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Here's Looking at *Casablanca*

Bruce H. Sklarew

Why does *Casablanca* have such immense appeal? Its stunning cast with clever and memorable repartee certainly contributes. Patriotic feelings that were stirred at its timely release during the war (just after the invasion of North Africa and during the Casablanca Conference) enhanced its popularity. But its iconic status has persisted far beyond World War II.

*Casablanca* displays the look of a thoroughly prepared, well-crafted, entertaining movie even though it was shot in a most disorganized way. The decision whether Rick (Humphrey Bogart) or Laszlo (Paul Henreid) would leave with Ilsa (Ingrid Bergman) in the climactic scene was undecided until the end of the shooting. Two scripts were written. When Ingrid Bergman told director, Michael Curtiz, she had to know how to prepare for the ending, she was told to play it as though she did not know—and, in fact, he was still deciding. He said, "We don't know. Just play it day to day and we'll see what happens." In the failed original dramatic version that never reached Broadway, "Everyone Comes to Rick's," Ilsa seduces Rick and leaves Laszlo behind in jeopardy of being killed. The cinematic decision to

change the dramatic version is crucial to the way we respond to *Casablanca* and emphasizes the underlying theme.

WHO IS RICK?

What do we know about the character of Rick? He has a mysterious past and is an exile who cannot return home. Capt. Renault (Claude Rains) suggests that he absconded with church funds, murdered a man, and married a senator's wife. Seemingly in jest, Rick confesses to all. Though of questionable veracity, the dialogue serves as associations. In the Paris flashback, we do know that he has had an affair with Ilsa, a woman married to a renowned man, although he didn't know that she was married; she believed her freedom fighter husband had been killed by the Nazis.

In *Casablanca* Rick portrays a somewhat depressed, apolitical, cynical, and isolated man who plays chess by himself—a game in which one attempts to capture the king. Wounded and embittered by Ilsa's desertion in Paris when she learns that Laszlo is alive, Rick feels as though "his guts have been kicked out." He struggles to compensate for his humiliation by asserting authority and control over formerly very important people and by maintaining quiet but ironfisted control of the café.

Continued on page 28

Bruce H. Sklarew, M.D., an associate editor and co-founder of the award-winning *Projections: The Journal for Movies and Mind*, organizes the film programs at meetings of the American Psychoanalytic Association and has co-edited two books on psychoanalysis and film.

INSIDE TAP...

- APsaA Elections. . . . 6-10
- APsaA's First Nigerian Graduate Analyst . . . 12
- The Long Haul, Part II . . 17
- Behavioral Finance . . . . 18
- Psychological Impact of Office Design on Patients . . . . . 22
- The Artistry of Psychoanalysts . . . . . 23
- Your APF Donation at Work . . . . . 24



- 3 **Our Own Athena**  
*Launching the Psychodynamic/Psychoanalytic Research Society*  
Prudy Gourguechon
- 5 **Collective Wisdom** *Myrna Weiss and Cal Narcisi*
- 6 **APsaA Elections: Campaign Statements**
- 11 **Michigan Psychoanalytic Institute Announces  
Psychoanalytic Training Scholarship for Academics  
Alexander Grinstein Interdisciplinary Award Fund** *Deanna Holtzman*
- 12 **APsaA's First Nigerian Graduate Analyst** *Laura A. Huggler*
- 13 **COPE: Psychoanalytic Education and Neuroscience**  
*Charles P. Fisher and George G. Fishman*
- 14 **Science and Psychoanalysis: Parapraxes: Are Cognitive  
and Analytic Theories Converging?** *Andrew J. Gerber*
- 16 **The Affiliate Council: Travel Grant Opportunity for Candidates**  
*Carmela Perez*
- 17 **The Long Haul: Healing the Wounds of War, Part II** *Jonathan Shay*
- 18 **Behavioral Finance: The Herd Instinct** *John W. Schott*
- 19 **Poetry: From the Unconscious** *Sheri Butler Hunt*
- 21 **Politics and Public Policy: Health Care Reform—  
Testing Chaos Theory** *Bob Pyles*
- 22 **Psychological Impact of Office Design on Patients**  
*Grace Dalman, Lynn Drover, and Terrie Kurrasch*
- 23 **The Artistry of Psychoanalysts:  
Second Annual Art Show at APsaA Winter 2010 Meeting**  
*Jon K. Meyer*
- 24 **Your APF Donation at Work** *Selma Duckler*

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## Our Own Athena

### Launching the Psychodynamic/Psychoanalytic Research Society

Prudy Gourguechon

This summer, APsaA gave birth to a new membership association called the Psychodynamic/Psychoanalytic Research Society (PPRS). Metaphorically speaking, the PPRS leapt from APsaA's brow.

Supporting psychoanalytic science and research was tagged as a high priority of our APsaA members in the strategic planning survey several years ago. My predecessor, Lynne Moritz, made it a core mission of her presidency. I planned to dutifully follow up, but I lacked intrinsic enthusiasm because my own interests tend to turn elsewhere, towards outreach, advocacy, and social issues. Then, an unexpected *coup de foudre* and I fell in love with the PPRS. Why this unanticipated excitement, attachment, thrill, palpitation? The concept of the PPRS is simply elegant—sparse and efficient, bursting with potential.

and free from contradictions." Jones points out, lest latter day neuroscientists get too excited about the project, that Freud abandoned the neurological framework primarily because he could not "locate" the unconscious in the proposed neurological/psychological apparatus.

Now, moving a century forward, Alan Compton and a group of APsaA colleagues, in an effort known as the Omnibus Science Initiative (OSI), tackled the complex and urgent task of reconceptualizing APsaA's role *vis-à-vis*



Prudy Gourguechon

About half of the recommendations of the Omnibus Science Initiative were implemented. Science advisors joined BOPS and the Executive Committee. BOPS added a research committee for training, and established a poster session, science prize, research fund, and Research Associates group.

The next chapter in the story: Lynne Moritz, in 2007, established a Task Force on Research and Science to see how APsaA might complete the mission of the OSI: to determine what structures are needed to support and promote psychoanalytic research and science in the decades ahead both within APsaA and within the profession. The task force's (TF) answer was at first startling—a separate (but closely allied to APsaA) membership society should be established. Lynne Moritz writes,

The TF took the risk to think through their charge of assessing what structures would create true value for psychoanalysis in the world, and they came up with this brilliant, innovative, and gutsy proposal. The genius of this proposal is its potential to increase our integration into the wider scientific community, open access to psychoanalysis to young researchers in diverse fields, and promote our own understanding of science within our discipline. Perhaps, with familiarity and respect developing on both sides, psychoanalysis will seem less alien to non-analyst researchers and psychoanalysts will feel less moved to preserve our profession through isolation.

The PPRS is largely the vision of the late Stuart Hauser, who with Linda Mayes chaired that task force. The TF immediately identified attracting young researchers doing psychoanalytically and psychodynamically relevant research as the best way to strengthen research in psychoanalysis. Yet there was a problem. Many of these young researchers would be ineligible for membership, and the category of Research Associate membership was unlikely to draw them to us.

*Continued on page 4*

"No one can know whether this vision and these benefits will be realized, but the PPRS is, in my estimation, the best hope for the future of psychoanalysis and psychodynamic thought."

—Eric Nuetzel

Where to begin? I'm irresistibly drawn back to Freud and his "Project for a Scientific Psychology" (written in 1895, not published until 1950). Freud begins with the following sentiment: "The intention is to furnish a psychology that shall be a natural science: that is, to represent psychical processes as quantitatively determinate states of specifiable material particles, thus making those processes perspicuous

research and science. Compton's group, in 2000, offered 10 recommendations to Council and BOPS designed to consolidate, solidify, and expand APsaA's reach in research and science. I encourage you to read the entire report, which includes much wisdom and a good deal of research. (Go to <http://apsa.org/Portals/1/docs/OmnibusScienceInitiativeFinalReport.pdf>). To quote the report: "To sustain the profession and science of psychoanalysis, prompt and vigorous steps to [genuine] scientific exploration of its value as a treatment and as a fundamental science are indicated as urgent measures."

Prudence L. Gourguechon, M.D., is president of the American Psychoanalytic Association.

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## Our Own Athena

*Continued from page 3*

These individuals would want to be stakeholders, voting members, of any organization that would foster psychoanalytically and psychodynamically relevant research. Thus, the idea of the PPRS was born within the TF. The concept was to create an organization to promote research relevant to psychoanalysis and psychodynamic thought that was both inside *and outside* of APsaA.

