.S. and abroad have given the COPE Study Group on Boundary Violations detailed accounts of the impact of boundary violations on institutes. All spoke of the negative consequences for psychoanalysis as well as for the larger mental health community. Candidates and analysts, alike, lose faith in what they are doing and referrals for analytic treatment decrease. The destructiveness magnifies when the violating analyst has been in a position of power, as in the case of a training analyst or a public spokesperson for our profession. The study group has learned how widespread these occurrences have been, and how challenging it has been for an institute to deal effectively when a boundary violation comes to light. The initial reaction is almost always disbelief and denial. We have also learned how difficult and lengthy the healing process has been in the aftermath of a boundary violation for the affected institute. We hope this column will be a resource for analysts and institutes.

Whether the institute is small or large, rumors (true or false) about alleged boundary violations, especially sexual ones, proliferate. Once these speculations abound, they contaminate all of us. The alleged abuses are often discussed by both the aggrieved patient and by friends of the patient. If a friend is in treatment with another analyst, that analyst is hamstrung, feeling caught between a duty to keep confidentiality and a duty to report, especially if reporting is mandated by the state.

Barbara Clorfene Solomon, M.D., is a teaching and supervising analyst at the Chicago Institute for Psychoanalysis, teaching ethics and psychoanalysis, a required course, and assistant clinical professor at the University of Illinois College of Medicine.

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

One complication is that state laws concerning reporting or responding differ depending on discipline. (For example, M.D.s have mandated reporting in some circumstances while Ph.D.s and M.S.W.s may not.) Furthermore, when an analyst hears her analysand speak about a putative violator, especially if the violator is someone known to her—perhaps even her training analyst or an important source of referrals—the complications increase. Often, there is a conspiracy of silence, not unlike the conspiracy of silence we find in families struggling with incest or other well guarded family secrets. Everyone involved feels besmirched. In all the incidents we have heard about, there was considerable lag time before the institutes were able to organize a serious response to the problem.

Analysts typically pathologize the violator, trying to disidentify and deny in themselves similar vulnerabilities. This tendency effectively replicates the kind of vertical splitting or compartmentalization that makes one vulnerable to sexual misconduct in the first place. Power and/or grandiosity in some analysts, notably training analysts, can exacerbate this splitting and can lead to a narcissistic entitlement to go beyond the rules. Furthermore, we found that there is often a transgenerational impact when analysands identify with these splits in their training analysts. If these situations are not adequately handled, violations continue to occur for decades. Long-lasting aftershocks may be felt even after effective action has been taken.

Our COPE study group learned that “a sense of paralysis and helplessness can sweep over education committees and ethics committees alike,” according to Glenn O. Gabbard, Morris L. Peltz, and the COPE Study Group on Boundary Violations in their article, “Speaking the Unspeakable: Institutional Response to Boundary Violations by Training Analysts.” There are many complicated transferences to the training analyst who has committed a sexual boundary

violation, which makes processing and investigating complaints extremely difficult. In many cases, outside consultation was useful. Bringing in colleagues who are knowledgeable about boundary violations, but not embroiled in the group dynamics of the institute, may provide a reasonably objective and fairer determination of the best way to proceed. Some institutes have completely reorganized their bylaws in order to facilitate the process of healing and to decentralize power.

Frequently, the victim-patient is overlooked in the aftermath of sexual violations. Marvin Margolis states, “The analytic society or institute must be prepared to offer help to the abused patient, especially in regard to referral to a new therapist. Consultation and/or mediation may be indicated on a continuing basis.” It can often be helpful for the analyst and patient to sit down together with a knowledgeable third party. The whistle-blowers may also be neglected, shunned, or accused of unscrupulous motives. Involved institutes should make efforts to provide an analyst-advocate to prevent such marginalization.

Experienced consultants recognize that we are all subject to confounding transference-countertransference situations. The notorious violators who are predators and who are often responsible for multiple violations are the minority. When conceptualizing the common characteristics of single victim cases, it is useful to consider a spectrum, with “lovesickness” at one end and “masochistic surrender” at the other, with many points in between, as Gabbard and Eva Lester suggest. When colleagues recognize that an analyst is enmeshed in boundary crossings, they should use the institute’s psychoanalytic assistance committee, which is able to intercede. Local rules differ on how complaints are handled, but it is important that an institute has a clear path for an individual to follow when he/she suspects a boundary crossing or violation is occurring and that he/she is never left alone with the responsibility of what to do. We also encourage all members, no matter how senior, to make use of consultation on selected patients as a way of monitoring difficulties in early transference enactments.



Psychoanalysis and Genomics: Strange Bedfellows with Chance for a Future

Andrew J. Gerber

For years, biologically based psychiatrists have forecasted a "genetic revolution" in which we learn the details of how most, if not all, disorders of the mind are predicted more by the genetic code than by some effect of early life or family. Psychiatric epidemiologists demonstrated decades ago, mainly by studying pairs of identical and fraternal twins, that psychiatric disorders are inherited to a significant degree. Yet, without exception, no simple gene or genetic mechanism has emerged to explain the etiology or pathophysiology of a major psychiatric illness, despite billions of dollars spent in this pursuit.

Caspi and colleagues demonstrated in 2002 and 2003 that the *interaction* of environment and gene (in one case, childhood maltreatment and the monoamine oxidase A [MAOA] gene, in another, stressful life events and the serotonin transporter gene [5-HTT]) is a far more powerful predictor of psychiatric outcome than either alone. Since then, most psychiatric research has focused on looking for more such interactions, rather than studying the relationships between single disorders and genes. Still, the clinically relevant results have been few and far between.

All this may now be about to change. In 2003, the Human Genome Project was completed, which means that the entire 3 billion base pair sequence of a single individual was



Andrew J. Gerber

recorded. Then, in 2007, two further advances brought the goal of identifying the genetic basis of psychiatric illness a great deal closer: Last October the International HapMap Project published its entire dataset. This project identified the segments within the 3 billion base pair sequence that show variation between human beings (reflecting the fact that the DNA sequence of any two people is 99.9 percent identical). The HapMap project tells us that one only needs to capture 500,000 pieces of information (rather than 3 billion) about an individual's genetic code in order to fully identify his or her unique genetic fingerprint. Second, and just as astonishing, "gene chip" technology was developed to efficiently capture these 500,000 pieces of information (in the form of single nucleotide polymorphisms, or SNPs, pronounced "snips") from a specimen of human DNA quickly (on the order of hours) and inexpensively (on the order of \$1,000 per sample).

Leading figures in genomic research, such as Eric Lander, a professor at MIT and director of the Broad Institute, are saying that these advances have brought about an inflection point in our ability to identify the role of the genetic code in human traits, including those relevant to psychiatry. Prior to 2007, scientists needed to be lucky to find a direct link between a gene and a visible trait because these associations were usually not where they expected them to be. However, with the

HapMap project finished and gene chips cheaply available, it has become possible to thoroughly scan the *entire* genome for associations to human traits with little or no *priori* hypotheses about where to look. Lander advised psychiatrists to start collecting genetic samples of 1,000 or more subjects with whatever trait interests them and subjecting them to gene chip analysis. He believes that this shotgun approach will lead to a revolution in how we understand the genetic basis of human variation and psychopathology.

Enter psychoanalysis. Contemporary psychiatry is notoriously bad at identifying the myriad of continuous traits that capture temperamental variation among individuals, having long ago opted for discrete categories that fit more neatly with drug trials and insurance reimbursement. Personality psychologists study these issues, but with little attention to psychopathology or to their relevance to treatment and change. Psychoanalytically oriented theorists and clinicians, on the other hand, have devoted enormous energy to describing how individuals vary from one another and how this is manifested in their development, character structure, unconscious processes, defenses, response to treatment, and long-term outcome. Of course, psychoanalysis has traditionally focused on the environmental and personal-historical roots of such variation. However, from Freud on down, this has always come with the implicit or explicit acknowledgement that a significant part of psychic variability is inborn. The chance has come then, for the psychoanalyst to use his or her ability to describe such variation by partnering with those doing genetic studies.

This work has already begun. Marian Bakerman-Kranenburg and Marinus van IJzendoorn, pioneers of attachment research at Leiden University, published a review in 2007 of genetic links to attachment. From the dozen or so existing studies, they conclude that a variant of a specific dopamine transporter gene (DRD4) is associated with both an increased risk for disorganized attachment and a bad outcome when the environment is bad and an increased risk for positive outcome when the environment is favorable.

Continued on page 15

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.



How do Neuroscience and Psychoanalysis inform each other?

Find out at

Our 9th International Congress at the
Montreal Neurological Institute
on 25-28 July 2008
**THE SELF IN CONFLICT:
NEUROPSYCHOANALYTIC PERSPECTIVES**

Notre 9ème Congrès International, à
l'Institut Neurologique de Montréal,
du 25 au 28 juillet 2008
**LE SOI ET SES CONFLITS: PERSPECTIVES
NEUROPSYCHANALYTIQUES**

Speakers include:

Suzanne Corkin, Todd Feinberg, Joy Hirsch, Robert Michels,
Georg Northoff, Jaak Panksepp, Mark Solms

The Educational Day (Friday 25 July) precedes the congress. Its aim is to provide an introductory overview of the brain for people with little or no background in neuroscience, with a focus on brain functions of interest for psychoanalysts and relevant to the focus of the congress proper. Speakers at the Educational Day will not assume prior knowledge of brain anatomy and function. However, the comprehensive interdisciplinary scope of these introductory talks makes them useful to those with existing knowledge.

The Main Congress (Saturday 26, Sunday 27 July): The self in conflict will be considered from a neurological, psychological and developmental perspective with implications for both clinicians and scientists of the mind and brain. Presentations will include clinical and empirical data to deepen our understanding of conflict and self experience and enrich approaches to treatment. Investigators are invited to submit abstracts for 15-20 minute presentations on relevant clinical work and research. See 'Call for papers' below.

The Research Day (Monday 28 July) is an open session. Submissions for this component of the congress are also invited. Abstracts on work which is (a) at the interface between psychoanalysis and neuroscience and (b) of an empirical nature (including analytic case reports of neurological patients) are welcome. Presentations on empirical work which combines neuropsychological or neurobiological research with psychoanalytic perspectives are of particular interest; poster presentations are welcome (see 'Call for papers' below).

CALL FOR PAPERS!

APPEL DE PROPOSITIONS!

Self experience and conflict lie at the heart of psychodynamics. Research has identified key brain mechanisms involved in conflict-monitoring and error-detection. Do these perspectives on mental conflict have anything to contribute to each other — and how do they further our understanding of self-development and subjective experience? To emphasise that conflict in psychoanalysis is conceptualised from the viewpoint of a living self, we have entitled our next congress *The Self in Conflict*.

Proposals for papers are now being accepted. These will be considered for short panels during the conference proper or the Research Day. Poster proposals are also welcome. Presentations on empirical work which combines neuropsychological or neurobiological research with psychoanalytic perspectives are of particular interest.

Please send your abstract (maximum 500 words for presentations; 250 words for posters) to admin@neuropsa.org by January 15 for papers, March 15 for posters.

Further details: email admin@neuropsa.org; or go to www.neuropsa.org

Somehow, then, we need to understand how a difference in a neurotransmitter signaling system in the brain leads to an interaction of early experience and the formation of internal working models (i.e., attachment style).

Meanwhile, the same DRD4 gene has been linked in a new meta-analysis (Munafò, Yalcin, Willis-Owen, and Flint, *Biological Psychiatry*, 2008) to certain "approach behaviors" such as

"novelty-seeking" and "impulsivity" but not to "extraversion" as defined in the personality research literature. Personality theorists are at a loss on how to understand this. Psychoanalysis remains the only comprehensive metapsychology with the theoretical complexity to help tease apart these questions, and certainly the only one linked to a method for gathering the data about such structures.

It makes sense that individual psychological variation be this complicated and requires an appreciation of not only superficial traits but meaning as well. Science needs the input of psychoanalytically trained clinicians and researchers to help sort out how better to understand and study the ways this variation interacts with environment to shape personality and psychopathology.



Requiem for *The Sopranos*

Glen O. Gabbard



Glen O. Gabbard

The final curtain has fallen on *The Sopranos*. Hence it is an auspicious time to take stock. What did the series mean to us? *The Sopranos* is unparalleled in the annals of television.

Called “the most compelling piece of popular culture ever” by critics, the series prompted many psychotherapists to subscribe to HBO solely to see Jennifer Melfi’s latest therapy session with the mobster Tony Soprano. On Monday mornings, e-mails and water cooler chat often focused on the relative merits of Dr. Melfi’s interpretations or the length of her skirt.

For once, psychoanalysts and psychotherapists could sink their teeth into a portrayal of psychoanalytic psychotherapy that in some respects was similar to real life therapy. Dr. Melfi was far from an ideal therapist. In fact, that’s what we liked about her. She struggled in every session. She sought out her own therapy, where she talked about her countertransference with her celebrity “bad boy” patient. She hung in there when many therapists would have quit or moved to a different city. The writing was extraordinary in its psychological sophistication. In the early seasons, four of the show’s five writers had been in psychotherapy themselves, and their “inside” perspective was impressive. Lorraine Bracco, the actress who played Dr. Melfi, said she told creator David Chase that she would play the role only if he promised her that the therapist would not be portrayed as a “drug-crazed psychotic killer

Glen O. Gabbard, M.D., is *Brown Foundation Chair of Psychoanalysis, professor of psychiatry at the Baylor College of Medicine, training and supervising analyst at the Houston-Galveston Psychoanalytic Institute, and author of The Psychology of The Sopranos.*

sex addict.” Having found psychotherapy extraordinarily helpful in her own life, she did not want to be party to another instance of therapy bashing in prime time television.

The impact of the series on real life practice is difficult to measure. However, I received at least 18 or 20 e-mails from therapists who told me that a male patient had come to see them largely because of the depiction of therapy on *The Sopranos*. Numerous anecdotes were also circulated about patients bringing examples of psychotherapy from *The Sopranos* to their own sessions and asking their therapists why they were not more like Dr. Melfi. Some even felt that her interpretations provided insights that their own therapists had missed!

For the first three seasons, the psychotherapy, a heroic treatment at best and an ill-advised decision at worst, seemed to be taking hold. Despite extensive acting out, Tony began to reflect on what he was doing with his life. He chose not to “whack” a pedophile soccer coach after discussing it with Dr. Melfi. In the middle of a knock-down, drag-out fight with his mistress Gloria, he suddenly realized, “I’ve known you all my life!” In other words, she was an externalized version of the internal representation of his mother that haunted him. The audience had its expectations raised in the same way that mental health professionals



Photo: courtesy Craig Blankenhorn/HBO



Photo: courtesy Anthony Nestle/HBO

who treat antisocial patients get caught up in excessive countertransference optimism. We thought there was a glimmer of hope for Tony Soprano. Maybe—just maybe—a bad man could be transformed into a good man with the help of a skilled psychotherapist.

THE SCENE DARKENS

In the early seasons, Chase showed us the sympathetic side of Tony. He might be capable of brutal murder, but he also loved his children and, to some extent, his wife; he was capable of loyalty both to his mob family and to his domestic family. Chase and his team of writers also appropriated the Quentin Tarantino trope of placing moral dilemmas in the mouths of sleazeballs. A man who is capable of feeling pangs of conscience fosters hope in the therapist, no matter how evil he is at his core.

Midway through the series, however, the wind shifted. Last May I interviewed Joe Pantoliano, who played the psychopathic Ralphie in the series. He suggested that shortly after Tony killed off his character, things took a darker turn. I agree. Tony became more despicable, less sympathetic, and started showing all the signs of a treatment failure in Dr. Melfi’s consulting room. As Geoffrey O’Brien noted in his eloquent tribute in *The New York Review of Books*, “What began as the story of a potential healing became a description of the last stages of an incurable sickness.”

David Chase had repeatedly warned his audiences that Tony and his mob were not nice people. They were thugs. They were killers.

Continued on page 17

One of the most fascinating achievements of the show was that the writers somehow made us find these characters lovable.

In the last season, the sophistication of Dr. Melfi seemed to disappear. In prior seasons, she had been a complex character whose actions appeared to grow out of motivations we could understand. Suddenly, she appeared to be manipulated by the needs of the plot to the point where she behaved in ways that lacked credibility.

When she finally threw Tony out of her office, the writers linked this decision to her "discovering" an authoritative source on antisocial and criminal personalities that informed her of the possibility that socio-paths might misuse therapy and manipulate the therapist for their own interests. You don't say! In fact, this information is usually mastered in Psychiatry 101 and is well known by all seasoned therapists. Nevertheless, within the show's narrative, we were supposed to believe that Dr. Melfi was naively taken by surprise to learn that patients like Tony had other motives.

A eulogy would not be complete without some consideration of the final episode. The media buzz around the ending of the series was deafening. Would Tony be murdered in a blood-spurting, heartrending operatic finale?



Photo: courtesy Barry Weisler/HBO

Would the writers kill off one of his children instead of Tony himself, leaving him to spend the rest of his life in inconsolable grief? Would Carmela finally get fed up and whack him at the kitchen table as he ate his gabagool? And which song would play over the final roll of the credits, a fitting capstone to the brilliant use of music throughout the series?



As usual, Chase chose to defy audience expectations and violate the conventions of television drama. No one in the family was killed. Instead, life went on as usual. The family met at a diner and ate onion rings. Chase sent his familiar message: In real life, there aren't operatic endings. Life goes on. *The Sopranos* is not *The Godfather*.

Many analytic colleagues were disappointed with the collapse of Tony's psychotherapy during the last several episodes. While Dr. Melfi's manner of ending the treatment may not have been entirely unethical, it was certainly an example of poor technique. Moreover, at the dinner party precipitating this unilateral termination, her own therapist, Eliot (Peter Bogdanovich), broke confidentiality by sharing the identity of Dr. Melfi's patient during dessert. Many of us felt betrayed by David Chase and the group of writers who had heretofore seemed to have respected the integrity of psychotherapy.

However, can we really expect a television drama to bear the oppressive weight of a documentary about psychoanalytic psychotherapy?

Of course not. Years of watching cinematic and television depictions of psychotherapy have taught me that the needs of the genre and the demands of the plot will always trump a well-intentioned effort to portray psychotherapy at work as it really is. Television is fundamentally entertainment. The writers owe us nothing. Art owes no debt to reality. Dr. Melfi and Tony Soprano are not real people. They are points of light on a television screen that we imbue with life each week. Into them we project our hopes and dreams about what psychotherapy is and what it could be.

We must take heart in the showbiz aphorism that there is no such thing as negative publicity. Having the nation buzzing about the therapy of Tony Soprano placed psychotherapy in the mainstream of popular culture. That's exactly where we want it to be.



Photo: courtesy Abbot Genser/HBO

Introduction

Working Parents and Their Children: Psychoanalytic Perspectives and Public Policy

Jennifer Stuart

For all our concern about the changing nature of analytic practice, we may fail to appreciate the untarnished privileges of our profession. Many of us are solely—or mainly—self-employed, at work that commands a living wage (or at least, half of one), in 40 hours a week or less. We can adjust work commitments to the needs of our growing families, reducing hours when children are young or a parent's health fails and adding them as family demands diminish. We are largely free to set our own schedules, around our families' needs.

This does not mean we manage "work-family balance" without conflict; surely, we do not. We may imagine colleagues' disapproval for any sacrifice of career to family life; sometimes, there is a grain of reality to this concern. We may know that work will restore self-esteem threatened by our first, clumsy forays into new parenthood; at the same time, we may be acutely aware of infants' needs for their parents. We may worry that the hours we spend with patients will translate, years hence, into hours our children spend in treatment, reconstructing the harm wrought by our beloved work lives. Like any other form of personal conflict, this one—the analyst's own struggle with "work-family balance," in both its external and internal forms—can benefit our work with patients, if we make good use of it.



Jennifer Stuart

A distinctly analytic perspective on work and family life may have utility beyond the consulting room, as well.

Much classic analytic literature assumes

the full-time presence of a mother, at home with young children, in context of a two-parent, single-earner household. The current realities of both paid work and family life call this basic assumption into question and add new concerns. As analysts, we know some things about what children and their parents need.

idiographic particulars that draw our attention in clinical work.

Ellen Galinsky, a nationally recognized expert on work and family issues, gives an overview of the changing American workforce, workplace, and family, and outlines findings from a large-scale study exploring children's responses to current conditions of work and family life. Anne Dailey, a law professor with deep interest in and knowledge of our field, explores the implications of psychoanalytic developmental theory for law and public policy regarding work and family life. Psychoanalyst Leon Hoffman writes, from the perspective of his role as director of the Pacella Parent Child Center of the New York Psychoanalytic Society and Institute, about a broad program of therapeutic outreach to working parents and their children.

In this special section of *TAP*, we explore the contemporary experience of work-family conflict on multiple levels, ranging from the large-scale, political and socioeconomic conditions in which we and our patients operate to the idiographic particulars that draw our attention in clinical work.

What can we say about the interface between work and family life, in a world of busy, dual-career families, single-parent households, and family poverty? How do we think about our patients' increasingly common presenting complaint, concerning work-family balance? Are such conflicts any different, in quality, from others we encounter in treatment? Given how we think about the needs of working parents and their children, how might we hope to influence law and public policy?

In this special section of *TAP*, we explore the contemporary experience of work-family conflict on multiple levels, ranging from the large-scale, political and socioeconomic conditions in which we and our patients operate to the

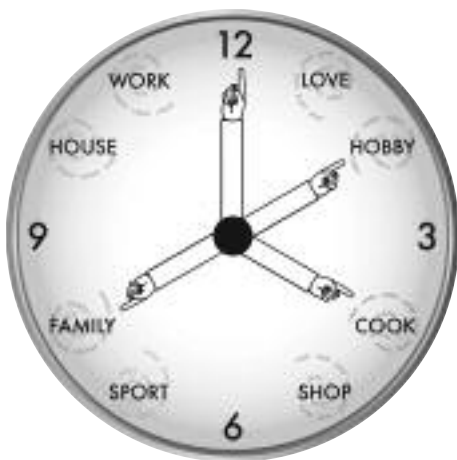
I describe a multiple case study, reported fully in a recent issue of *The Psychoanalytic Quarterly* (2007:76), that explores women's experience of conflict around work and motherhood.

As analysts, we have much to learn from colleagues outside our discipline about the interface of work and family life (as well as a great many other things) and also much to offer in return.

* * *

The authors of this special section of TAP would like to thank the APsA Program Committee for featuring their work in a symposium of the same title at the 2006 Winter Meeting.

APsA



Two Views of Work and Home Life— Parent and Child

Ellen Galinsky



Ellen Galinsky

Changes in the nature of work and family life are of vital interest to psychoanalysts because they form the context in which people live their lives.

My non-profit research organization, Families and Work Institute, is in a unique position to track U.S. trends because we conduct the largest ongoing nationally representative studies of the workforce, the *National Study of the Changing Workforce*, and of the workplace, the *National Study of Employers*.

SURPRISING CHANGES

Some of our findings are not surprising—that the workforce is more diverse and older—but others are. For example, women, now 48 percent of all workers, are better educated than men. Among employees 50 and younger, 32 percent of women have four-year degrees or more, compared with 23 percent of men. Furthermore, women in dual-earner families contribute 42 percent of their family's income. So clearly, working mothers are here to stay.

These changes in the demographics of the workforce run parallel to other changes in work itself—specifically that work hours have increased and jobs have become more demanding and hectic. The average woman now works more than 40 hours a week (that average includes the one woman in four who works part time). In addition, 46 percent of employees are contacted about work outside of normal working hours regularly or occasionally.

Ellen Galinsky, M.S., is the co-founder and president of the Families and Work Institute, a non-profit center for the study of the changing workforce, changing family, and changing community. She is the author of Ask the Children (2000).

Technology makes it possible to work any time, any place, and, as a result, the boundaries between work and family life are increasingly blurry.

Home life has changed too. There are more dual-earner couples (from 66 percent in 1977 to 78 percent in 2002). While women have not cut back on the hours they spend taking care of and doing things with their children, perhaps surprisingly men have increased their family time, especially younger fathers. If we compare Generation X fathers (between 23 and 37 years old when we conducted the 2002 study) with their Boomer counterparts (between 38 and 57), we find that Gen X fathers spend 1.2 hours more on workdays with their children than Boomers. This is true even when we control for the age of their children.

CHILDREN'S RESPONSE

I also conducted the first nationally representative study of children's views of their working parents. There are five findings that would be of special interest to psychoanalysts:

1. Children's wishes are unexpected.

In the study I asked children in the third through the twelfth grades: "If you were granted one wish that would change the way that your mother's/your father's work affects your life, what would that wish be?"

I also asked parents to guess what their children would wish. Most parents (56 percent) guessed that their children would wish for more time with them.

However, more time was not at the top of children's wish list. Only 10 percent of children made that wish about their mothers and 15.5 percent about their fathers. Most children wished that their mothers (34 percent) and their fathers (27.5 percent) would be less stressed and tired. By contrast, only 2 percent of parents guessed that their children would make that wish.

Does this finding mean that children do not care about time? No. Children care about parents being less stressed because they do care about the time spent together. Furthermore,



I found that the more time children spent with their parents, the more positive they felt about the way they were being parented.

The fact that many people interpreted this finding as meaning that time is unimportant to children sends a signal that we as a country are stuck in the wrong debates. We tend to think in either/or terms: It's quality or quantity time. It's work or family. Even the word "balance" that is commonly used indicates an either/or mentality. If you give to one side of your life (work or family), then you are taking away from the other: The research does not support these views.

2. Children rate their employed mothers' parenting skills as highly as those with at-home mothers.

I asked children to assess how they were being parented on 12 parenting skills such as "raises me with good values," "is someone I can go to when I am upset," "spends time talking with me," "appreciates me for who I am," "provides family traditions and rituals," and others. The study found no differences in the assessment given by children who have employed mothers (both full- and part-time) and those with mothers at home.

This result confirms several decades of research indicating that you cannot tell much about how a child will turn out simply on the basis of whether or not his or her mother works. Overall, what matters most is how children are parented—what values their parents have, whether the parents walk their talk, how they connect to their children, and whether the children are priorities in their parents' lives.

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Law, Psychoanalysis, and the Work-Family Conflict

Anne C. Dailey

The work-family conflict is not a new phenomenon. Almost a century ago, Freud had something to say about the early trend toward mothers working in the paid labor force. Hannah Decker in her book *Freud, Dora, and Vienna 1900*, describes the following exchange. "At a 1908 meeting [of the Vienna Psychoanalytic Society] devoted to 'The Natural Position of Women,' Freud commented during the discussion: 'A woman cannot earn a living and raise children at the same time. Women as a group profit nothing by the modern feminist movement...'"

As many have observed, Freud had difficulty stepping outside early 20th century Viennese culture on the question of women. While the idea that "a woman cannot earn a living and raise children at the same time" is belied today by statistics showing that 63 percent of mothers with children under the age of six and 78 percent of mothers with school age children are employed, the conflict between work and family unquestionably remains for these working couples.