Stuart Hauser compared the ideal relationship between APsaA and the PPRS as that between two high-rise buildings standing next to one another with multiple bridges between them.

Among the potential benefits of the PPRS are:

- Closer ties between psychoanalysis and the academic, research, and scholarly community.
- Greater representation of research, scholarship, and critical thinking within psychoanalysis and psychodynamic thought.
- Advancement of research, science, and scholarship relevant to psychoanalysis.
- The evolution of psychoanalysis to a field grounded in evidence, data, and critical thinking rather than in tradition, theoretical schools, and authority.

- A higher profile for psychoanalysis. Research and hard data make news. The press has an inexhaustible thirst for research and “new findings” about the human mind.

Eric Nuetzel has been one of those who have worked so hard to breathe life into the PPRS concept. He was invaluable in conceptualizing a workable concept for a corporate structure. (Legally, the PPRS is a non-profit corporation with APsaA as its sole member.) Nuetzel said, “No one can know whether this vision and these benefits will be realized, but the PPRS is, in my estimation, the best hope for the future of psychoanalysis and psychodynamic thought.”

Linda Mayes, president of the new PPRS, emphasizes that “young academics with an interest in psychodynamic scholarship and research would otherwise have few to no opportunities to present their work and network with like-minded investigators from multiple disciplines and levels of experience.”

Is it possible that the researchers involved in psychoanalytic science, supported by the new structure of the PPRS, will solve the problem of Freud’s project?

Consider Andrew Gerber’s prediction:

In the next 20 years, functional neuroimaging techniques such as

magnetic resonance imaging (MRI) will help identify the neural pathways for unconscious processes central to psychoanalytic theories of conflict, development, and therapeutic change. Even now, such methods have begun to reveal the neural correlates of unconscious affect, motivation, transference, and attachment and are being used to explore the way in which these may change over the course of a successful psychoanalytic treatment.

Membership in the Psychodynamic/Psychoanalytic Research Society is open to all APsaA members and all other psychodynamic and psychoanalytic researchers. APsaA members will be automatically invited to membership. For more information, visit the PPRS Web site at: [www.pprsonline.org](http://www.pprsonline.org). And spread the word.

We are in on the beginning of what may turn out to be an enormously important and successful endeavor. When an organization begins, you can’t know what its larger impact will be. But how exciting to be present at its birth and have the honor of watching this new association grow.



*Drudy Gourguechon*

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## elections

Statements from candidates in the Fall 2009 APsaA elections begin on page 6.

Robert L. Pyles and Mark D. Smaller are the candidates for president-elect. The winner will begin a two-year term in June 2010 and assume the presidency in June 2012.

David Falk, Ralph Fishkin, Michael Gundle, and Lee Jaffe are candidates for councilor-at-large. The top two vote-getters will begin four-year terms beginning in June 2010.

Ballots will be mailed during the first week of December. Completed ballots must be received in the National Office no later than Friday, January 8, 2010.



## Collective Wisdom

Myrna Weiss and Cal Narcisi

"Who is responsible for our institutes' educational policies and structure?" is a question that has been raised on the Members' List. When it comes to the education of candidates in our institutes, the bylaws of our Association, Article XII Section 2b, clearly delegate this responsibility to the Board on Professional Standards (BOPS). In so doing, the standards for the psychoanalytic training of our candidates are delineated by the *collective wisdom* of all APsaA institutes. Most recently, a few institutes have perhaps inadvertently either implemented or considered training standards which are out of compliance with our consensually agreed upon national standards.

We would like to take this opportunity to clarify these standards as they apply to the American Psychoanalytic Association's training analyst system, and also to delineate important measures we have undertaken to respond to both the pressing needs of some of our institutes, as well as the presence of divergent views that lie within that collective wisdom referred to above.

### GENESIS OF THE PROBLEM

The Principles and Standards for Education in Psychoanalysis states: "Accredited institutes are also responsible for insuring that the personal psychoanalysis and the supervision of psychoanalytic work of all candidates are consistent with the training analyst system of this Association." (page 5 of the standards document).

Similarly, there has been a misunderstanding and possibly a distortion of the sentence: "The candidate must be in analysis with a training analyst for a substantial period of time that overlaps the supervised casework." This sentence was written specifically for the situation in which candidates had completed their analysis with a training analyst before

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



Myrna Weiss



Cal Narcisi

beginning their supervised analyses. When this occurred, the training analysis had to resume for a substantial period of time that overlapped the supervised casework. "The substantial period of time" phrase was not intended to apply to switching from a non-training analyst to a training analyst. In fact, both IPA and ACPE also require an analysis with a designated training analyst.

Infrequently, while maintaining support of the training analyst system, an institute would admit a candidate who was in analysis with a non-training analyst. However, the understanding was made clear that this person would need to begin analysis with a training analyst before either starting classes or beginning supervised clinical work.

We believe that nationally agreed upon training standards are essential to the education of our candidates and the strength of our profession.

More recently, the "substantial period of time" clause has been used to redefine the training analyst system. Candidates have been admitted with the explicit understanding that their primary analytic experience may be with a non-training analyst. A brief period of analysis with a TA could then be required.

This change in policy by a few institutes is out of compliance with current APsaA standards.

Some institutes have also considered a policy of training candidates with non-training analysts with the understanding that the

candidate would not join APsaA or IPA upon graduation. This too, in our opinion, is a violation of the training analyst system, and would place an institute out of compliance with our current training standards.

What should institutes do, and what can BOPS do to respond to the divergence in views on particular standards within the institute cohort? The old adage was always that institutes should work through BOPS and its appropriate committees to convince a simple majority of the institutes that the desired change was educationally sound. In this way, our educational standards would always represent the majority wishes of the institutes that had agreed to follow them.

At our administrative meetings in Chicago, BOPS adopted two other proposals to respond to those institutes wishing for significant changes in our standards. Eric Nuetzel, immediate past chair of BOPS, proposed and will chair a summit meeting that will take place on the weekend of January 9-10, preceding our national meeting in New York.

Nuetzel's proposal came out of the active BOPS discussion of the two-track model previously put forth by Lynne Moritz and Prudy Gourguechon. Under Nuetzel's proposal, two committees were formed after the Chicago meeting. One committee is attempting to slightly revise our current standards.

The second committee is developing the standards for a second training model or track. Nuetzel will oversee the workings of each committee between now and January, when the two committees will come together at the proposed summit. At that time, they will hopefully come up with a workable solution for either a single revised set of acceptable national standards, or a second set of training standards that one-third or more of our institutes will choose to adopt.

*Continued on page 20*

## CAMPAIGN STATEMENTS

## Bob Pyles



Bob Pyles

Over the past decade we have witnessed the corporatization, dehumanization, and decline of health care in America. Managed care and government policies have reduced human suffering to a formulary, crippling our ability to treat the mentally ill. Declining practices and dwindling candidate applications are now the rule rather than exception. We must act wisely and forcefully to protect our profession before it is too late.

### DAVID V. GOLIATH

During my term as president, our Association became a highly visible and effective influence on Capitol Hill, as well as in the media. We emerged as one of the most influential professional organizations representing the interests of our patients. Following the defeat of the Clinton Health Plan (which would have endangered private practice), the battle for control of health care shifted to the control of health care information. We have fought many battles in defense of patient privacy and the sanctity of the patient-therapist relationship. This year, we had our "finest hour." The stimulus package introduced by President Obama contained a \$19 billion provision for the establishment of electronic medical records (EMRs). The bill included no privacy protections and would have required those in private practice to participate in EMRs. Working with Congressman Ed Markey and Senator Olympia Snowe, we secured the inclusion of very significant privacy protections in the final bill.

The Obama administration has made health care reform a high priority. Any changes in the system are bound to affect us and our patients. We need to participate very vigorously in the democratic process to help shape the policies of the future. Our voices must once again be heard on Capitol Hill. Toward this end, we must be united and resolved. But this means that we must overcome the

internecine battles that have beset us for the past decade.

### ORGANIZATIONAL CHANGE AND GROWTH

For years, we have been wrestling unsuccessfully with internal conflicts that have divided our membership. Many interesting and creative solutions (such as the Two-Track plan, externalization of certification and/or accreditation, Institute Choice, and no fewer than seven governance proposals) have been suggested. So far, none has succeeded. What has been missing is a process by which we can reasonably consider them. If elected, I will introduce a series of organizational structures and procedures to promote a productive and creative process, including a series of constitutional conventions, to lead the Association out of our current stalemate.