Psychoanalysis has much to contribute to the public policy debate over how to reduce the conflict between work and family life. Many facets of this contribution could be cited, but one important and pressing area of concern stands out: the distressing effect of the work-family conflict on poor children. In 1996, Congress passed the Personal Responsibility and Work Opportunity Reconciliation Act which, as its name implies, puts the personal responsibility of parents at the center of the anti-poverty agenda. Since this law took effect, states have been required to reduce their welfare caseloads by moving welfare recipients into the paid labor force.

How are we to understand the effect of the welfare-to-work laws on the 12 million children

living in poverty in this country? How can poor single mothers be helped to manage a work-family conflict that can be crushing to even the most privileged couples?

How do we ensure that the exponential level of stress that working brings to single-parent households does not prevent poor children from developing into successful, resilient, well-adjusted adults?

Psychoanalysis usefully directs our attention away from the personal responsibility of adult citizens and toward the needs of poor children. Lawyers and public-policy experts tend to take a strictly maturational view of the matter: All children will develop the skills for economic self-sufficiency and emotional well-being as a matter of course. If these children fail to succeed as adults, that failure is the product of their own choices and is their own personal responsibility. But as analysts well know, success in life is not simply a matter of maturation or choice. Single mothers without child support or day care or transportation, or even working elevators face formidable obstacles to providing good-enough care for their children, and these obstacles pose their own psychological challenges. Mothers without the psychological resiliency for tolerating the high levels of stress that accompany work under conditions of poverty and the emotional demands of childrearing in these trying circumstances need social and emotional supports in order to provide a good-enough caregiving environment for their children. Many single mothers succeed without these supports, of course. But many fail, as any of us might fail in similarly trying circumstances.

Anti-poverty policies in this country should be focused on providing good-enough caregiving



Anne C. Dailey

environments to impoverished infants and toddlers rather than on the personal responsibility of overwhelmed adults. At a minimum, high quality publicly funded infant and toddler day care should be a part of the agenda for helping at-risk families. Research suggests that at-risk children can actually benefit from high quality childcare. The most successful early childhood programs combine high quality early childcare with parental education and training. Public-policy experts are beginning to study how investment in early childcare brings high long-term financial returns. According to the economist James Heckman at the University of Chicago, the Perry Preschool Program in Michigan produced long-term social gains of \$13 for every \$1 invested in the program. The participating children stayed in school longer, had higher earnings, and engaged in less adult criminal activity than the control group.

Analysts can join public-policy experts in explaining to a skeptical public how high quality early childcare helps to bring individual and social returns by alleviating the potential adverse developmental effects of severe poverty on young children. Psychoanalysis convincingly shows the basic role of the early caregiving relationship to the development of the psychological qualities and skills important for adult life, skills which include the development of an integrated sense of self and others, a secure hold on the boundary between fantasy and reality, strong adaptive defenses, and the capacity for emotional self-regulation. All these developmental achievements have roots in the early caregiving relationship. By collaborating with lawyers, economists, sociologists, and public-policy experts on the issue of universal early childcare, analysts have the opportunity to instill in the public's imagination a renewed appreciation for Freud's core insight that early childhood experience profoundly shapes our adult lives.

Psychoanalysts have a crucial role to play in public advocacy for the importance of governmental investment in early childhood programs. Yet efforts to educate lawyers, economists, and social scientists who have a serious interest in understanding the deeper realms of self-knowledge, the dynamic unconscious, child development, and human relations

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Anne C. Dailey, J.D., is *Evangeline Starr Professor of Law and associate dean for research and faculty development at the University of Connecticut School of Law.*

Help for Working Mothers Coping with Ambivalence

Leon Hoffman

The Bernard L. Pacella, MD Parent Child Center of the New York Psychoanalytic Society and Institute promotes the optimal emotional growth and development of families and children (from pregnancy through age 12). Although the center provides a variety of services and educational and research programs, the backbone of its activities, since 1991, is a model of Parent Child Groups for parents and children (birth through 3 years). The program, which has served 225-250 mother-child dyads, has received citations for excellence from the American Psychoanalytic Association and the Association for Child Psychoanalysis.

Our psychoeducational program is conducted in a warm, accepting, and nonjudgmental environment where mothers can feel comfortable becoming the kinds of mothers they choose to be. The center utilizes psychoanalytic/developmental principles to help mothers address their voiced and unvoiced concerns to help them locate the best parenting tools within themselves and experience joy in their child rearing. The groups enable mothers to handle challenges in parenthood arising from their own childhood experiences; to evaluate developmental information and conflicting advice; and to learn to read the cues and needs of their children. In these ways, group participation fosters their competence and confidence as mothers and furthers the socio-emotional development of their children.

Over 50-60 percent of our mothers participate in the outside work world, many part time and some full time. Thus, we have come

Leon Hoffman, M.D., *director of the Pacella Parent Child Center, has spoken to professional and lay audiences and written widely on various parenting and child care issues, including "Mothers' Ambivalence with their Babies and Toddlers: Manifestations of Conflicts with Aggression" in JAPA.*

to understand the balances that are required to combine child-rearing and homemaking with a professional life outside the home.

THE MOTHERHOOD CONSTELLATION

Many analysts in earlier decades studied pregnancy and motherhood; their work came to be overshadowed by psychoanalytic feminism of the 1980s and early 1990s, which attempted to address women's inhibitions in the social sphere. At the Pacella Center, seeing mothers who make varied choices—both those who work outside the home and those who do not—has allowed us to re-think the central dogmas of feminist psychoanalytic theories. A contemporary theorist whom we find helpful is Daniel Stern, with his seminal contribution of the concept of "the motherhood constellation."

Stern notes that the motherhood constellation "concerns three different but related preoccupations and discourses, which are carried out internally and externally:

- the mother's discourse with her own mother, especially with her own mother-as-mother-to-her-as-a-child,
- her discourse with herself, especially with herself-as-mother, and
- her discourse with her baby."

Thus, a new mother may find that she is less concerned with her father (and oedipal themes), her baby's father (usually also her sexual partner), and with work than with the new baby, her own mother, other women, and with themes of growth and development. Wishes to be valued and supported by a maternal figure ("the good grandmother transference") may be prominent. Some psychic reorganization along these lines occurs for most new mothers, whether or not they work outside the home, and whatever the reasons for their decisions about paid work. The motherhood constellation promotes a woman's emotional tie to her baby.



Leon Hoffman

BALANCING DEMANDS

Some women experience conflict and ambivalence about their sense of themselves as mothers, in contrast to a fuller sense of themselves as

working women. Other women feel greater satisfaction from mothering their babies than from working. Some women feel in conflict between these desires, whereas others can balance the demands of mothering more easily with the demands of work life.

Therefore, the same message cannot be given to all mothers. Many mothers need to work for financial reasons and arrange the most economical child care possible, including utilization of their extended families. Other mothers work despite the fact that a large portion of their salary goes to child care. What we have learned throughout the years is that some women are "better" moms because they are home full time and others are "better" moms because they do work full time. All too often, motherhood and advancement in the workforce outside the home seem to women to be two mutually exclusive domains. But psychologically these domains need not be mutually exclusive. Each woman needs to find a balance that works for her and her family.

"WHAT SHOULD I DO WHEN I GET HOME FROM WORK?"

Working mothers' conflicts can be manifested when they come home from work. In a still-relevant classic paper from over two decades ago, Doris Bernstein described a typical dilemma. Faced with two opposing demands, such as, "I should prepare dinner for my children" and "I should work on a professional task," men in Western culture usually have no conflict; the commitment to work is fixed and dominant. Women are more likely to experience conflict in choosing which activity to do. Much more than men, they are likely to experience guilt no matter what their choice.

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Work and Motherhood: A Clinical Study

Jennifer Stuart

Most women face real financial and practical obstacles to the integration of work and family life, and we encounter these challenges in a climate of cultural ambivalence toward working mothers. In this context, decisions about work and motherhood can become a lightning rod, attracting and concentrating expressions of unconscious conflict. Meanwhile, personal decisions about work and motherhood are easily rationalized in the global terms of public discourse (some popular texts offer rousing support for working mothers, while others urge full-time, at-home mothering for all who can afford it); so, the influences of personal history and unconscious conflict often go unnoticed.

As both a mother and a psychoanalyst with serious career commitments, I have had my own direct experience of “work-family conflict,” so I know just how much can lie underneath the visible tip of that iceberg. This, together with an interest in multiple case research methods, has led me to launch a psychoanalytically-informed clinical interview study, an inquiry into the impact of personal history and unconscious motives on the conscious experience of conflict between paid work and motherhood. With funding from the Alfred P. Sloan Foundation’s Program on the Workplace, Workforce, and Working Families, I have so far interviewed 65 women—all 1984 graduates of a single, Ivy League college—many of them two, three, or four times. Our conversations are modeled, as closely as each research participant allows, along the lines of a clinical consultation with the experience of conflict between motherhood and career as presenting complaint.

Jennifer Stuart, Ph.D., is clinical assistant professor in the New York University Medical Center Department of Psychiatry and on faculty at NYU Psychoanalytic Institute. An early version report of her study, won the Karl A. Menninger Award at the APSaA Winter 2006 Meeting.



Though some women are conversant with the impact of personal history and psychology on their choices, some are quite surprised as previously unrecognized links between past and present, self and other (especially, self and mother) emerge. Though the interviews are not intended as clinical interventions, I have found that they sometimes have the degree of therapeutic impact that one might associate with a good, thorough consultation.

For example, one woman who gave up a career she enjoyed to home-school her children had explained the decision to herself in terms of religious values. Across a series of four interviews, I learned that her mother had had bouts of serious depression, especially after her birth; and she came to see that she risked repeating with her children some troubling elements of her own early experience. Though earnestly trying to be more available than her mother had been to her, she felt bereft of the “identity” that paid work brought and had become depressed herself.

Another woman in the study, at the start of an extended interview series, was working up to 80 hours per week with frequent travel; days might pass without her seeing either of her two children awake. Her job as a mother, she told me, was to be sure *someone* cared for them—especially, that someone provided “challenges” adequate to their talents, so they would not get bored. I soon learned that as a child, this woman had been largely responsible for her immigrant family’s adaptation to life in the U.S. She was the first family member to learn English and the only one able to balance the books for her parents’ business. Her precocious achievement, *her* rising to challenges, was central to her family’s survival. As we spoke—several times over many months—she gradually made contact with the sadder aspects of her current experience. Ultimately, she took some time off from her job and was relieved to find that she very much enjoyed her children. At last word, she was planning a job change that would allow her to keep the career she loved but have some time for family life, as well.

As a psychoanalyst, my eye is always on the personal, the idiographic. But as a qualitative researcher, I also seek broader patterns and themes. Though small from the perspective of large-scale, quantitative research, my sample is large enough to support some general observations:

- Women vary tremendously in the ease or difficulty with which they navigate real obstacles to the integration of paid work and motherhood.
- Whether or not her mother worked outside the home has little impact on a woman’s comfort with choices around work and motherhood. Rather, her experience of comfort or conflict with her own choices is strongly influenced by the quality of her relationship with her mother.
- Women whose relationships with their mothers are troubled may find it difficult to thrive in *any* arrangement of work and family life. Conversely, women whose mothers fostered feelings of both warm attachment and confident autonomy may find ways to enjoy their children and/or work, often modifying work and family environments in ways that favor both.

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Two Views

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3. *It is not just mothering that's important; fathering is very important too.*

The national conversation that we have been having about work and family life focuses on mothers. Yet in finding after finding, the importance of fathers to children is very evident. For example, children were asked if they had too little, enough, or too much time with their mothers and fathers. Children were more likely to say that they had too little time with their fathers (35 percent) than with their mothers (28 percent).

4. *Parents' jobs affect how they parent.*

When the public considers how parents' work affects children, discussion centers on how old the child was when the mother went back to work and how much time parents spend working each day. In my study, I developed a model to identify those aspects of jobs that matter. I found four job factors make a difference: 1) a job that keeps work demands within reason; 2) a job that permits employed parents to focus on their work while on the job (e.g., not too many interruptions and not being asked to multitask too much); 3) a job that is meaningful, challenging, provides opportunities to learn, and offers autonomy; and 4) a workplace environment with supportive relationships that help parents succeed at work and at home. Parents who work in these

environments come home in better moods and have more energy for parenting.

5. *Children do not think their parents like their jobs as much as they do.*

I found that while three in five parents like their jobs a lot, only two in five children think their parents do. Many parents see work as competitive with their children, so they do not share much about their jobs. In addition, parents often come home and complain about work, without realizing that their words are a living laboratory for children to learn about the world of work.

What is the bottom line of my findings? Ask the children and include what they say in forming a picture of work and family life today.

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Work-Family Conflict

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should also be undertaken. Outreach to academics and public-policy researchers requires overcoming a certain institutional reserve deriving from an earlier era when non-analysts applied psychoanalysis indiscriminately to social and political problems. While risks certainly exist, the result could be a renewed role for psychoanalysis in enriching public-policy debates on pressing social and political problems. And in the process, psychoanalysis might find itself enriched as well.

APSA

Help for Working Mothers

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Many mothers, while at work wish they were home with their children, and while at home wish they were back at work. Unfortunately, too often it is believed that to be a good mother, a woman has to eliminate conflict and ambivalence about her own personal wishes as well as about her feelings toward her children. Psychoanalyst Rozsika Parker suggests that the problem is not maternal ambivalence itself but rather the guilt and anxiety ambivalence provokes that prevents mothers from acknowledging and accepting their ambivalence.

TAKING CHARGE OF ONE'S FEELINGS

In the Parent Child Groups at the Pacella Parent Child Center, we help mothers understand the universality of ambivalence, and we help them acknowledge their own conflicted feelings to themselves in order to master their conflicts rather than having to deny them or become overwhelmed by them because they are so frightening. They can feel more in charge of their own feelings and create a better balance between work and home; often, this involves ensuring that their spouses participate in homemaking and child-rearing activities.

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Work and Motherhood

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Work on this project has sharpened my appreciation of the complex interplay of broader social phenomena with individual psychology. Some careers are more easily mixed with family life than others. Some women have access to ample financial and social resources, including various forms of community support—like the Pacella Parent Child Center of the New York Psychoanalytic Society and Institute—and others do not. But the murmur of the unconscious is always present, quietly instructing our choices from among the options realistically available as we decide whether, when, and how to combine work and motherhood.

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Psychoanalysis in Puerto Rico Today

Alberto M. Varela

When I was approached to write an article for TAP about my experiences as an analyst living in the small, federal territory of Puerto Rico, I immediately knew that I faced a major challenge. How would I avoid appearing contradictory in telling about my profound, personal satisfaction with my career while at the same time describing the sad state of affairs of organized psychoanalysis on this island? And furthermore, how could I do this without adding one more disheartening story to the already long inventory of unresolved issues which have created what psychoanalysts in all parts of the world have come to call "our crisis"? By "crisis" I mean our generalized concern about the survival of psychoanalysis everywhere.

As I thought about my experiences, I had to overcome my resistance to lamenting the untoward outcomes which have come about as a result of processes in which I had played a role as one of the protagonists. This lament, despite my recognition that even had I and my colleagues applied different strategies as we



Alberto M. Varela

After 4 years in that role and once the hospital was firmly established, I left to open a full-time private practice.

The practice attracted a large volume of patients and I decided to recruit other mental health professionals to serve them. Subsequent opportunities for innovative mental health programs and services emerged. Because our group, now formally organized and known as INSPIRA, was interested in offering psychoanalytically informed solutions, we became involved in developing them.

Rico in 1987. To facilitate the transition from the mainland U.S.A., I accepted a position as medical director of a new private psychiatric hospital under development at the time.

the forbidden and dangerous worlds of business and politics, from which, luckily, I emerged unscathed, or so I think. I have been involved in teaching in a wide variety of forums, some for mental health disciplines but many from other professional areas, such as law, religious, medical, and literary practitioners. I also became intensely involved in public mental health education activities through regular appearances on TV and in print media.

After 20 years of intense professional work on this island, I feel very satisfied with the many opportunities I have had to share and apply my psychoanalytic knowledge for the betterment of society. In the morally confused world we live in, I can proudly say that our group has been able to demonstrate that success and ethical values are not only compatible but indispensable partners. Without psychoanalysis, most of what we have been able to achieve would not have been possible. The positive results which we have been able to bring about serving clients and patients have strengthened my conviction that our theory still remains the most powerful body of knowledge ever created to understand ourselves, both individually and collectively. Even with its relative lack of advancement, it remains the ultimate platform from which to launch an all out attack on human misery. Ours is a mighty force indeed!

Despite my sense of personal satisfaction, I cannot help but regret the state of Puerto Rico's psychoanalytic society. When I returned in 1987, the society was composed of eight members, all trained in American Psychoanalytic Association sponsored centers. We met regularly, enjoyed excellent interpersonal relationships, discussed scientific and cultural matters, and sponsored educational activities for mental health professionals. We also attempted to open a training center. However, we were not successful in establishing one, due in part to the residua of the abandoned orthodoxy to limit training to physicians.

Over the last 5 years, we have lost five of the original eight analysts in our society. At the present time, there are three fully trained analysts (two recent arrivals and me) on the Island, and another two who are partially trained. There is a Lacanian group whose details are

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How would I avoid appearing contradictory in telling about my profound, personal satisfaction with my career while at the same time describing the sad state of affairs of organized psychoanalysis on this island?

attempted to instill life into organized psychoanalysis in Puerto Rico, in all probability, we would still have come to the same, depressing situation in which we now find ourselves.

First, a bit of personal history. I was born and raised here. After medical school, I left to pursue both my psychiatric and psychoanalytic training in Houston and Philadelphia where I spent 20 years. I then returned to Puerto

As our group's activities grew, being the leader and with much regret, I had to gradually reduce the time devoted to clinical practice. This allowed me not only to manage our firm more adequately but also devote more time to other professional matters such as training, consulting, and becoming more actively engaged in our Puerto Rico Psychoanalytic Society, of which I eventually became president.

Because of the need for high quality mental health services on the Island, through INSPIRA I have had many opportunities to work at the highest levels with a large number of private organizations, key government agencies and officials, and educational institutions. And, yes, I have even made occasional forays into

Alberto M. Varela, M.D., is a psychiatrist and psychoanalyst living in San Juan. He is currently medical director of INSPIRA, a mental health organization he founded, which provides a wide range of services to individuals and organizations.

Dream and Fantasy on a Belated Trip to Rome

Fred M. Sander



Fred M. Sander

Well beyond the middle of my life's journey, I embarked on a belated (*tardivo*) first visit to Rome. With Freud as one of my early heroes who made his own delayed trip

to the Eternal City about 100 years before, I wished that magically I might commune with his spirit. I had read one of his personal vacation letters and re-read his essay, "Delusion and Dream," on Jensen's *Gradiva*, both written in 1907. In that novella an archeologist, Norbert Hanold, falls in love with a bas-relief of a young woman walking, found in the ruins of Pompeii, which Freud managed to see that same year in the Vatican Museum.

Off I went to the Piazza Colonna which Freud wrote about in his September 22, 1907, letter. He barely mentioned the column honoring the Emperor Marcus Aurelius but detailed an evening in the Piazza, enjoying the evening air, and the music which "worked until nine." He also noted the insufferable kitschy advertisements projected on a large screen. He commented at the end of his letter that the Roman women appeared "even beautiful when they are ugly." Feeling lonely in the crowd of a couple of thousand people, he returned "home" (his hotel) to write the letter.

Upon arriving at the Piazza, I immediately saw the tall Aurelius column commemorating in low relief the victories of the Scholar Emperor:

Much else was different. The Piazza no longer contains the bandstand, the kitschy advertisements, or the restaurant Freud mentioned. Now cars circled the Piazza replacing the coaches and trams he described.

It is a well-known fact that Freud often visited and wrote about the statue of Moses sculpted by Michelangelo. I went to the church of San Pietro in Vincoli (in chains), home for nearly 500 years of the statue of Moses commissioned by Pope Julius II for his own mausoleum. For a host of reasons, Michelangelo could not complete the statue until 40 years later. Upon its completion, Michelangelo, then about 70, is purported to have thrown a chisel at his creation exclaiming, "*Perche non parli?*" ("Why don't you speak?")



Michelangelo's Moses

I spent about an hour gazing at Moses from every angle as I imagined Freud had done when trying to analyze the motivations of the Jewish lawgiver with whom he was so identified. By close examination of the details of the statue he tried to uncover Moses' emotions as he had begun to interpret his patients' dreams as well as Norbert Hanold's fictional dream and delusion which he traced to a childhood love.

MY DREAM

That night I dreamt of the Moses statue, astonished in the dream to see Freud standing silently and ghostlike behind and to the side of Moses. He quickly vanished as I called out to him in my original mother tongue, "*Will sie nicht etwas sagen?*" ("Will you not say something?")

Moses, believing I was addressing him, stirred in his seat and asked me, "Why did you stare at me so intensely this afternoon? You reminded me of another visitor, younger than yourself, with a darker beard, better trimmed than yours and certainly than mine." He told me that the visitor came every day about 100 years ago and seemed to be wondering what he was doing holding the stone tablets at such an awkward angle. Moses went on to say to me that he was resting following his arduous climb down the mountain after receiving the stone tablets from God. When he caught sight of his people still worshipping idols, he was pained and furious. As he was about to rise and rebuke them, he told me, "The tablets slipped from my grasp and I caught them just in time."

Without a pause I replied, "This man you are recalling was, like yourself, a prophet of sorts. While you freed your people from slavery and gave them laws to live by, this man, whose name was Freud, or Schlomo in Hebrew, son of Jacob, and grandson of Rabbi Schlomo, also tried, a few millennia later, to free mankind from self-imposed enslavements of the mind and its unending expression of and conflicts over aggression. He saw the restraint in your posture indicating the possibility of taming such self-destructive anger. He, like you, also had followers whose disloyalty pained and angered him. In fact the

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Belated Trip to Rome

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same year he wrote an essay about what he felt was your self-control, he was also under a "behind the scenes" attack at a 1913 meeting of German psychiatrists in Breslau.

Once awake, I turned my attention to an upcoming consultation at the Accademia di Psicoterapia della Famiglia (the Academy of Family Therapy) in Rome, arranged by a colleague who had trained with me in the 1960s. In the early 1970s, I was already attempting to integrate psychoanalytic thinking with family therapy and wrote a paper on Freud's use of hypnosis with a family involving a postpartum depression.

While having coffee before going to the Accademia, I vividly imagined Freud sitting across the table. In my mind we spoke about his essays on *Gradiva* and Michelangelo's Moses. He showed curiosity as well as skepticism about the family consultation I was going to, but he said he would be interested to observe the interview. I imagined walking with him to the consultation and telling him that, according to Maurizio Bettini, the *Gradiva* story was, in fact, a variation on the Pygmalion myth, which I had been applying to my analytic work with families. Most family members attempt to create others, as Pygmalion did with his ivory statue, in their images of the others. "Yes, indeed," he might have said, "this is what I described as narcissistic transferences in my 1914 essay 'On Narcissism.'"

APSA

Editor's note: Another article on Fred Sander's visit to Rome will appear in a future issue of TAP.

Puerto Rico

Continued from page 24

not available. After the more recent deaths, we stopped meeting on a regular, formal basis. Despite the generous and strong support from colleagues like Lila Kalinich from New York, both our society and our efforts are still in disarray.



CLARION CALL TO DO OUR BIT

I am a life member of the American Psychoanalytic Association. I retired after 45 years of active practice in the year 2000.

On Tuesday, Dec. 11, I heard the following shocking radio news report. In a recent year, possibly 2005, over 6000 Iraq war veterans in the United States committed suicide. The number was hard to believe, but they broke it down to 120/week that year.

If the report is accurate, I hear it as a clarion call to action for members of our Association.

In my day, we believed we had a treatment for suicidal depression. It was called psychoanalysis and psychoanalytic psychotherapy. In the past decade or two it seems to have disappeared from public view.

With such a news report it is our moral and professional obligation to advertise in every way possible that there is a rational, effective treatment for depression. We owe it to our young men and women whom we have sent to war who come home unable to cope. We know how to help them cope. Let us shout from the rooftops

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

that this country is letting our young men and women die because of ignorance of our science. Every psychoanalytic institute should offer it to every veteran, free if necessary. Let us do our bit.

We seem to have fallen victim to the aggressive advances of drug treatment. Drug treatment should be used if needed, but it can never be a substitute for the talking cure. It is as if we ourselves no longer believe in its usefulness or effectiveness.

This is an old disease to us. Freud called it traumatic neurosis. During WWI it was called shell shock. During WWII it was called battle fatigue. Since the Vietnam War it has been given the glamorous name post traumatic stress disease. These are the same diseases. Freud taught us how to treat it. Analysts, of all people, should remember that Freud's treatment consisted of abreaction and catharsis, listening to the patient's messages through free association, and carefully dealing with transference, resistance, unconscious processes, and infantile sexuality. It is not "counseling," which means support and advice giving. It is through the humane, human relationship between analyst and patient established by the analytic method that cure occurs.

This is an urgent matter. Get a patient involved with you and you are on the way to effective help for that patient.

Joseph E. Lifschutz, M.D.

*Clinical Professor of
Health and Medical Sciences
University of California, Berkeley, ret.*

APSA

SOFAR: Supporting Families, Invisible Casualties of War

Kenneth I. Reich

We know from reviewing medical records of Civil War soldiers that, by today's diagnostic criteria, almost 40 percent of soldiers suffered anxiety, depression, or post traumatic stress disorder. Today, one-third of homeless men in America are Vietnam veterans, with the number of homeless vets easily exceeding that of the soldiers actually killed in Vietnam. While no one has studied the impact of war on these soldiers' families, it is not difficult to appreciate that they too suffered the casualties of war.

Since the beginning of the "War on Terror," over 1.6 million troops have been deployed for a total of 2 million deployments. For the first years of the war 80 percent of the troops in Afghanistan and 40 percent in Iraq were Reserve and National Guard. Almost 50 percent of all the troops were married and a significant percentage had children. About 11 percent of deployed troops are women and they are wounded or dying at a proportional rate to men. The age range of deployed troops is from 18 to 62 years, which means families have grandparents and grandchildren deployed, with often more than one member of the same extended family serving at the same time. Of the 3350 Americans who died in Iraq and Afghanistan through early January 2007, 1588 of them were married. To date, more than 3800 troops have been killed.

The Reserve and National Guard soldiers represent a unique and separate population from the regular military troops. Both their equipment and their training have been less advanced compared to that afforded members of the regular armed forces, even though these citizen soldiers operate in the same war theater and are subjected to the same risks. The Reserve and National Guard and their families are not living on bases but live heterogeneously, spread out across the country, without the centralized support available on

Kenneth I. Reich, Ed.D., is *president of the Psychoanalytic Couple and Family Institute of New England and co-director of the Strategic Outreach to Families of All Reservists.*

military bases where regular military troops and families live, work, and train together. This leaves not only reservists but also their families more vulnerable to the strains of war than their

full-time-soldier counterparts. These strains are significant: Increases in deployments have resulted in a 60 percent increase in rates of child abuse; wives have three times the risk of postpartum depression; the suicide rate for veterans is twice that of the civilian population; 31 percent of Marines, 38 percent of soldiers, and 49 percent of Reserve and Guard will experience mental health problems.