When the IPA was similarly split over the issue of frequency, I chaired a work group charged with addressing this controversial issue. An inclusive dialogue enabled us to produce a successful compromise—the Three Models of education, which is now the standard for the IPA. I am confident that, by working with all parties, we can fashion new policies that will transcend the old divisions that have beset our Association

### TRAILBLAZING FOR OUR PROFESSION

- Co-founder and first president of Candidates Council-BPSI (Boston).
- Enfranchised candidates. As president of APs a A, I worked with Candidates Council President Lee Jaffe to achieve full voting status for candidates. We are the only association in the IPA where candidates have the right to vote.
- The Psychology Law Suit. I played a significant role in helping President Dick Simons to settle this 1983 lawsuit, which opened up training to non-medical candidates.
- Strengthened the Council. I chaired a re-organization committee under President Mike Allison to strengthen the role of the

Executive Council. Most of the committee's recommendations were implemented, including the establishment of a Steering Committee.

- Supported our gay and lesbian colleagues. I worked with Marvin Margolis to achieve strong anti-discrimination statements in both APs a A and the IPA.
- Protected the Sigourney Awards through legal action.
- Called for serious reconsideration of externalization of certification and the training analyst system (Presidential Plenary, November 2000)
- Managed care and RICO (anti-racketeering) suits. Worked closely with the RICO attorneys to sue most managed care companies. The settlements resulted in supervisory boards and cash payments. Many members generously donated their shares to our Association for the purpose of advocacy. These donations eventually totaled over \$200,000.

### THE LONG RUN

I graduated from the University of Virginia (Phi Beta Kappa), Harvard Medical School, and BPSI. I have been president of the Massachusetts Psychiatric Society and APs a A, and have held many leadership positions in both the IPA and APs a A. As chair of the APs a A Government Relations Committee, I have spearheaded our participation in landmark legal actions, including the Eist case, the Shrager case, and the RICO Class Action Suit.

My work is primarily in private practice. I teach at PINE, where I am a training/supervising analyst. In addition to treating patients, I consult to Major League Baseball, provide expert legal testimony, and am also active in organizational consultation. On a personal note, I have run 47 marathons, which may help qualify me for this job.

I would be very pleased to talk with you. You may reach me at 781-235-6211, by e-mail, [rpylesmd@comcast.net](mailto:rpylesmd@comcast.net), or my Web site, [www.rpylesmd.org](http://www.rpylesmd.org). I hope you will afford me the honor of serving you as your president-elect.



## Mark D. Smaller



Mark D. Smaller

Imagine an organization with almost 100 years of history committed to advancing the practice, theory, and science of psychoanalysis. The organization facilitates professional identification and col-

legiality among its members. This identification, based upon clinical work, education, respected standards, and research, is experienced within an atmosphere where creativity and new ideas are not only encouraged but aggressively pursued.

Imagine an organization that not only embraces passionately held convictions of its members, but provides meetings and forums to respectfully debate, develop, and evaluate those views. This atmosphere is sometimes cloudy, even stormy, but never lost. Decisions are made, facilitated by thoughtful and, most importantly, responsive leadership where members feel that they are stakeholders in their organization. A shared commitment to psychoanalysis always prevails.

Imagine an organization that is sought by those outside our field who grapple with social, scientific, governmental, business, and cultural issues. We share psychoanalytic knowledge, but also learn and integrate knowledge from other fields that enrich our organization and advance psychoanalysis for the next 100 years.

I am running for president-elect of the American Psychoanalytic Association because we can be that organization. Serious changes within and outside our organization have occurred. My campaign is about seriously responding to those changes in fresh and creative ways.

### STANDARDS AND MEMBERSHIP

The majority of our members want a reevaluation of how we arrive at needed standards of education and practice. Serious questions remain about certification and its evaluative reliability. A two-track system recently proposed during the BOPS meeting in Chicago

may finally provide a compromise and step forward from many years of divisiveness and low morale among members.

The majority of members want membership criteria to change. We are still perceived by many mental health professionals and the public—our prospective candidates and patients—as excluding, unresponsive, and worse, lacking creativity and new ideas. Throughout my career I have been actively committed to and effective in changing that perception. We can do better.

### PRACTICE, EDUCATION, AND RESEARCH

Younger and newer colleagues are concerned about their practices, having spent huge amounts of time, energy, and money for training. We have not paid enough attention to the daily professional lives of our members. Having met or at one time consulted with a majority of institutes across the country while co-chairing the Committee on Foundations for 12 years, I know the local challenges of practice, education, program development, organizational structure, budgets, and fundraising.

I will launch a practice initiative addressing the business and challenges of practicing in today's world—a very different practice world than 20 or 30 years ago. Our national meetings must address these concerns if newer members are to spend time and money to attend. They must leave our meetings with benefits to their daily professional lives. Enthusiastic and secure candidates, new graduates and members become our most successful recruiters of new students and patients.

Launching the Psychodynamic/Psychoanalytic Research Society (PPRS) will create scientific research that will lead to serious advances in our field, healthier practices, and will attract more candidates. For the last four years as director of the Neuropsychanalysis Foundation, while immersed in and raising funds for cutting edge neuropsychanalytic research, I've seen psychoanalysis regain its place in the scientific world.

### PERSONAL CHARACTERISTICS AND EXPERIENCE


Anyone who has known me will attest that conversations about these challenges inspire rather than discourage me. Throughout my career I've been drawn to the challenge of thinking through complex problems that appear unsolvable. Having served on six non-profit boards, I have experienced the challenges of moving mission-driven and educational organizations forward through strategic planning—building on what works and letting go what doesn't. An atmosphere of shared purpose remains the constant ingredient for APsA's success—keeping our mission and ideas out in a world desperate for those ideas.

As director of the Neuropsychanalysis Foundation, in addition to raising funds for research and treatment programs, I was able to reorganize structures to better serve the group's mission.

Briefly, my APsA experience includes serving as co-chair, the Committee on Foundations; chair, Committee on Social Issues; chair, Committee on Public Information; division coordinator of the Communications Division; co-chair, the former Committee on Strategic Marketing; and member of the Committee on Racial and Ethnic Diversity; recipient, APsA Distinguished Service Award, 2008.

Outside of APsA, in addition to directing the Neuropsychanalysis Foundation, I created and currently direct the Analytic Service to Adolescents Program (ASAP) in Chicago, now being replicated in southwest Michigan and elsewhere (please visit [www.markdsmaller.com](http://www.markdsmaller.com) for more details).

I think of "impossible" possibilities daily—in my office with patients; in my work with high-risk high school students (statistically predicted not to survive their 21st birthdays); while meeting with philanthropists who are considering supporting psychoanalysis; listening to newer members concerned about their future; or writing a letter to *The New York Times*.

I believe this election is about real possibilities. Let me know your views and concerns and then let's see what we might accomplish together. Thank you for honoring me with this opportunity to serve you and our profession. 

## David I. Falk



David I. Falk

I am honored to be nominated for the position of councilor-at-large. I have been active with APsaA since I was a candidate and I graduated from an institute seven years ago. I have been concerned about the future of the Association since I wish to have a strong and vital national organization to represent the interests and concerns of psychoanalysts in the United States. I will take this opportunity to tell you what I feel are important issues and I hope this leads you to see that I will be an effective councilor-at-large.

My participation on Council started six years ago and in this time I have served on the Committee on Council and have chaired the Psychoanalytic Practice Committee and the Community Clinics Committee. These activities have allowed me to understand some of

the problems and patterns of the practice of psychoanalysis around the country and the difficulties of governance within APsaA.

I support the development of Council committees. Our board of directors is very large and we are not experts on all the issues that come to Council. I think it is often difficult for a new councilor to understand what is going on and it is often difficult to feel engaged in the work of APsaA. Committee membership would provide a way to get to know other councilors and become familiar with specific aspects of governance and functioning of Council. I also favor the idea of having all councilors take committee positions to develop enhanced councilor competencies and ensure that all councilors fully understand the fiduciary responsibilities inherent in serving as a councilor.

At the recent APsaA meeting in Chicago I was impressed by the report from BOPS where a Two-Track system was proposed to allow societies and institutes to choose one of two models for appointing training analysts.