Family members may develop "secondary or vicarious trauma," be more vulnerable to depression and anxiety, and have a higher divorce rate as well as face an increase in alcohol and drug use. And each time a soldier deploys, the stressors become more complex, as the deployments create hosts of psychological, social, economic, and medical issues for family members at home. Harold Blum, in an article on "Holocaust, Trauma Reconstructed" in *Psychoanalytic Psychology*, states, "The reverberations of traumatic experience have even greater impact when they coalesce in the conjoint or transmitted traumatic experience of the family, and in the wider social surroundings. Because of the immaturity of the ego, children are more susceptible to trauma and require greater support from sustaining objects with whom they identify in order to recover from the traumatic experience with new mastery and adaptation."

Selma Fraiberg suggested this in her prescient article "Ghosts in the Nursery," where she highlighted the potential for parents to pass their trauma to their children. And, later, Peter Fonagy reported research that children



Kenneth I. Reich


who experience trauma, if not treated, had a 30 percent chance of transgenerationally repeating that trauma with their children.

The Strategic Outreach to Families of All Reservists program (SOFAR) was created to address these issues of "secondary or vicarious trauma," to help develop resilience within families, to work preventively with children, and to engage teachers and pediatricians in workshops to assist them in better supporting these families.

SOFAR began in Massachusetts as a pilot program with the full support of Major General Dennis Laich, the Commanding General of the 94th Regional Readiness Command of the New England Reserves, and has extended through the New England area. Division of Psychoanalysis (39) of the American Psychological Association and the American Psychoanalytic Association are our national partners. Our pamphlet for teachers, parents, and pediatricians, "The 'SOFAR' Guide to Help Children and Teens Deal with the Deployment of a Parent in the Military Reserves," has been distributed by the governor of North Carolina to every school in the state and also distributed to schools throughout the Virgin Islands. We plan to replicate that distribution in every state in the country. Our program is endorsed by the American Academy of Pediatrics and we will be developing workshops for pediatricians and teachers.

OPPORTUNITY TO HELP

SOFAR, soon to be national, is the only psychotherapeutic program working on the critical issues of intergenerational war trauma with soldiers' families today. As psychoanalysts, we are presented with the opportunity to use what we have learned about the complexities of psychic functioning in helping these families. We understand the powerful role separation and trauma play in the development of the individual and the reciprocal impacts of these events on relationships in the family and in the social surround. We must use the tools we possess to address this developing national health care crisis that lies ahead for all members of these families.

It is vital to the future health of these families and our national culture that we undertake this mission. We need your help. Please join with us and volunteer your time at help@sofarusa.org. Our Web site is www.sofarusa.org. 

The Many Ways a PR Consultant Can Help Your Organization

Mary E. Tressel

It is no surprise that the field of psychoanalysis is satirized in the popular media from time to time. Unaware of the benefits that can arise from proactively engaging with the media, leaders of our institutes and societies can feel helpless in the face of these portrayals. A successful West Coast public relations campaign, however, has resulted in more than 100 positive media stories for the field of psychoanalysis.

For the past 8 years, I have been providing part-time public relations counsel to the San Francisco Center for Psychoanalysis (SFCP). SFCP executive director Sandra Schaaf, SFCP Public Information Committee chair Mary C. Lamia, and I work as a team to create opportunities for positive media coverage for this local institute.

the center's "Evening of Art" and "Theater on the Couch" programs.

Once a reporter is interested, I schedule an interview for the designated analyst and provide advice about how to handle the interview. In contrast, it is also my job to hear negative responses from harried reporters who are "not interested."

Additionally, I write brochures and materials for the center for use in outreach to the public and in capital campaigns.

BEGINNING A CAMPAIGN

More than a decade ago, Lamia worked with other SFCP members to form the Public Information Committee. She created the following committee purpose statement:

A PR professional is an intermediary who uses her skills to place her client in the media spotlight. The basics of the job include writing press releases, distributing them to the media, and cold-calling reporters with story ideas.

BASICS OF THE JOB

A PR professional is an intermediary who uses her skills to place her client in the media spotlight. The basics of the job include writing press releases, distributing them to the media, and cold-calling reporters with story ideas. For the San Francisco Center for Psychoanalysis, I have written press releases that cover a wide variety of topics, from the psychological reasons Americans tend to overindulge during the holidays to events such as

- To enhance the accessibility and visibility of psychoanalysis and the San Francisco Center for Psychoanalysis (encouraging the recruitment of both patients and candidates)
- To educate the public (if we don't, someone else will)
- To simplify psychoanalytic concepts for the public
- To offer presentation skills consultation for members and candidates

MEDIA COVERAGE CASE STUDY

The inclusion of SFCP members in media coverage following the September 11, 2001, terrorist attacks was notable for its breadth. On that tragic day, I worked with the SFCP Public Information Committee to issue a brief, one-page press release to the media. The release offered information about analysts

who were prepared to be interviewed and to help the audience grapple with the grave emotional consequences of the attacks.

SFCP members were quoted in articles that appeared in the *Washington Post*, *Newsweek*, *USA Today*, *San Francisco Chronicle*, *San Jose Mercury News*, *San Mateo Daily Journal*, *Sacramento Bee*, *Contra Costa Times*, *San Diego Union-Tribune*, *WebMD*, and *Marin Independent Journal*. Television coverage included interviews by *Channel 7 News* (ABC affiliate) and *Channels 11 and 20* (San Francisco/San Jose independent stations).


BUDGETING

Schaaf focuses on the interactions between the center and its public relations consultant. SFCP's administrative team holds an annual public relations planning meeting to outline goals for the year. They also refer committees within the organization to me when they need public relations assistance in reaching new audiences.

Schaaf addresses the budgetary issues surrounding the employment of a part-time consultant, validating the need to pay for monthly assistance. Because media interest fluctuates unpredictably throughout the year, it is critical to maintain ongoing relationships with reporters throughout the year.

Lamia has outlined several Public Information Committee success stories for the SFCP Board of Directors to provide additional support for the budget. Among many others, these stories included the following examples of media coverage for SFCP members:

- Alan Kessler was interviewed by the *Ladies' Home Journal* managing editor on the topic of teen depression.
- Mark I. Levy was interviewed by *NBC 11's Morning Show* and Nathan Szajnberg spoke to *KRON4 News* regarding new FDA labeling requirements for antidepressants.
- Saul E. Rosenberg was featured on the *KQED Radio* show, *Forum* with Michael Krasny, on the topic of overcoming writer's block.

Hand-outs that address SFCP's public relations success stories, tips for selecting a public relations consultant, and Lamia's paper on preparing mental health professionals for media interviews are available. If you are interested in copies of these materials, please send an e-mail message to mary@tresselpr.com. 

Mary E. Tressel, B.A., is an award-winning independent public relations consultant with 20 years experience. In addition to her work with the San Francisco Center for Psychoanalysis, she has been providing public relations support to APSA for the last four years.

Poets Making Poems: A Program on Poetry and Psychoanalysis

Forrest Hamer

Recent outreach efforts by the San Francisco Center for Psychoanalysis (SFCP) to expand relationships with a variety of community interests have spurred involvement with local nursery schools, mental health centers, post-performance discussion programs conducted in conjunction with the American Conservatory Theater and the San Francisco Opera, and a public lecture series.

This past year, SFCP initiated a very successful program on poetry and psychoanalysis, which has drawn in members of the public interested in poetry and has featured stimulating discussions of the creative process articulated by a variety of poets. Susan Kolodny, an SFCP faculty member, founded the program, a series of 90-minute interviews with local poets conducted by Kolodny, Alice Jones, an SFCP training and supervising analyst, and me. We are analysts who also happen to be poets, and the interviews are organized particularly to explore the process of making poems.

The guest poet is usually interviewed for a third of the program; another third is spent reading and discussing the poet's work, especially his or her thoughts about the poems; and the rest of the time is devoted to questions from the audience. During the first year, a distinguished group of six poets, who have each published poetry collections, participated in the program, which was attended by 35-75 people each time.

The poets and their most recently published collections were Brenda Hillman of St. Mary's College, *Pieces of Air in the Epic*; Paul Hoover of San Francisco State University, *Edge and Fold*; Dan Bellm, *One Hand on the Wheel*; Lyn Hejinian of the University of California, Berkeley, *The Fatalist*; Alan Williamson of the University of California, Davis, *The Pattern More Complicated: New and Selected Poems*; and Elizabeth Robinson, *Apostrophe*.

Forrest Hamer, Ph.D., is an affiliate member at the San Francisco Center for Psychoanalysis.



Forrest Hamer

During the interview, poets were typically asked about their own paths to writing poetry, how they each think about the nature of their poems, supports for and interferences with creating their poems, the place of unconscious or nonconscious elements in the process, and their experience of real and imagined audiences in writing and revision. After reading their poems, the poets described what they remembered about writing them, and they responded to questions and comments further illuminating that process for the audience and poets alike.

Several of the poets were asked what they thought about the relationship between poetry and psychoanalysis. Most pointed to a heightened appreciation in both of the emergence and experience of language. Further, both disciplines were characterized by an awe or appreciation for the nonconscious.

"Most everything we are is the unconscious," Hillman suggested, and she noted that both writers and psychoanalysts strive to be better listeners to what emerges from the unconscious, especially significant metaphors.

Hoover suggested that poetry goes straight to and acts on the unconscious, and he conceived of the relationship between poetry and psychoanalysis as formed especially around an interest in the vicissitudes of mental states. Like Hoover, Hejinian was impressed with the shared interests in language and mental states but emphasized the process of making poems as more consciously countering the determinism inherent to the unconscious.

Bellm described the two traditions as working in the realm of mystery, interested thus in metaphor, image, and the tolerance of ambiguity. Bellm and Robinson see poetry

and psychoanalysis engaged in what each terms "spiritual practice."

Williamson talked explicitly about Winnicott's ideas about transitional space. He was persuaded that the process of making poems entails language being experienced by the poet as being both outside and inside, with the creating poet engaged in transitional play. For Robinson, language is emphasized as an attention to mental states which reflect the intersection between "the immanent and the transcendent."

Some of these poets said poems emerged from their heightened receptivity and attention to compelling images, sounds, even phrases or lines made salient within aesthetic states of mind. Williamson described the poem as already formed at this point but, like an embryo, waiting to be developed. For others, some conscious preoccupation initiated poem making; the poem was an opportunity to "think things through." Hejinian, who likes to dwell in a "state of quandary," feels poems are the result of conscious engagements with philosophical, sociopolitical, or cultural questions or problems. Most poets seemed to suggest that both of these originations characterize to some extent the process of creating poems, the preferred character a function of personality and aesthetic style, formal and informal education, and subject matter.

The poets differed in the degree to which they intended their poems to be expressive or abstract, and several spirited discussions ensued concerning the matter of "accessibility" or "difficulty" in poetry. The variety of their answers highlighted the numerous paths they took to becoming poets (despite many shared conditions which favored poetry over other forms of creative expression or silence), the influences of creative and intellectual mentors and traditions, even the many differences for poets in their respective audiences.

The diversity of poets for the series has helped us attract diverse audiences, with community poets and artists equaling the number of psychotherapists of various kinds. Comments from discussion participants have been enthusiastic, conveying excited anticipation of future programs of how poets make poems, and how that process is similar to the heightened attention to meaningful language psychoanalysis fosters.

Switching to the Center Model: Two Organizational Journeys

Part I

Dionne Hogans and Elizabeth Manne

Since 2001 a number of institutes, societies, and foundations have merged to form "centers." The center organizational model includes psychoanalytic training, community-based programs, and fundraising plans. APsA's Committee on Societies and Centers (CoSc), chaired by Richard Lightbody, conducted in-depth research on centers across the country, which resulted in the TAP article, "Societies and Centers: Current Trends in Governance Change," (40/3). It gave readers an historical view from the decision-making process of switching to the center model to identifying common and differing features of the newly formed centers. As of 2007, there are 11 local groups out of 53 that call themselves centers and/or function as centers.

In a two-part series, we will take a close look at two centers with distinct structures: the San Francisco Center for Psychoanalysis, recently established in July 2007, and the Cleveland Psychoanalytic Center, established in 2002. These two centers are functioning as non-profit organizations that have combined their tradition of providing psychoanalytic training with programs that benefit the mental health community and the general public along with raising revenue. This first article focuses on the San Francisco Center.

Since the 1940s the San Francisco Psychoanalytic Institute and Society had existed separately. In 1961 the two organizations were

incorporated as a single unit, which resulted in the development of more internal and external programs, a resource library, research sponsorship as well as an increase in membership. In 1991 the San Francisco Foundation for Psychoanalysis was founded to support the institute and society by raising funds, holding organizational assets and engaging in community outreach activities. For over 60 years the San Francisco Institute and Society had been offering psychoanalytic training and community programs. In 2004, its board of trustees desired to better position the organization for the future, "to be more environmentally fit," said William Glover, president of the San Francisco Center for Psychoanalysis. The group began an arduous strategic planning process with the assistance of a local consultant.

During this process concerns were addressed about long-term financial viability, organizational effectiveness, membership morale, the need to develop a financing plan for a new building, the desire to build philanthropic support, and the changing environment for psychoanalysis and its practitioners. The strategic planning process enabled the group to look at its strengths and weaknesses and opportunities and obstacles through member surveys, structured interviews, and focus groups. The group realized that its previous mission, "being dedicated to training psychoanalysts and serving the needs of its members," no longer supported the broader direction in which it wanted to move.

The membership, with an 80 percent approval vote, decided to move forward with the recommendations of the strategic plan to unify both entities (the institute and society and the foundation) and achieve five strategic goals. The group created new bylaws, reorganized the management structure, and categorized programs and services into four

divisions: membership services, psychoanalytic training, community education and services, and research. Throughout the transition, issues surfaced that were addressed and resolved, and in July 2007 the plan was finalized and the San Francisco Center for Psychoanalysis was formed.

The structure of this newly formed center consists of a board of trustees, president, and a management team that includes the executive director, the four divisions, and faculty/membership. The board of trustees includes community and analyst members, with the majority being community members. The board's Nominating Committee has a majority of analyst members. Glover, the center's president, believes that community board members will be instrumental in building external relationships and generating revenue through fundraising activities.

With the center model in place, Glover said that the workload is still being shaped and is evolving due to the new structure. He believes the new organizational model provides cleaner lines of accountability, and he looks forward to more community involvement and financial support. To date, the San Francisco Center for Psychoanalysis has more than 160 practicing analysts, more than 45 candidates, and over 300 members. It is "dedicated to advancing the vitality and enduring value of psychoanalysis in northern California."

In the next TAP, we will continue this series with a description of the steps that the Cleveland group took to form a center in 2002, and follow their progress and challenges over the last five years.

We are pleased to continue in the spirit of FORWARD! by providing information to raise awareness, educate, and offer suggestions for institutes, societies, foundations, and individuals. We would like to hear from potential contributors. Please e-mail your suggestions and/or articles for future columns to us at dionnehogans@aol.com and elizmanne@bwanalysis.org.



Editor's note: For several years APsA has published FORWARD!, a newsletter about disseminating psychoanalytic ideas in the community. This new column is designed to bring this information directly to TAP readers and to carry on the work of its predecessor.

Dionne Hogans, B.B.A., is the administrator at the Wisconsin Psychoanalytic Institute, Society and Foundation.

Elizabeth Manne, B.A., is the executive director at the Baltimore Washington Center for Psychoanalysis. Both are members of the Association of Administrators, an auxiliary of APsA.

From the Unconscious

Sheri Butler Hunt

Rebecca Meredith is a fourth-year candidate at the Seattle Psychoanalytic Society and Institute. She has a master of arts degree in clinical psychology from Antioch University in Seattle. Meredith is in private practice seeing adult and child patients in psychodynamic psychotherapy and adult patients in psychoanalysis. Her poetry has been published in *CALYX*, *Healing with Words*, the *Limbs of the Pine* anthology, to name just a few, and she has had a chapbook published (*Intergenerational Delta Blues* by Pudding House Press, 2006) She has given poetry readings in such venues as radio KUOW's "The Beat" and was first runner-up in Seattle's 2007 Bart Baxter Performance Poetry competition. She is interested in the reparative nature of creativity, including play.

Meredith's poetry gives an intimate-feeling invitation into verses that tell a story practically from the front porch and encourage you to sit a spell with an idea wrapped warmly around your mind. Her words reveal a rich intertwining of her past and her cultural background. Best put in Meredith's own words, "...my relationship to the idea of 'mother' manifesting in my relationship to the culture in which I grew up (Mississippi Gulf coast and New Orleans) and in my observations of the female in people and things all around me."

Sheri Butler Hunt, M.D., is a graduate analyst in the adult and child divisions at the Seattle Psychoanalytic Society and Institute. A published poet and member of TAP's editorial board, she welcomes reader's comments and suggestions at sherihunt@hotmail.com.

Goose and the Ladies

I remember the milking barn's smell
on cool mornings,
the hay and cow pies, the oil from
the milking machines,
and how the hose water ran in
little gutters
down each side of the long walkway
between the broad middles and
bony rumps.
My Uncle Goose called them the
Ladies, and treated
each one as if it was their first date,
excusing himself, begging forgiveness
for the antiseptic wash and the cool,
sucking tubes.
He needn't have bothered; the Ladies
shifted and sighed
like a hundred splay-footed mothers,
easing "Yes, child!"
as the night's load lightened.
And if they ever thought about
the bulls and the calves
and the knackerman in the end,
they didn't show it.
The milking barn was hospital white,
the radio on
to the early morning farm report,
where they were stars.
Clover stretched just outside the door
and over the hill
to the blackwater creek.
The day would be hot, and the
live oaks on its bank cool,
and tonight a tall and rangy man
would blush once more
before taking the milk they'd spent
the day creating—
giving it all they had.
"Yes, child, yes!"

Said

Down where you can buy anything,
fish or fowl,
off a truck parked on the side
of the road,
they put the new piranha in the
swimming pool
while the storm was taking the tank
and the house and the yard.
They told me so afterward,
striking matches, drawing in
salt-soaked tobacco, holding on
awhile before letting go.

They told me how the bottle
trees moaned
the way women do when they
tear their hair; then
how wine bottles, coke bottles,
medicine bottles flew
like they'd been jilted-lover-flung,
they told me
how sea turtles swam past City Hall;
how dogs drowned.

A storm will do things, they said,
a man wishes he could do.
A storm will preach a sermon,
break your enemy,
piss seawater on the bushes, dam up
the rivers with pleasure boats,
make an El Dorado swim down
a dirt road on its back.
You got to love a storm like that just
a little, between the sobs.

About those man-eating fish, they said,
they're out there somewhere in a
nervous bayou
nibbling on nutria pups and heron
feet, circling,
waiting for some damfool man or wind
to come along and catch them up
and make hitch-hikers of them one
more time, just passing through
like everything else. The story,
true or not,
is the only thing that sticks around.

—Rebecca Meredith

NAPsaC—North American Psychoanalytic Confederation

Harriet I. Basseches

Some of you may wonder, what is NAPsaC—a backpack? Actually, it is an acronym, representing the regional group of the International Psychoanalytical Association (IPA) Societies in North America. It is the only organization to unite all the IPA Societies in North America, giving them the opportunity to work and think together on matters of common concern.

NAPsaC, the North American Psychoanalytic Confederation, is composed of the American Psychoanalytic Association (APsaA), which is the only regional association in the IPA; the Canadian Psychoanalytic Society (CPS); the Confederation of Independent Psychoanalytic Societies of the United States (CIPS), which includes the Institute for Psychoanalytic Training and Research (IPTAR), the Los Angeles Institute and Society for Psychoanalytic Studies (LAISPS), the Psychoanalytic Center of California (PCC), the Northwestern Psychoanalytic Society (NPS), and the San Francisco Institute for Psychoanalytic Studies (IPS); and three otherwise unaffiliated societies of the IPA, including the Japan Psychoanalytic Society (JPS), the New York Freudian Society (NYFS), and the Psychoanalytic Institute of Northern California (PINC). Together, these groups make up the entirety of IPA Societies in North America. The Japan Society is included because, as yet, it is the only psychoanalytic voice in Asia and so we welcome them in our North American alliance.

You may have noticed that NAPsaC is a “regional group” of the IPA, and yet APsaA is the only “regional association.” To clarify the distinction, APsaA is the only association within the IPA that completely undertakes its own

Harriet I. Basseches, Ph.D., FIPA, is chair of NAPsaC. She is a representative to the IPA Board, a training and supervising analyst at the New York Freudian Society, and a member of the Baltimore Washington Center for Psychoanalysis.

educational oversight and accreditation, and represents all of its societies under one umbrella. NAPsaC’s regionality refers to its geographical locale: It comprises the North American region. It has counterparts in Europe and Latin America known as the European Psychoanalytic Federation (EPF) and the Federation of Psychoanalytic Societies of Latin America (FEPAL). While none of the regional groups has any official IPA status, they are valued and encouraged by the IPA, as they afford each locale an opportunity for psychoanalysts from all the societies to work together and to dialogue with the IPA Board in ways that focus on the specific concerns of each region.

NAPsaC is a young organization that is eager to solidify and foster a North American psychoanalytic identity and to demonstrate its relevance to its constituency. With those intentions, NAPsaC has developed three projects with you in mind.

FIND AN ANALYST WEB SITE

NAPsaC Find An Analyst Web site (www.FindAnAnalyst.org) will enable prospective patients in the United States and Canada to find an IPA psychoanalyst near them. The Web site is a public service that allows us to promote psychoanalysis, the IPA, and our own practices in North America. The search functions on the site are linked to an IPA database.

Please note that inclusion in the database is not automatic. The IPA will not release your contact information without permission. You must register with the IPA to be included in the database. Registration is easy—just log onto the site www.FindAnAnalyst.org and click on “Get Listed.”



Harriet I. Basseches

FIPA—FELLOW OF THE IPA CREDENTIAL

This title was developed and promoted by NAPsaC’s Committee on Credentialing. All members of the IPA living in the United States and Canada may obtain FIPA certificates. Log onto the IPA Web site www.ipa.org.uk, use your confidential user ID and password to enter the “Private Area,” and click on “Order Certificates.”

NAPsaC strongly encourages all IPA analysts living in North America to use the FIPA designation on business cards, billing statements, professional stationery, professional directories, and society bulletins. FIPA will soon become identified with IPA psychoanalysis in North America, the way “M.D.,” “Ph.D.,” and “C.S.W.” are identified as professional credentials. For more information contact Fredric Perlman, the creator and organizer of the FIPA and Find an Analyst projects, at ftperlman@earthlink.net.

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Members of the NAPsaC Board

APsaA, Lynne Moritz and Prudence Gourguechon

CIPS, Fredric Perlman and Beth Kalish-Weiss

CPS, Martin Gauthier and David Schaffelburg

JPS, Osamu Kitayama

NYFS, Nancy Wolf

PINC, Jeanne Wolff Bernstein

Chair, Harriet I. Basseches



Of Benefit to You

Debra Steinke Wardell

APsAA offers its members a broad range of benefits from career enriching tools to professional advocacy initiatives. Below I have highlighted a few of these exclusive member benefits which we hope you are taking advantage of.

APsAA WorldPoints™ Credit Card: APsAA participates in an affinity no-fee credit card program. You'll earn one rewards point for every net retail dollar you spend using your card. And at no cost to the cardholder, APsAA receives a royalty on all of your purchases which, in turn, assists the Association in advocating for psychoanalysis. To learn more, call toll-free 1-866-438-6262 and please refer to priority code FAAR56 when speaking with a representative to apply.

Couch Discount: 10% discount on all purchases from the Analytic Couch Company. Visit www.analyticcouch.com or call 206-794-1053 and be sure to mention your APsAA membership.

Insurance Coverage: APsAA continues to offer its members the following premium insurance benefits (please browse APsAA's insurance Web site for further details, www.apsaainsurance.com):

- **Long-Term Disability**—covering income when a disability resulting from a covered injury or illness occurs.
- **Long-Term Care**—covering services such as nursing home, assisted living facility, or care services received at home. To participate in the disability or long-term care insurance programs, please contact Craig Hasday of Frenkel Benefits at 212-488-0274.

For Membership assistance, please contact Debra Steinke Wardell, manager, Education & Membership Services, 212-752-0450 x26 or e-mail: dsteinke@apsa.org.

- **Malpractice Insurance**—an occurrence policy that covers claims made during your policy period even after you have retired—therefore tail coverage is not needed. All claim inquiries are assigned to a claims analyst who will track it as well as keep you up to date. For information on the malpractice insurance program, please contact Margaret Church of Frenkel & Co. at 201-356-3422.

Networking Opportunities: APsAA membership provides many opportunities to enhance your professional skills by attending and participating in the scientific meetings, getting involved on committees, and exchanging ideas on the many e-mail lists. The e-mail lists not only provide a valuable forum to exchange and

challenge ideas but have become an efficient tool for obtaining referrals. Affiliate Members are able to connect with candidates from all over the country as well as network with senior analysts at the scientific meetings. Committee participation allows analysts to work together on team projects for the benefit of psychoanalysis. APsAA's greatest resource is its membership.

Therapy Directory Discount: The *Therapy Directory by Psychology Today* (<http://therapists.psychologytoday.com/>) is an online directory that partners with many search engines, including Google, Yahoo!, WebMD, AOL Health, and MSN Health, allowing you to make a personal connection with thousands of potential new clients. APsAA members receive a 10% discount off the monthly fee. For additional information and to join, call 212-260-7210 and let them know you are an APsAA member—if joining online type "APsAA Member" in the "Promo Code."

Your feedback on these benefits helps the National Office improve its service to you. If you would like additional information on any of the membership benefits, please don't hesitate to contact me.



NAPsaC

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STUDY GROUPS AND WORKING PARTIES

The third project, a two-year pilot program, creates two educationally rich and unique opportunities, organized by Abbot Bronstein and his committee. The first is the formation of continent-wide study groups, whose members will meet yearly to focus on clinical material in depth. The second involves the formation of two working parties. One will study the implicit theories of the analyst; the other, comparative clinical methods. The working parties model has been in successful operation in the EPF for some time. Two leaders of the European effort, David Tuckett and Jorge Canestri, are consulting with NAPsaC to help set these up. FEPAL has plans to offer a similar opportunity in Latin America. If you are interested in pursuing the working parties project, contact chairman Abbot Bronstein (cladg@aol.com); for the

study groups, contact committee members Rich Reichbart (reichbart@earthlink.net) or Peter Ruderman (PRuderman@aol.com).

We on the NAPsaC Board understand the challenges we face as a new organization in a professional world already densely populated with psychoanalytic organizations. In the few short years of our existence, we have been providing a meaningful forum for our region. We will continue to do so in the belief that the more we find common cause among us, the more we will serve psychoanalysis.

The Board of NAPsaC is dedicated to creating better coordination between our constituent groups and the board of the IPA. The better we can identify the services and support we need in order to survive and thrive as a profession in North America, the better prepared we will be to help ourselves and our patients, and the more vigorously and effectively we will represent the IPA and the greater psychoanalytic world. Not a bad set of goals. We welcome your participation in our new projects.