One based on the current and evolving BOPS standards and the other to be based on an Eitington model used in IPA. The details of the two models are not fully articulated but the offer of this compromise suggests irreconcilable differences within BOPS around standards, training analyst appointments, and certification and a wish from some institutes for greater autonomy. This should work to reduce the tension within the organization on these issues.

As chair of the Psychoanalytic Practice Committee, I have had the opportunity to see how practice is declining in some areas and efforts need to be made at the national level to market psychoanalysis and to assist societies and institutes with the relationship building activities of candidate recruitment and fundraising. I also support the reintroduction of the Membership Requirements and Review Committee (MRRRC) amendment and urge its passage since it is one step to increase our declining numbers and it will enrich our membership.

Thank you for your support.



## Ralph Fishkin



Ralph Fishkin

I have served on the Executive Council since 2001, including three years as Councilor-at-Large. I hope you will give me a chance to continue this work by reelecting me as Councilor-at-Large.

During my seven years on the Committee on Council (COC), and as its chair since 2005, I have worked to enhance the Executive Council's effectiveness and to help it fulfill more completely its responsibility as the board of directors (BOD). Under my leadership, the COC has advocated an enhanced Council committee structure in order to constructively utilize its size, in accordance with current best practices. It has sponsored the Policies and Procedures Committee, the Compensation Committee, and the Council Nominations

Advisory Committee. Realizing that the councilors need to receive more detailed financial information in order to actively participate in the budgetary process, I pushed to change our fiscal year to make this possible.

In recognition of the need to improve communication and coordination with the Executive Council, the president has appointed me as one of two nonvoting Council representatives to the Executive Committee. This liaison role has been particularly helpful in making each body work more effectively with the other. More needs to be done. The Executive Committee, which, after all, is a subcommittee of the BOD, should include four elected, not appointed, councilors. The Council should elect its own chair and secretary to attend to the Council infrastructure.

APsaA presidents seek office in order to accomplish specific initiatives for the benefit of psychoanalysis. It burdens them to spend

precious time on governance, yet when tended properly, governance can help the president and the organization to succeed. When ignored, governance becomes inefficient and inadequate, and directors fail to understand how directors and boards should function. I will work with the officers and the Council to bring about these changes via a clear but modest restructuring of the Executive Committee and the Executive Council, leaving intact representation from local societies, for which the members have already expressed their preference. I welcome a discussion of a number of considerations that would make these changes acceptable to two-thirds of the members.

It was a privilege to serve on the Task Force on Externalization. It served as a model for meaningful dialogue. We should use this model in our struggle to resolve longstanding disputes about educational standards. I again advocate the creation of a balanced Council group to explore the possibilities of

*Continued on page 9*



## Michael Gundle



Michael Gundle

I believe that the APsA board of directors must be effective, democratic, and representative of our diverse points of view. I have worked towards achieving these goals for over a decade, during

which I have gained an intimate knowledge of how Council works. I have served as a councilor, as chair of the Committee on Council, and on numerous other committees. Most recently I have worked with the Bylaws Committee on a major cleanup of our bylaws. Our work to make Council an effective board of directors is far from complete. It is only beginning.

When I began serving on Council, it played little more than a ceremonial role. The officers effectively functioned as a board of directors. In the past 10 years the councilors have educated themselves as to their legal

responsibilities, and the officers have become aware of the advantages of an active and engaged Council for making good organizational policy. I am pleased to have played a role in those changes as chair of the Committee on Council from 2000 to 2006. During that time I redefined and expanded the committee's mission. Many of my ideas to improve the functioning of Council as a board of directors have been put into practice. As a result Council is now more active and responsible than ever, though there is much room for improvement. I remain an active member of the committee, as I have from its inception in 1998. The Committee on Council, the first to be composed of councilors, continues to successfully carry out its mission of improving the effectiveness of Council under Ralph Fishkin's leadership. We have recommended the formation of a number of other committees made up of councilors. It is this committee structure, which soon will include every serving councilor, that will make Council an even more effective board of directors.


Our officers currently work in relative isolation from us, the members, and the members' representatives on Council. No small group, however hardworking, can possibly see all the facets of a problem or all the implications of a proposed solution. Small groups are notoriously susceptible to group-think. That is why the U.S. Constitution wisely requires the president to share power with representatives of the people and with the courts. For those same reasons APsA needs a more active board, with effective internal organization into committees, not to second-guess the officers, but to give their proposals a second look. A body that reflects the diverse points of view of our members is more likely to recognize previously unforeseen consequences of new proposals.

The next steps we should take will build on two recent changes in our functioning, one involving the Executive Committee and the other finances. In the past two years our current president, Prudy Gourguechon, invited two councilors, Ralph Fishkin and Lee Ascherman, to serve as non-voting participants on

the Executive Committee. This arrangement has worked well for communication in both directions between the officers and the Council. The next logical step will be for Council itself to elect four councilors to participate on the Executive Committee. Many other non-profit corporations do this, and so should we. Further, we should work toward giving these councilors a vote on the Executive Committee. This change will make Council, through its representatives, an active part of APsA decision-making between Council meetings, when a great deal of it takes place. It will promote teamwork between the officers and Council, in place of past perceptions of competition.

A second recent change occurred at the Chicago Council meeting. With the help of abundant financial information from our treasurer, Judy Schachter, the Council spent more time than ever examining the budget for the coming fiscal year. The next logical step for Council will be to increase its involvement in the formation of the budget. Currently, the officers create the budget, with the help of the Budget and Finance committee. This committee usually contains few if any councilors and has no responsibility to report to the board of directors. Council should elect councilors to a number of the positions on the Budget and Finance Committee, if not to all of them. Like the previous change, this one will promote teamwork between the Council and the officers and improve communication. When Council considers a new budget, a group of its own members will be in a position to intelligently discuss the trade-offs and other details that went into the budget process.

I believe that Council must continue to work cooperatively with BOPS to find solutions to the educational problems that concern our members in many locations. As a current BOPS fellow, I am in a position to contribute to this ongoing process.


I ask for your vote for councilor-at-large so that I may have the opportunity to use my experience on Council, and on other boards of directors, to contribute to Council's bylaws-mandated duty to be a wise, effective, and forward looking board of directors. 

## Ralph Fishkin

*Continued from page 8*

a comprehensive set of solutions to a set of agreed upon problems. Only changes developing from consensus among disagreeing but principled colleagues will lead to a successful solution. As their representatives, we councilors owe it to our members to work together with collegiality and respect.

I continue to advocate for the expansion of APsA membership to include like-minded and qualified psychoanalysts who did not train in our institutes.

Research in psychoanalysis remains under-emphasized. We should promote the awareness of current psychoanalytic research via the creation of a vehicle such as the JAPA Netcast, the Brainstorming List, or a "Community of Interest Group," in which our researchers would engage in dialogue with members, with the proceedings published in quarterly reports or in JAPA. 

## Lee Jaffe



Lee Jaffe

Dear Colleagues:

I've been asked to share some information about myself that will help you cast an informed vote in the upcoming APsA elections for councilor-at-large. While I'm mindful


of the challenge to navigate between the Scylla of narcissism and the Charybdis of not saying enough about myself, I do hope the following information about my qualifications and my views will be helpful.

Over the past three years, serving as the alternate councilor from San Diego, I've become familiar with the workings of the Council. Serving on BOPS committees and on the editorial boards of *TAP* and *JAPA* has contributed to my appreciation for all that APsA is and does. As past-president of the Affiliate Council (APsA's clinical associates' organization) and past-president of IPSO (IPA's clinical associates' organization), I've developed a good sense of the vital role of our candidates, both for the present and future of our organization. Serving as one of our North American APsA representatives to the board of the IPA has given me a global sense of psychoanalysis and our international organization. At home, being the current president of my society and institute keeps me in touch with pressing issues at the local level.