Is It Shame?

Inhibitions of Writing as *Just* a Candidate

Vaia Tsolas



Vaia Tsolas

In the buzzing hallways of psychoanalytic institutes, where everyday life regains its normal non-classroom dimensions with chitchat, gossip, and discussion about almost

everything, questions about writing seem relatively rare. "Did you write your case summary?" is a question that you might consider asking a fellow candidate, but you might hesitate to ask, "What are you writing about?" Why do we have this particular hesitation? Candidates are professionals with a record of various accomplishments and successes, often including previous publications. But what happens when it comes to writing while in candidacy? What is the inhibiting factor at play? Is it shame?

In his fairy tale *The Emperor's New Clothes*, Hans Christian Andersen very skillfully addresses the problematic of shame within the structure of a group. The story begins with an emperor who cared so much about his clothing that he fell prey to two swindlers who claimed that they could fashion for him the finest of all suits, spun from extraordinary cloth that was not only exceptionally beautiful, but also had the special quality of being invisible to anyone who was either stupid or unfit for his position in the court. When the swindlers presented the suit to the emperor, he was ashamed to admit that he was too unfit for his position to see what he was wearing,

Vaia Tsolas, Ph.D., a clinical psychologist in private practice in New York City, is a candidate at the Columbia University Center for Psychoanalytic Training and Research. She is also the winner of the 2007 Sacerdoti Prize.

so he allowed himself to be paraded through the town. The townsfolk, who had heard in advance about the suit's special qualities, were as embarrassed as the emperor to reveal their stupidity by confessing that they, too, could not see what he was wearing, and thus the magnificent suit garnered nothing but the wildest of praise until a small child said: "*But the emperor has nothing on!*" and soon everyone in the crowd was shouting and laughing that the emperor was wearing no clothes.

"The shamelessness of one forms the veil for the shame of the other," Lacan observes. Shame might be distinguished from guilt, since shame refers to being seen by and exposed to the Other, while guilt refers to being judged by the Other. In other words, shame is the effect of a primordial Other who sees or does not see, whereas guilt comes later in development and points to the Other who can think, talk, and judge when we transgress common shared values. Shame is the feeling of being exposed, naked, stripped down to our most intimate, deepest, inadequately felt, and nameless sense of who we are. The fear of shame, which seems to be different from shame, speaks to the fear that this exposure can be absolute. "Dying from shame" is a common expression that speaks to this fear. Shame does not play with uncertainty of the sort, "Is there an Other who could see me?" Shame certifies that an Other



Illustration by Wilhelm Pedersen

is there who has the power to see you, to expose you, to make you "dissolve."

It seems that Andersen's fairy tale is in agreement with Lacan's statement. Shame guarantees that out there, as well as deep inside, there is an emperor dressed in exceptional clothes; but in order to maintain his sovereignty, he needs to be hidden from exposure. But in our candidacy who is this Other who might threaten with fear of absolute exposure of internal nakedness and inhibit the candidate's drive to present a creation of his own to the larger psychoanalytic community?

In our case, perhaps the emperor who believes that he is dressed in exceptional clothes may stand for the candidate's need to idealize/identify with his new "parent," or, equally well, it might point to the simple reality that still persists to some extent due to the hierarchical organization of our institutes and the exceptional/ideal status of a training analyst. Regardless of what we may think of the hierarchy and where the candidate stands in it, it is not lack that creates trouble, but, as in Andersen's story, our excessive wish to belong to an imagined elite group of exceptional people. This wish can lead to silence, as in the fairy tale, in order to avoid the embarrassment of exposing one's own limitations, i.e., stupidity. The status of candidacy alone implies a set of limitations; and thus the inhibition to write and present to the imagined exceptional Other does not come as a surprise.

In addition, in an era in which psychoanalysis is challenged at its core and is asked to respond to the demands of our contemporary evidence-based world, the candidate is confronted even further with the challenge of finding a voice that, despite anxieties of how it sounds, speaks of the "love of the truth." In Anna Freud's words: "If you want to be a real psychoanalyst you have to have a great love of the truth, scientific truth as well as personal truth, and you have to place this appreciation of truth higher than any discomfort at meeting unpleasant facts, whether they belong to the world outside or to your inner person." In other words, you must have the courage to be the emperor donning a brand new outfit and, at the same time, the child who shouts, "The emperor has no clothes!"

APSA

Transplanting a Psychoanalysis Undergraduate Minor from Colorado to Chicago

Marcia D.-S. Dobson

Jonathan Lee, John Riker, and I, tenured professors at Colorado College in Colorado Springs, initiated a minor in psychoanalysis here several years ago. Riker, a professor of philosophy and a former Kohut Professor at the University of Chicago, teaches "Philosophy and Psychoanalysis," and "Philosophy and Psychology of the Self." Lee, also a professor of philosophy, teaches courses on Lacan and French psychoanalysis. I, a double Ph.D. in classics (specialties in ancient Greek drama, myth, religion, and language) and in clinical psychology, teach "Psychoanalysis and Psychotherapy: Discovering the Unconscious," and "Myth and Meaning."

In July 2007, thanks to the kindness and foresight of David Terman, director of the Chicago Institute for Psychoanalysis, Riker and I brought nine Colorado College students to the Institute to teach them a version of "Discovering the Unconscious: Psychoanalysis and Psychotherapy," the course that spawned the above minor. In Chicago we taught the course through reading works of a number of Chicago psychoanalysts, who were generous enough to talk to the class about their work. The analysts participating were Arnold Goldberg, Salee Jenkins, Christine Kieffer, Kenneth Newman, Allen Siegel, Brenda Solomon, Frank Summers, David Terman, Arnold Tobin, Marian Tolpin, and Ernest Wolf. It was an exceptional experience for us all. Our nine students were unanimous in proclaiming this to be the best

course they had ever taken, and four were certain that they wished to pursue psychoanalysis as a career. It was clear that their response was motivated by actually being at the Institute and finding out firsthand possible paths to the profession, as well as witnessing the joys, difficulties, and the sense of fulfillment it gave to the analysts, who presented eagerly and empathically.

When I first initiated "Discovering the Unconscious" at Colorado College, it was cross-listed with "Humanities," "Comparative Literature," and "Philosophy." It found no home in our psychology department, because it was not considered sufficiently scientific

Perhaps it will serve as a model in the future for institutes that wish to open their doors to undergraduates for the purpose of spreading interest and excitement in what is (despite what some say) an alive and vibrant field for study, personal reflection, and possible future careers.

or empirically based to be worthy of psychological study. A few years ago, after the course proved to be a resounding success (it had one of the longest waiting lists of any course at the college), the psychology department agreed to give it a PY number but refused to count it toward a psychology major. While some members of the department frown on psychoanalysis as being at best an art but scarcely a science, I try to focus on the connections and to address the differences in a friendly way.

It was the continued popularity of the course that initiated the possibility of creating the psychoanalysis minor. Lee and Riker added the required number of basic courses to consolidate the minor. The minor focuses on the theories themselves and then adds relevant courses from the various disciplines so that students may, if they wish, direct their psychoanalytic knowledge to their major fields.

Unlike the courses referenced in a November 2007 *New York Times* article, "Discovering the Unconscious" does not use Freud as a springboard for the analysis of other disciplines. Rather it uses selected literature and film to open up various theories of psychoanalysis, which are understood in their historical context. As a practicing psychotherapist, I teach theory together with case studies. We look at and try to understand psychotherapy in an experiential context. For example, our Freudian readings include "On Beginning the Treatment," and "Advice to Physicians." I use Christopher Bollas's little book, *Free Association*, to allow the students to play at being therapist and patient in the classroom in order to gain insight into the loosening of the bind of consciousness and to practice how to listen so that this happens. This exercise is valuable not only for would-be therapists but also for students seriously interested in writing poetry or in stream of consciousness writing, as in the works of Virginia Woolf or James Joyce.

At the end of the course, I allow the students to use their own personal experience as case material to work through some of the theory we have discussed. The students who do this gain much insight. I also encourage students to interpret works of literature or film in their final papers through the lens of various psychoanalytic theories, be they Freudian, object relational, Winnicottian, or self psychological.

We plan to teach the course in its "Chicago" form again this year, undoubtedly with more students. The Chicago Institute is to be congratulated for having the adventurous spirit to go along with us in this unique enterprise. Perhaps it will serve as a model in the future for institutes that wish to open their doors to undergraduates for the purpose of spreading interest and excitement in what is (despite what some say) an alive and vibrant field for study, personal reflection, and possible future careers.

APSA

Marcia D.-S. Dobson, Ph.D., a psychoanalytically informed practicing psychotherapist, holds Ph.D.s in classical philology and clinical psychology. She is director of the Colorado Springs Psychoanalytic Salon and past president of the Colorado Springs Jung Society. Her publications focus on ancient Greek tragedy and psychoanalysis.

Program Highlights of the 97th Annual Meeting in Atlanta

Gary Grossman

The upcoming spring meeting of the American Psychoanalytic Association to be held June 18-22 in Atlanta promises to be an unusually thought-provoking one with many rich clinical presentations and discussions focused on specific clinical problems.

WORKSHOPS

Ronald Britton will be the featured discussant for the two-day "Clinical Workshop in Analytic Process and Technique," chaired by Irene Cairo. Britton, who is among the most eloquent and thoughtful members of the contemporary Kleinians in London, is in high demand as a teacher, supervisor, consultant and discussant around the world, so this will likely be a very stimulating and popular workshop. The two-day "Workshop on Psychotherapy Technique and Process," chaired by Alan Pollack, will feature Phillip Freeman, with Laura Westen of Atlanta presenting. Freeman is a training and supervising analyst at Boston Psychoanalytic Society and Institute (BPSI) and author of the recently published, *Adaptations: Disquisitions on Psychoanalysis*. Alexandra Harrison, also from BPSI, will be the discussant for the two-day "Child and Adolescent Clinical Workshop," chaired by Ruth Fischer, APsA's 2008 National Psychoanalytic Woman Scholar.

FIVE FASCINATING PANELS

How do analysts from different persuasions understand the concept of the "analytic stance"? How do they create it? What kind of difficulties do they encounter in their daily work that challenge it? When do analysts know that they are "on their game"? These are several of the questions that will be addressed in the panel, "What Do Analysts Need to Be Analysts?"

Gary Grossman, Ph.D., is member and faculty at the San Francisco Center for Psychoanalysis, where he also serves as chair of the Community Education and Service Division, and is a member of APsA's Program Committee.



Gary Grossman

Chaired by Sydney Pulver, the panelists are Darlene Ehrenberg, Jay Greenberg, and Shelley Orgel. Henry Smith will serve as the discussant. A panel on "Symptoms in Analysis," chaired by Anne Erreich, will take a cross-cultural clinical approach to understanding how different analysts understand the concept of symptoms and how they analyze them. It will feature Ronald Britton, Dale Boesky, and Steven Cooper.

Patients who care little about the impact of their words and actions on others can be difficult for analysts of any level of experience. Through the use of a case presentation by Helen Stein and discussions with Jane Kite and Beth Seelig, a panel on "The Non-Judgmental Analyst Revisited," chaired by Donald Moss, will explore the challenges that emerge in work with these patients who lack a "capacity for concern."

A panel on "The Effects of Internet Interaction on Our Patients," chaired by Bonnie Litowitz, will feature Mel Lansky, Kimberly Leary, and Caryle Perlman, who will explore this cutting-edge topic.

Finally, clinicians and researchers interested in the minds and development of young children will not want to miss June's Child and Adolescent Panel, "Treating the Under Five Child," chaired by Ruth Karush. The panelists, Denia Barrett, Paul Hollinger, and Judy Yanof, will each present clinical material using different treatment methods, including work via the mother, psychotherapy, and psychoanalysis.

PLENARY

The distinguished Plenary speaker at this June's meeting will be Steven Levy, editor-in-chief of the *Journal of the American Psychoanalytic*

Association, Bernard C. Holland Professor of Psychiatry and Behavioral Sciences, Emory University School of Medicine, and training and supervising analyst, Emory University Psychoanalytic Institute.

TICHO LECTURE

The Gertrude and Ernst Ticho Memorial Lecture, given annually by a mid-career analyst who is currently making significant contributions to psychoanalysis, will be presented by Arnold Wilson of the Columbia University Center for Psychoanalytic Research and Training. His topic will be "On Believing in One Theory or Another, or One Analyst Reports in Mid-Career."

UNIVERSITY FORUM

What can we learn from a conversation between a behavioral neuroscientist, an anthropologist, and psychoanalysts? Find out at the University Forum featuring psychobiologist Lisa Parr from The Yerkes National Primate Research Center of Emory University, and anthropologist/psychoanalyst Robert Paul, who is dean of Emory College. Analysts Alexandra Harrison and David Olds will moderate.

ORAL HISTORY

Ralph Roughton will chair an "Oral History Workshop on Recent Developments in Atlanta, New Orleans, and Birmingham." The workshop will provide a regional history of these southern cities, covering the important new developments since the 1991 workshop in New Orleans emphasizing the effects of Hurricane Katrina on local analysts. APsA's oral history workshops serve a vital function for the organization by preserving the history of psychoanalysis through recording the recollections of our colleagues who took part in these events. These workshops act as catalysts, awakening the interest of younger members and candidates in our Association's past, and provide a comprehensive archive for use by future researchers.

SENIOR ANALYST PRESENTATION

Candidates, affiliates, and students will be particularly interested in attending the Senior Analyst Presentation Program, chaired by Ethan Grumbach. This is a unique opportunity

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The New South: Dining and Shopping in Atlanta

M. Jane Yates

In addition to the beauty of remnants of the old South, there is the excitement of the newer, cosmopolitan Atlanta. The Hyatt Regency Hotel, home of the APsaA meeting June 18-22, is characterized by its lighted blue dome. Designed and built in 1967 by John Portman as the world's first contemporary atrium hotel, it heralded the beginning of an architectural movement in hotel design.