In these various roles, I've been repeatedly impressed by all the talented people who give of their time, and the essential need to make sure that such volunteer time is well spent and rewarding. As the Council strives to be increasingly more effective in its role as APsA's board of directors, there will be opportunities to encourage our members to be active and involved, while at the same time increasing the awareness of both the excellence of APsA's training programs and the skills of our graduates. As to my views, here are some bulleted points that will give you a sense of what to expect if you decide to vote for me:

- If elected as your councilor-at-large, I will advocate for and support agendas that promote agreeable solutions to non-productive, internal power struggles. Such struggles are a demoralizing waste of our members' time, energy, and dues. Finding solutions requires that minorities are respectfully heard, and that in the end a majority decides; but when matters do come to a vote, it is critical that we distinguish between those organizational matters that are appropriate to the requirement for a two-thirds super-majority (e.g. votes that impact the individual privileges of members) and those matters that are appropriate to a simple majority.
- If elected as your councilor-at-large, I will advocate for and support the Council's authority and responsibility as APsA's board of directors, including its coordination with the educational functions of BOPS, in an effort to make its large size an asset, while making sure that all our individual societies, institutes, and centers continue to have an active voice in the organization.
- If elected as your councilor-at-large, I will advocate for and support the ongoing development of national resources that assist our local institutes in their efforts to improve upon psychoanalytic education. One such effort could be the establishment of a national database of our institutes' courses and curriculums that is routinely updated.
- If elected as your councilor-at-large, I will advocate for and support the pursuit and awareness of research that demonstrates the value and effectiveness of psychoanalysis and psychoanalytic psychotherapies.
- If elected as your councilor-at-large, I will advocate for and support the development of resources that assist local societies and centers in their efforts to keep pace with technology, like the creation of Web sites that enhance local visibility to the community.

- If elected as your councilor-at-large, I will advocate for and support the promotion of public awareness of various APsA accrediting functions that make our graduates amongst the most competent providers anywhere.
- If elected as your councilor-at-large, I promise to listen carefully and consider all points of view.

I trust that I can make a contribution to our organization and would welcome the opportunity to do so. For further information you can contact me at: [Lsjaffe@gmail.com](mailto:Lsjaffe@gmail.com). 

## Contacting the National Office

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Tina Faison	x23
Carolyn Gatto	x20
James Guimaraes	x12
Jake Lynn	x29
Johannes Neuer	x22
Nerissa Steele-Browne	x16
Dean K. Stein	x30
Niki Turner	x18
Debbie Steinke Wardell	x26

# Michigan Psychoanalytic Institute Announces Psychoanalytic Training Scholarship for Academics

## *Alexander Grinstein Interdisciplinary Award Fund*

Deanna Holtzman

We are delighted to announce that the Michigan Psychoanalytic Institute (MPI) now has scholarship grants available for academicians (professors, scholars, teachers, and graduate students in non-clinical fields) who are interested in obtaining psychoanalytic training.

The first grant has been awarded to Jorgelina Corbatta, professor of Hispanic literature at Wayne State University. Corbatta began her psychoanalytic studies at the Michigan Psychoanalytic Institute in September.



Jorgelina Corbatta

Colleagues and friends set up a memorial fund to honor Alexander Grinstein who died last year. He was a well-known Freud scholar and a prolific writer and researcher with a strong interest in literature and applied psychoanalysis, who achieved prominence in the psychoanalytic world both nationally and internationally. Grinstein compiled the *Index of Psychoanalytic Writings*, which was the only

*Deanna Holtzman, Ph.D., is a former chair of CORST, training and supervising analyst at the Michigan Psychoanalytic Institute (MPI) where she chairs Academic Programs. She is president of Sigmund Freud Archives and serves on the faculty of Wayne State University.*

way to do research in the field before the Internet. Interdisciplinary work by scholars trained in psychoanalysis was dear to his heart. He was passionately interested in seeing that academic or Committee on Research and Special Training (CORST) candidates who could not afford analysis and training would be helped financially to be able to do so. Most academics who might be interested cannot afford to undertake training.

An anonymous donor, who knew of Grinstein's desire to promote scholarship through training academic or CORST candidates and became aware of the fund's existence through the memorial obituary which appeared in MPI's newsletter, has generously donated \$200,000 to the fund. The generous support of this groundbreaking grant will pave the way for future donations and programs to attract academic candidates.

These funds will be used to help to defray training expenses of personal analyses, tuition, membership dues, and conference travel for

academic candidates. MPI has had a small academic program for years to train academics, but few could undergo the training because of the financial burden. This donation makes it possible to give grants (not loans) to interested academics.

The fund offers need-based grants of up to \$20,000 over four years to those applicants who have been accepted as academic or CORST candidates at the Michigan Psychoanalytic Institute. There are provisions for extensions of the grant and waivers for tuition if training continues beyond the four years.



Deanna Holtzman

Our Academic Associate training track consists of personal analysis plus a curriculum of theoretical and clinical seminars. We also offer full

clinical training that includes a personal analysis and the experience of conducting clinical psychoanalysis under supervision. Flexible training schedules are available.

Graduates of both programs are eligible to apply for the appropriate membership in the American Psychoanalytic Association.

The intent of these programs is to qualify its graduates to undertake more psychoanalytically-informed research, teaching, and scholarly work in their primary discipline through their study of psychoanalysis in depth.

The generous support of this groundbreaking grant will pave the way for future donations and programs to attract academic candidates.

This fruitful educational endeavor enhances the interdisciplinary work of academics in their primary field of study as well as enriching our clinical candidates' education as they hear academics reason out analytic concepts and bring material from their areas of expertise. Our hope is that the scholars who obtain this dual training will be a living bridge between psychoanalysis and other disciplines. Thus psychoanalysis, as a vital intellectual discipline, will be closely tied to present-day clinical practice and not be viewed simply as an intellectual theory divorced from clinical practice.

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# APsaA's First Nigerian Graduate Analyst

Laura A. Huggler

The Michigan Psychoanalytic Institute can boast of an impressive "first" as Kehinde A. Ayeni last June became the state's—and country's—first Nigerian psychoanalyst to graduate from an APsaA training institute.

As someone who trained with and then shared the graduation platform with Ayeni, it is my honor and pleasure to tell you about her and to highlight her many accomplishments.

## A LONG JOURNEY

Born and raised in the city of Ibadan, Nigeria, and educated there as a public health physician, Ayeni, along with her former husband (also a physician), then emigrated to the United States in 1993 with their young children, Segilola and Mobolaji. Both were looking for residency training opportunities. Ayeni entered a residency program in psychiatry at Wayne State University/Detroit Medical Center. She graduated in 1999 and was awarded the Harry E. August Award for Outstanding Performance in Psychiatry Residency.



Kehinde A. Ayeni

living among rural villagers, teaching them preventive health practices and basic hygiene that included digging latrines and wells. This meant working with largely illiterate people, most of whom were deeply suspicious of anyone they considered a "government official." There, Ayeni experienced in vivo the nature of resistance to change and group defense structures—and how to successfully work with these defenses.

Fast forward to the U.S. where, when I first met Ayeni in 2001, she was an attending psychiatrist for the High Intervention Program at Detroit Receiving Hospital. At the hospital, I observed firsthand her calm, emphatic style and deep sensitivity as she worked with very sick patients, many of whom were homeless.

graduation speech, she noted the powerful influence of her beloved grandmother—a woman born in 1900 at the time of the British colonization of Nigeria and a time of great upheaval for the country. Although Grandmother, who lived into her 80s, did not possess a Western education, she recognized its profound significance for future generations. Among her own children, Ayeni says, "In Grandmother's town of about 50,000 people, she produced the first medical doctor, lawyer, and nurse. Her lawyer daughter also was the first Nigerian to obtain a doctorate in tort law." As a child, Ayeni recalls attending many graduation ceremonies of extended family and friends, noting that Grandmother never failed to make use of these occasions to include "a hefty dose of lectures about the doom and calamity that would befall any one of us who refused to go to college, or at least acquire a skill."

In 2006, Ayeni published her first novel, *Our Mothers' Sore Expectations*, about the experiences of women living under dictatorship in Nigeria. Ayeni commented that writing the book was very therapeutic for her as it was "my way of mourning for my country of origin and of integrating my experiences," as she established her life in America. Ayeni has honored her grandmother's tradition of supporting the efforts of others to obtain a formal education. She has used proceeds from the sale of her book to establish the Foundation for Indigenous Development and Advocacy (Foundida.org), a non-profit organization dedicated to helping Nigerian children obtain a minimum elementary school education. To date, her foundation has assisted five families with financial help for tuition, books, and uniforms for their children.

What does the future hold for Ayeni? As her younger child nears college, Ayeni plans to continue to develop her private practice and her involvement at the Michigan Psychoanalytic Institute. She also speaks of a dearly held dream—as a dual citizen of the U.S. and Nigeria, Ayeni wants to return yearly to Nigeria with the hopes of establishing the first training facility to teach psychoanalytic psychotherapy to psychiatric residents. Such training does not exist in Nigeria today. Given Ayeni's impressive drive and determination, keep posted for further developments.

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Ayeni wants to return yearly to Nigeria with the hopes of establishing the first training facility to teach psychoanalytic psychotherapy to psychiatric residents.

Ayeni credits her early professional experiences as a public health physician in Nigeria for deeply influencing her eventual career choice as a psychiatrist. In Nigeria, rather than work in an urban office, she took six-month assignments

Today, she continues to work with chronically ill patients at a Detroit clinic while maintaining her private practice in psychotherapy and psychoanalysis in Farmington Hills. Ayeni finds the combination of practicing both psychiatry and psychoanalysis deeply satisfying and feels the two professional disciplines continue to complement and inform each other: "What I like best about my work is helping troubled patients tell their story—to have the story finally come together and make sense."

## GRANDMOTHER'S LEGACY

Family has always been vitally important to Ayeni. During her psychoanalytic training

Laura A. Huggler, Ph.D., practices adult psychotherapy and psychoanalysis in West Bloomfield, Michigan. She is a psychoanalytically-informed organizational consultant and is co-chair of APsaA's Committee on Corporate and Organizational Consultation. She can be reached at [LauraHuggler@cs.com](mailto:LauraHuggler@cs.com) (248-592-9436).





# Psychoanalytic Education and Neuroscience

Charles P. Fisher and George G. Fishman

The relationship between psychoanalysis and neuroscience is a current topic of debate. Psychoanalytic scholars, clinicians, and researchers, such as Mark Solms, Howard Shevrin, Edward Nersessian, Otto Kernberg, Arnold Modell, Linda Brakel, Marianne Leuzinger-Bohleber, and others have demonstrated powerful correlations between events in the subjective world of the analytic subject and simultaneous or nearly simultaneous events in the brain. These correlations tend to support the basic intellectual premises of psychoanalysis—the existence of unconscious mental processing, active inhibition of unwanted memories, and motivational drive in relation to dreaming.

Other work in contemporary neuroscience informs us about the biological processes that accompany change in psychoanalysis or psychotherapy, establishing psychoanalysis as a biological as well as psychological intervention. Neuroscientists such as Eric Kandel, Antonio Damasio, Jaak Panksepp, Oliver Sacks, and many others are active collaborators in exploring the relationship between brain events and human subjectivity. Some believe that only



Charles P. Fisher

the linkage of psychoanalysis to brain science (as proposed by Freud before 1900) can save the theoretical and clinical enterprise from irrelevance in the 21st century.

On the other hand, there are voices among us asserting that there is no essential relationship between the disciplines of psychoanalysis and neuroscience. The attempt to connect the two realms is seen by some as a naive scientism which misses the heart of conscious and unconscious intrapsychic life. Others see a tendency to yield to the seductions of popular enthusiasm for mechanistic ways of

and other material that will influence teaching and learning about psychoanalysis and neuroscience within APsaA.

## NEW STUDY GROUP

In its initial work, the group has developed the following mission statement:

Our purpose is to explore and disseminate knowledge about psychoanalytic theory and practice as it relates to contemporary research in cognitive and affective neuroscience, and in other cognitive sciences.

We aim to:

- Explore the ways in which knowledge in each discipline can stimulate research and clinical investigation in the other.
- Deal thoughtfully with the methodological difficulties of interdisciplinary work.
- Make use of studies and materials that are already available, while seeking to stimulate new research.
- Encourage and assist the development of pertinent curricular materials for psychoanalytic candidates (and faculty).

## Just how do brain and mind interact?

## What accounts for their seeming separateness?

thinking. Sidney Pulver and others have maintained that neuroscience may inform the theoretical models of psychoanalysis but has not demonstrated any clinical relevance. Rachel Blass and Zvi Carmeli, among others, are more radical in their critique.

In the light of this polarization, what is most useful to include in psychoanalytic education about the relationship of psychoanalysis and neuroscience? The Committee on Psychoanalytic Education (COPE) of the American Psychoanalytic Association has created a Study Group on Neuroscience and Psychoanalytic Education to explore this question. The group, which we co-chair, has been asked to develop curricula, position papers, panel presentations,

- Encounter and debate the serious objections to this kind of interdisciplinary work which are expressed by some psychoanalysts.
- Avoid oversimplifications of complex relationships.

The group, which had its first meeting at the APsaA 2009 National Meeting (last January), will ultimately consist of psychoanalysts, neuroscientists, and others who are strongly interested in this kind of interdisciplinary work. We hope to include at least one philosopher who is interested in this area in order to

*Continued on page 15*

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*George G. Fishman, M.D., is director of psychotherapy training at Beth Israel Deaconess Hospital Department of Psychiatry, assistant clinical professor of psychiatry at Harvard Medical School, training and supervising analyst at Boston Psychoanalytic Institute, and faculty member at Massachusetts Institute for Psychoanalysis.*





## Parapraxes: Are Cognitive and Analytic Theories Converging?

Andrew J. Gerber

Parapraxes, as described in Freud's *Psychopathology of Everyday Life*, constitute one of the original and core observations of psychoanalysis about the way that descriptively, and often dynamically, unconscious mental contents manifest in behavior. As classically psychoanalytic interpretations of other mental contents, from the Oedipus complex to the latent content of dreams, have been challenged and cast in other, non-psychoanalytic, lights, parapraxes have remained strangely immune from these reinterpretations. Perhaps it is because of their entrenched place in our culture—after all, what more common reference is there to psychoanalysis in the parlance of non-professionals than the “Freudian slip”? Or perhaps it is because it feels so intuitively obvious that unconscious motivation is at work when we say or do *exactly* the wrong thing? Or most cynically, perhaps it is because a parapraxis can seem to be so trivial and without profound consequences for thinking and behavior, that it has hardly been worth challenging by psychologists and theorists who have challenged other conventional psychoanalytic descriptions.

### WEGNER'S IRONIC MONITORING PROCESS

In the July 3, 2009, issue of *Science*, Daniel Wegner, a Harvard cognitive psychologist and author of numerous articles and studies of descriptively unconscious processes, takes

on this issue in a review he calls “How to think, say, or do precisely the worst thing for any occasion.” He outlines contemporary theory for “the precisely counterintentional error” and presents some of his own research to support this framework. According to Wegner, when we are trying to suppress a thought or action, a part of our mental apparatus is devoted to vigilantly checking for exactly that thought which we are excluding so as to usher it away, if necessary. This so-called ironic monitoring process operates



Andrew J. Gerber

well under normal conditions, but when there is an increase in “mental load” (stress, time pressure, or distraction), it paradoxically can lead the individual to be more likely to make exactly the error that it was designed to guard against.

Wegner presents several interesting experiments to support his hypotheses. In 1992, he published the results of a study in which he asked people to try *not* to think about a particular word during a word association task. Subjects were more likely to associate to exactly that forbidden word than subjects who had not been asked to suppress thought of that word. He also showed that this process

occurs even when the task does not explicitly involve recall of words. Subjects were asked to name the color that a word was written in. As in the classic Stroop task, in which subjects are slower to name the color of the ink when the word itself spells out a different color name, subjects find it impossible to inhibit the natural response of reading the word, even though the task does not require it. When subjects were presented with words that they had been asked not to think about, they were slower to name the color of the ink, than when they were naming the color of other words. It appears that the very act of attempting consciously to exclude a word from consciousness, ironically initiates a process that brings that word to mind.

Wegner showed that this phenomenon is not restricted to language. In a 1998 experiment he asked some subjects to hold a pendulum still and other subjects to specifically avoid letting the pendulum swing in one particular direction. Ironically, subjects in the second group were much more likely to let the pendulum swing in the direction they had been asked to avoid, especially when they were distracted from the task with a meaningless cognitive load (counting backwards from 1000 by threes).

...what more common reference is there to psychoanalysis in the parlance of non-professionals than the “Freudian slip”?

RETURN OF THE SUPPRESSED?

There are at least two obvious differences between the results of these experiments and what we traditionally think of as the “return of the repressed” or a parapraxis. First, the attempts to exclude a word from consciousness or to avoid a particular behavior as described in these experiments are themselves conscious, suggesting that these results bear more on suppression than on the more clinically relevant process of repression. Second, the motives for succeeding or failing in these tasks are not specifically addressed in the experiments—presumably the subject has

Continued on page 15

Andrew J. Gerber, M.D., Ph.D., is chair of the Committee on Scientific Activities, a candidate at the Columbia University Center for Psychoanalytic Training and Research, and a clinical fellow in the New York State Psychiatric Institute/Columbia University Division of Child and Adolescent Psychiatry.