Downtown Atlanta is experiencing a resurgence, evident by the number of office/condo towers under construction and new cultural, artistic, entertainment, and dining venues. The **Ambassador Force of Downtown**, created in 1996 for the Olympics, is a full-time hospitality and public safety force that patrols and offers information and assistance downtown. You can find printed information at a kiosk located at the corner of International and Peachtree. You will recognize the ambassadors by their uniforms and white helmets. If you are walking and would feel more comfortable with an escort, call and an ambassador will meet you and escort you to where you want to go.

DINING

The integration of the old and new South is most evident in its restaurant scene. Dining in Atlanta will be a treat, especially if you are expecting only overcooked vegetables seasoned with bacon fat and carbohydrates of every kind. (Of course, you can find plenty of this if you wish.) If more traditional southern cooking interests you, fried chicken is served on Sunday nights at **Restaurant Eugene** and Tuesday nights at **Watershed**.

Articles in the January 2008 issue of *Gourmet* and March issue of *Bon Appetit* feature some of our best restaurants. Others featured here include those your concierge might not be aware of or might not recommend in favor of

M. Jane Yates, Ph.D., is president of the *Atlanta Psychoanalytic Society and chair of the Local Arrangements Committee for APsaA's June meeting.*

restaurants with greater mass appeal. It is always a good idea to make advance reservations, either with the restaurants or through opentable.com

Consistent with national trends, over the past decade many of our wonderful restaurants have been influenced by the California cuisine movement and feature locally grown, fresh and often organic ingredients. Although none of the restaurants mentioned are specifically vegetarian, all of them offer delicious vegetarian options. Gastronomes in Atlanta are more loyal to their chefs than they are to their local or favorite restaurants and will follow them to any part of the city.

A number of fine downtown restaurants are within walking distance of your hotel. At **French American Brasserie (FAB)** you can expect well-prepared traditional French favorites in a beautiful contemporary setting at lunch and dinner. A selection of steaks and sushi is available at the **Room at Twelve Centennial Park** in the new Twelve Hotel. **City Grill** is located in the historic Hurt Building, which was originally the Federal Reserve Bank for the Southeast and is now on the National Register of Historic Places. The building itself is interesting with its triangular shape and beautiful rotunda entrance. The restaurant serves a traditional fare, has a good wine selection and good service.

There are two excellent Buckhead restaurants, each named for its chef. The first and foremost is **Restaurant Eugene**, recently featured in *Gourmet* magazine and a current Atlanta favorite. The menu consists of contemporary upscale American cuisine with seasonal ingredients. In 2006 chef Eugene Linton was the Iron Chef America Atlanta Challenge winner and from 2005 to 2008 the restaurant has received *Wine Spectator's* Award of Excellence. Joel Antunes of **Joel** is another of Atlanta's award-winning chefs, as the winner of the 2005 James Beard Foundation Best Chef of the Southeast. His French bistro cuisine creations are simple and delicious.

Two of the most critically acclaimed restaurants in the city are **Bacchanalia** and **Quinones at Bacchanalia**, located to the west of downtown. Chefs/owners Anne Quatrano and Clifford Harrison present contemporary American cuisine in a *prix fixe* seasonal menu (a la carte at the bar). They feature the freshest of ingredients, some of which come from the chefs' own Summerland Farm. Creative and masterful, the four-course menu guarantees a unique dining experience. The James Beard Foundation named Quatrano and Harrison the Best Chef of the Southeast in 2003. Other honors include having been selected one of the top 50 restaurants in America in 2006 by *Gourmet* magazine and maintaining a Zagat #1 rating for the last 11 years. Even more up-scale is **Quinones**, a sister restaurant of Bacchanalia, located at the same site. An exquisite tasting menu changes nightly and focuses on the use of southern ingredients, served in elegant and intimate surroundings. Across town, the same chef duo create seasonal cuisine with a French, Italian, and Mediterranean influence at their more casual **Floataway Café** near Emory.

In Midtown near Woodruff Arts Center you will find Ecco and Trois. At **Ecco**, chef Micah Willix presents "seasonally inspired cuisine with European influences." The menu includes options to be shared, freshly prepared pastas and creative main courses such as fig glazed lamb loin. A special wine selection exclusive to Ecco is also a treat. Ecco and Trois have each been named one of the "best new restaurants in America" by *Esquire*. At **Trois**, which opened in 2007, chef Jeremy Lieb creates a cuisine that combines modern French with a touch of classical brasserie style.

Chef Michael Touhy, a representative of the "natural" revolution, was among the first to feature seasonal, locally grown, organic food and had created his reputation in a number of restaurants before opening **Woodfire Grill** in 2002. At the center of the restaurant is a huge wood-fire grill, hence the name. This casual restaurant has received acclaim by *Food and Wine Magazine*, *Gourmet*, *Wine Spectator*, and *Bon Appetit* magazines.

In Inman Park, the menu at **Rathbun's** includes a wide variety of small plates for sharing and features premium seafood and prime meats.

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Program Highlights

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for students at every level to hear and discuss a week's worth of analytic material presented by a seasoned psychoanalyst. Presenting at the June meetings will be Fred Griffin, training and supervising analyst at the New Orleans-Birmingham Psychoanalytic Center and director of psychodynamic psychotherapy training at the University of Alabama School of Medicine.

Be sure to make it to Atlanta, and keep your eyes out for the *Preliminary Program* for details on symposiums, additional clinical workshops, seminars, the plenary address, scientific papers, research programs, stimulating discussion groups, special programs for psychiatric residents, psychology and social work students, and an array of social events.



The New South

Continued from page 37

Rathbun's was voted the City's Best in 2006 and also was named "one of the best new restaurants in America" by *Esquire* in 2004. Newly opened in 2007, **Kevin Rathbun Steak**, named one of the best steakhouses in the United States, offers steaks from Allen Brothers of Chicago. You will find excellent wine selections with many available by the glass.

Sotto Sotto serves fine authentic Italian cuisine, freshly prepared pastas, risottos, meats, and seafood, in a cozy setting. Sotto Sotto has been a *Wine Spectator* Award of Excellence winner for the past few years. More casual **Fritti**, next door, features authentic Italian wood-fire pizzas, great appetizers, salads, and small plates.

Redfish, A Creole Bistro, is the place to go for true, New Orleans Cajun-Creole cuisine. **Agave**, named Atlanta's best southwestern restaurant hosts a tequila bar with an enormous selection. Both are excellent and located in Cabbagetown. An interesting side story pertains to the name of this old area. According to lore, a train loaded with cabbages derailed in this neighborhood of cotton mill workers and for the following week the odor of cabbages cooking permeated the air. Another small restaurant that is presently receiving a lot of well-deserved attention recently is **Shaun's**.

The chef, Shaun Doty, well known to Atlanta restaurant lovers, creatively gives southern favorites a contemporary twist.

SHOPPING

Buckhead has been called the shopping mecca of the southeast. From your hotel you can take MARTA at Peachtree Center station to Lenox Station. From there walk one block to Lenox Square or three blocks to Phipps Plaza. The buc, a free Buckhead shuttle service, connects MARTA's Lenox and Buckhead stations to Phipps Plaza, Lenox Square, and many more shops and restaurants. The shuttle runs every 8-30 minutes on a five-mile loop during commute and lunch times.

Located at the intersection of Lenox and Peachtree Roads, Lenox Square and Phipps Plaza are Atlanta's highest-end shopping malls. Lenox hosts Neiman Marcus, Bloomingdale's, Macy's, Louis Vuitton, Swarovski Crystal, Cartier, Anthropologie, Crate and Barrel, and Sephora, to name a few. Phipps Plaza has Nordstrom, Saks Fifth Avenue, Belk's, and Tiffany & Co. Both have an array of smaller specialty shops such as Teavana.

Although you won't be cooking, a trip to **Your DeKalb Farmer's Market** will be an adventure as well as a multicultural experience. It is the world's largest indoor farmer's market, offering food and produce from all over the world. Employees also come from around the globe and speak at least two languages, many four or five. All languages and dialects spoken are listed on their name tags. They are familiar with items common in their native lands and are happy to talk to you. If you are a gourmet cook and need to find just the right exotic spice or want to try a unique coffee, you will probably find it here.

We look forward to seeing you in Atlanta and want to help make your stay an enjoyable one.

* * *

My thanks to professional colleague and fellow "foodies," Judy Kislak and Miles Crowder, for their assistance in preparing this article.



Atlanta Resources

INFORMATION AND ASSISTANCE

Ambassador Force
404-215-9600
www.atlantadowntown.com

The buc
www.bucride.com

MARTA (Atlanta Rapid Transit authority)
404-848-4711
www.itsmarta.com

SHOPPING

DeKalb Farmers Market
3000 E. Ponce de Leon Ave.
404-377-6400
www.dekalbfarmersmarket.com

Lenox Square
3393 Peachtree Road N.E.
404-233-6767
www.lenoxsquare.com

Phipps Plaza
3500 Peachtree Road N.E.
404-262-0992
www.phippsplaza.com

RESTAURANTS

Buckhead
Joel
3290 Northside Parkway
404-233-3500
www.joelrestaurant.com

Restaurant Eugene
2277 Peachtree Road
404-355-0321
www.restaurantegene.com

Downtown
French American Brasserie
30 Ivan Allen Jr. Blvd.
404-266-1440
www.fabatlanta.com

Room at Twelve
Centennial Park
400 Peachtree St. N.E.
www.roomattwelve.com

City Grill
50 Hurt Plaza
404-254-2489
www.citygrillatlanta.com

Midtown
Ecco
40 7th St.
404-347-9555
www.fifthgroup.com

Trois
1180 Peachtree St.
404-815-3337
www.trois3.com

Woodfire Grill
1782 Cheshire Bridge Road
404-347-9055
www.woodfiregrill.com

Westside
Bacchanalia and Quinones
1198 Howell Mill Road
404-365-0410
www.starprovisions.com

Inman Park
Rathbun's
112 Krog St. Suite R
404-524-8280
www.rathbunrestaurant.com

Kevin Rathbun Steak
154 Krog St. Suite 200
404-524-5600
www.kevinrathbunsteak.com

Sotto Sotto
313 N. Highland Ave.
404-523-6678
www.sottosottorestaurant.com

Fritti
309 N. Highland Ave.
404-880-9559
www.sottosottorestarant.com

Shaun's
1029 Edgewood Ave. N.E.
404-577-4358
www.shaunsrestaurant.com

Cabbagetown
Redfish, A Creole Bistro
687 Memorial Drive
404-475-1200
www.redfishcreole.com

Agave Restaurant
242 Boulevard S.E.
404-588-0006
www.agaverestaurant.com

Emory Area
Floataway Café
1123 Zonolite Rd, Suite 15
404-892-1414
www.starprovisions.com

Decatur
Watershed
406 W. Ponce de Leon Ave.
404-378-4900
www.watershedrestaurant.com

New books by members

In 2006 and 2007 members of APsaA wrote or edited the following books.

Salman Akhtar, **Regarding Others: Reviews, Reflections, and Responses.** Pitchstone Publishing, Charlottesville, Va.

Salman Akhtar, ed., **Listening to Others: Developmental and Clinical Aspects of Empathy and Attunement.** Jason Aronson, Lanham, Md.

Salman Akhtar and Maria Teresa Hooke, eds., **The Geography of Meanings: Psychoanalytic Perspectives on Space, Land, Place, and Dislocation.** London, International Psychoanalytic Association.

Salman Akhtar, Bert van Luyn, and John Livesley, eds., **Severe Personality Disorders: Everyday Issues in Clinical Practice.** Cambridge University Press, London.

Fredric Busch and Larry Sandberg, **Psychotherapy and Medication: The Challenge of Integration.** Analytic Press, New York City and London.

Donald Coleman, **The Poetics of Psychoanalysis: Freudian Theory Meets Drama and Storytelling.** Word Association Publishers, Tarentum, Penn.

Arnold M. Cooper, ed., **Contemporary Psychoanalysis in America: Leading Analysts Present Their Work.** American Psychiatric Publishing, Washington D.C. and London.

Phillip S. Freeman, **Adaptations: Disquisitions on Psychoanalysis 1997-2006.** Word Association Publishers/Hanns Sachs Library, Boston.

Alexander Grinstein and Adele B. Grinstein, **Edwin Arlington Robinson: Child of Scorn.** iUniverse.

Stuart T. Hauser; Joseph P. Allen, and Eve Golden, **Out of the Woods: Tales of Resilient Teens.** Harvard University Press, Cambridge, Mass.

Richard A. Isay, **Commitment and Healing: Gay Men and the Need for Romantic Love.** Wiley & Sons, New York.

Robert Langs, **Love and Death in Psychotherapy.** Palgrave-Macmillan, London.

Robert Langs, **Beyond Yahweh and Jesus: Bringing Death's Wisdom to Faith, Spirituality, and Psychoanalysis.** Jason Aronson, Latham, Md.

Jonathan Lear, **Radical Hope: Ethics in the Face of Cultural Devastation.** Harvard University Press, Cambridge, Mass.

Donald M. Marcus and "Hope", **Taking Risks from the Unconscious: A Psychoanalysis as Experienced from Both Sides of the Couch.** Rowman and Littlefield, New York.

John P. Muller and Jane G. Tillman, eds., **The Embodied Subject of Psychoanalysis: Minding the Body in Psychoanalysis,** Vol. 68, Psychological Issues, Morris Eagle, series ed., Rowman & Littlefield, New York.

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