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some desire to conform to the experimenter's instructions and perhaps showing his or her talents, but it is not obvious in the general case what the costs or benefits of complying or failing to comply would be.

Subsequent experiments by Wegner and other researchers have attempted to address this in a limited way. In one study, published in 1999 in the *Journal of Personality and Social Psychology*, some subjects with eating disorders were asked to role play not having an eating disorder during a clinical interview by a researcher. Subjects who were asked to pretend not to have an eating disorder not only reported an increase in intrusive thoughts of eating during the interview but were more likely to rate the interviewer as having an eating disorder. Thus we could speculate that the defense mechanism of projection has elements that can be usefully studied through this framework. Wegner even proposes reinterpreting experiments which show that individuals who are homophobic are more aroused by homoerotic material (a classic finding published by H.E. Adams and colleagues in 1996) or individuals who are trying hard to be "politically correct" are more likely to make prejudiced comments under mental load. Traditionally these studies were thought to show that the origins of homophobia and political correctness are in an increased force towards homoerotic feelings and prejudice, respectively. Wegner suggests that it is the very effort to suppress these thoughts and behaviors that gives rise to the increased likelihood of an "error."

Even our understanding of dreams may be affected by further explanation of these phenomena. Wegner found that when individuals were instructed to suppress thoughts of neutral or emotional topics before sleep, they were more likely to report manifest dreaming about these topics. Clearly more work needs to be done to understand the role of this phenomenon for our understanding of dreams. Does motivated repression work in the same way as suppression? How does this relate to the degree of motivation of the underlying wish, which is being suppressed or repressed? And is this more relevant to manifest content of dreams or does it affect latent content as well?

The most intellectually appealing interpretation of Wegner's work may be that our division between dynamic and cognitive motives for parapraxes, as well as for common defense mechanisms such as displacement, projection, and reaction formation, is less clear than we once believed. The very act of excluding mental content, no matter what the motivation, adds to the level of attention which we are devoting to that particular material. Therefore, it is not surprising that we notice this

material more quickly and that it affects what we think and do in important ways. Our attentional system, as analysts have long known about primary process material, may not be particularly concerned with determining whether something is good or bad, but rather when it is salient. Salience has profound effects for the rest of our mental processes both in and out of awareness. A greater understanding of these effects will be useful to scientists and clinicians alike.

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## COPE

*Continued from page 13*

receive help with some of the epistemological complexities we face. We would also like to include several psychoanalysts who are open-minded but who question the kind of work we envision. To fulfill our mission, we wish to limit the size of the core working group to about 12 members. Others might become involved in a consulting role.

### THE CLINICO-ANATOMICAL METHOD

The tools of neuroimaging, magnetic stimulation of the brain, genetic studies, and molecular biology account for the rapid proliferation of findings in neuroscience. The clinico-anatomical method, refined by A. R. Luria (the great Russian neuropsychologist and psychoanalyst) as the method of "dynamic localization" has been used by Mark Solms and others to study the neuropsychology of dreams. Vittorio Gallese, Morris Eagle, Paulo Migone, and others have published remarkable work about mirror neurons. Colleagues of Eric Kandel have studied subtle brain changes accompanying psychotherapy. Drew Westen and Glen Gabbard have written widely on developments in cognitive neuroscience.

In the light of this significant research, it is important to focus on the limits, as well as the advantages of neuroscientific concepts as a bridge to subjectivity. In order to achieve this balanced viewpoint, we must delineate the different levels of discourse involved in discussing psychoanalysis and neuroscience. We must also guard against the tendency for analysts to take up particular findings from

neuroscience (correctly or incorrectly understood), to bolster whatever they believed in the first place about psychoanalytic theory and technique.

At the same time, the study group will endeavor to avoid excessive modesty about the feasibility of interdisciplinary work. Contemporary philosophy is challenged in ever more pointed ways to account for the existence of consciousness and the phenomenology of mind. Few analysts and neuroscientists question whether mind and brain are separate realms. The question of interest concerns the precise nature of their interrelationship. Just how do brain and mind interact? What accounts for their seeming separateness? These questions are beyond the scope of either field, and yet they inevitably arise when we try to put the fields of psychoanalysis and neuroscience together. For now, it may be sufficient to say that findings in each field can stimulate inquiry in the other. Just as the data of neuroscience stimulate new questions in psychoanalysis, the phenomenological and subjective data of psychoanalysis stimulate new questions and new areas of study for neuroscience. It should not be necessary for psychoanalysis to limit its findings and assertions to those that are consistent with contemporary neuroscience. Freud and many others have led the way in assisting neuroscience in the discovery of phenomena previously unrecognized. While acknowledging that both fields have established certain facts beyond significant doubt, there is much that remains unknown in both realms. We would not want the unproven theories of psychoanalysis to be constrained by as yet unproven theories of neuroscience.

APSA

# THE AFFILIATE COUNCIL



Carmela Perez


## Travel Grant Opportunity for Candidates

Carmela Perez

The Affiliate Council is delighted to announce a new Travel Grant Award Program for candidates who have never attended an APsaA national meeting. The program is designed to encourage candidate participation and involvement in APsaA.

The Travel Grant Program, created by Richard Grossberg, the Affiliate Council treasurer, will allow Affiliate members who have never attended an APsaA national meeting to do so. To apply for the travel grant, candidates must be Affiliate members of APsaA. Applications for Affiliate membership are available online at [www.apsa.org/joinapsaa](http://www.apsa.org/joinapsaa).

APsaA will provide \$250 to one Affiliate member from each of the 31 institutes provided that the local institute match the Affiliate Council's grant. Awardees will be selected by their own institutes. It will be left to the local institute to determine if the matching grant is made on the basis of need, merit, or even a lottery. The awardees will be required to attend the Affiliate Council meeting during the APsaA national meeting in order to share with the larger body information from their local institutes as well as to take back to their local institutes information from the national level. Additionally, this will guarantee that the Affiliate Council meeting will have representation from all institutes.

Early this fall, Grossberg will be sending all institute administrators and directors a request for enrollment in the program in addition to specific information about the Travel Grant Program. Travel grants will be available for the 2010 National Meeting in New York as well as the APsaA Annual Meeting in June 2010 in Washington, DC. We hope that all institutes will participate in the Affiliate Council's new Travel Grant Program. For more information, please contact Richard Grossberg at [richard.grossberg@hattielarham.org](mailto:richard.grossberg@hattielarham.org). 

Carmela Perez, Ph.D., is president of the Affiliate Council.

ANNOUNCING...

## APSAA's AFFILIATE MEMBERSHIP DRIVE

October 15–November 15  
2009



APsaA's goal is to enroll 100%  
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**American Psychoanalytic Association**

# The Long Haul: Healing the Wounds of War, Part II

Jonathan Shay



Jonathan Shay

*The first half of Shay's presentation at the Presidential Symposium of APsaA's 2009 National Meeting was printed in the previous issue of The American Psychoanalyst. The second half is included here.*

In part I, Shay reviewed how he came to work with veterans and was inspired by their Homeric narratives. He reviewed the origins of psychological wounds of war and how they might be prevented. He discussed the shortcomings of current diagnostic nomenclature and reviewed the necessary components of a therapeutic milieu and a therapeutic alliance. Here he continues by describing psychological complications of the initial wartime injury and the effect of the injury on the family, workplace, and community in which the veteran lives.

...So the complications of the primary injury, just like hemorrhage and infection, deserve our most vigorous efforts toward prevention and early recognition and treatment. And I'm here to say that I am deeply optimistic that it is possible to both prevent and treat the most dreadful of the complications.

Now, you'll discover momentarily that when I say that the worst complications can be prevented and treated, I'm running directly afoul

*Jonathan Shay, M.D., is a Veterans Administration psychiatrist, author of Achilles in Vietnam and Odysseus in America, and was awarded a MacArthur Foundation (Genius) Award. He is internationally renowned for his groundbreaking work on the psychological sequelae of war.*



of very longstanding and very prestigious and very entrenched philosophic positions which we can trace visibly back to Plato and through the Stoics, to Emmanuel Kant and through Emmanuel Kant and the Stoics to Freud, and independently without Freud from Plato, the Stoics, and Kant. You can read all of that in that Institute of Medicine rant ([www.iom.edu/?id=329.37](http://www.iom.edu/?id=329.37)).

I worked hard on getting the writing and the voice engaging and interesting, so you won't find it painful to read in terms of the writing. But in any case, I have advocated for the concept in prevention, that the main way you prevent the complications is by ethical leadership, expert ethical and properly supported leadership at all levels. But this is very heavy lifting in many military organizations to actually bring that about, but that's another matter.

The dreaded and dreadful complications are alcohol and drug abuse, suicide, criminal involvements, and danger seeking. All of these are potentially fatal and disastrous to the veteran and to the family and to the community. As to danger seeking or living on the edge, line and support leaders on military bases are painfully aware of the holocaust of young men in single vehicle motor accidents. It's catastrophic.

Some of this can be understood as the direct continuation of valid survival adaptations, such

as veering across four lanes of high-speed traffic to avoid a parked car. That was a valid survival adaptation in theatre to avoid a roadside bomb, but now potentially fatal to the veteran and whoever is in the car with him, in the civilian context it is an illustration of "primary injury." Danger seeking behavior—some people refer to this by the *ad hominem* term, "thrill-seeking"—like fast motorcycle riding, is a complication. Remember this is not a stereotype invented by the Vietnam era press. T.E. Lawrence, the most famous veteran of WWI, Lawrence of Arabia, died in a motorcycle accident and in his own words described riding his motorcycle at 90 mph through the lanes of Oxfordshire at a time when the other traffic was moving at 25 mph. And it killed him.



Lawrence on a Brough Superior SS100



Thomas Edward Lawrence

My claim is that the functional and ethical qualities of leadership especially are critical in preventing these complications. To begin with, when I speak of preventing psychological moral injury, I'm referring mainly to the complications to the destruction of trust and to all of these horrible downstream complications of the primary injuries.

What we're doing is physiological, it is psychological, it is social, it is cultural, at every instant. None of those four avatars of the human critter has ontologic priority. It's not that this brain of ours is the really, really real and everything else is merely epiphenomenal. They are each other's environments and they must exchange with each other as environments. They co-evolved during the Upper Paleolithic and were all fully present when the modern human first appeared. There has never been a human with half a mind or a quarter of a culture.

*Continued on page 25*



# Behavioral Finance: The Herd Instinct

John W. Schott



John W. Schott

Behavioral finance has emerged as a discipline over the course of the last 20 years. This new field is the result of a syncretism of economics, psychology, psychoanalysis, and neuroscience. It is a new field in which many turf issues are undecided and from which a definitive market paradigm has yet to emerge.

The dominant market paradigm operant in finance is that of the efficient market hypothesis (EMH). The efficient market hypothesis states that the price of any security at any moment accurately, or efficiently, reflects everything that is known about that security. In fact, EMH implies that the price not only reflects a full range of knowledge about that security but also everything known at that instant about the entire stock market; also the economy in general, society at large, and so forth.

The only trouble with the EMH, which incidentally is taught as the gospel in more than 90 percent of the leading U.S. universities, is that it is patently wrong. Every practitioner in the field knows this. Any money manager knows that the mastery of emotions connected to money and to investing is paramount to good investing. This was often simplified to mean conquering greed in bull markets and surmounting fear in bear markets.

The other psychological fact long recognized in investing is an awareness of group dynamics or the herd instinct. Surprisingly, the herd instinct seems to impact professional

John W. Schott, M.D., is a member of the Boston Psychoanalytic Society and APsA's Investment Committee. He is director and portfolio manager at Steinberg Global Asset Management. He also publishes a monthly newsletter on investment psychology, The Schott Letter.

investors even more than individual investors, although, in truth, both groups are strongly affected.

The first serious treatise on market psychology was the oft-quoted, seldom read *Extraordinary Popular Delusions and the Madness of Crowds* written by David MacKay, published in 1832. MacKay examined three historical speculative market bubbles: Holland's 17th century tulip mania; the 18th century South Sea Company bubble in England; and the Mississippi Land Scandal in 18th century France.

The first serious treatise on market psychology was the oft-quoted, seldom read *Extraordinary Popular Delusions and the Madness of Crowds...*

## TULIP MANIA, SOUTH SEAS BUBBLES, AND A HUNCHBACK OF NOTRE DAME

Tulips were first introduced into Holland from Turkey in the 15th century. Growing conditions in Holland turned out to be excellent



A tulip, known as "the Viceroy," displayed in a 1637 Dutch catalog.

for the propagation of new lines. What started as a passion of royalty and the rich quickly spread to Holland's newly emerging middle class. In 1635, a new strain dubbed "the Viceroy" gained enormous popularity. Initially quite rare, the possession of a few Viceroy bulbs conferred celebrity status on the owner: Within six months the price for a Viceroy rose from 35 florins to more than 2500 florins. It is difficult to translate those prices into 21st century currency. In 1635, 2500 florins would have purchased a suit of new clothes, a new bed, four oxen, eight swine, thirteen sheep, 1,000 pounds of cheese, and four lasts of rye. In other words, more than a year's salary for a skilled artisan. The problem,

of course, which should have been foreseen by anyone, was that it did not take Holland's skilled horticulture industry very long to propagate the Viceroy in such great numbers that the Viceroy's price tumbled even more quickly than it rose, reaching a low of less than 50 florins within six months.

A similar story surrounds the South Sea Company in England. The company was founded in 1711 by the Earl of Oxford and did indeed have a valuable possession.

Parliament had granted the company a monopoly on trade with England's South Sea possessions. Armed with this incredible franchise, the company was a booming success. Earnings poured in and dividends soared as did share prices. In 1720, the year of the Great Bubble, the stock rose from 128 shillings to 890 shillings in less than six months. The success was so dazzling that Parliament gave pensioners the option of trading their annuities for South Sea stock. Later in the year, the price rose above 1000 shillings. At that point, the board of directors decided on an expansion plan and flooded the market with five million new shares. The market collapsed, with shares dropping overnight to 135 shillings.

Continued on page 27



# From the Unconscious

Sheri Butler Hunt



Richard M. Berlin is a psychiatrist and poet who received his undergraduate and medical education at Northwestern University. He trained in psychiatry at the Pennsylvania State University College of Medicine and was a fellow in consultation/liaison psychiatry at Fairfax Hospital in Falls Church, Va. The winner of numerous poetry awards, his first collection of poems, *How JFK Killed My Father*, won the Pearl Poetry Prize and was published by Pearl Editions. Berlin's poetry has also been published in a broad array of anthologies, literary journals, and medical journals including his column "Poetry of the Times," which is featured each month in *Psychiatric Times*. An associate professor of psychiatry at the University of Massachusetts Medical School, he is the author of more than 60 scientific papers and has edited *Sleep Disorders in Psychiatric Practice* (Ryandic Publishing) and *Poets on Prozac: Mental Illness, Treatment, and the Creative Process* (Johns Hopkins University Press, 2008). He practices psychiatry (including psychotherapy) in a small town in the Berkshire hills of western Massachusetts.

## MANAGED CARE ALIENS

I love the way you look almost human  
carrying your palm pilots and leather attaches,  
dressed in your elegant chalk-striped navy blue  
suits and black Cole Haan shoes. I love the way  
your species can morph into new creatures,  
all of them life-like and friendly but without memories  
of all the agreements I signed in the past,  
how I never meet the same creature twice.  
I love the way you have turned me into an alien, too,  
listing my name in networks that exist  
only in your spaced-out mind. I love your immunity  
from earth's laws, the way you pretend to provide a universe  
of service when all you do is take up space,  
like bottles of body parts floating in formaldehyde  
on a laboratory shelf. Yet I confess I love  
your earthly manners, your pretense we are friends  
working together to care for the planet's sick  
and suffering, your friendly hand reaching out  
with a number I can bounce off an orbiting satellite  
and connect with you for free. I love the spacey  
music you play while I wait to hear your synthesized  
voice, your computer-enhanced phrases, and top-secret  
billing codes. And like ET, I know you will always be  
lonely on our planet, no matter how much I love you.  
So touch my middle finger, bathe me in starlight,  
and like a good extraterrestrial, please go home.

—Richard M. Berlin

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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 readers' comments and suggestions at [sherihunt@hotmail.com](mailto:sherihunt@hotmail.com).

## Collective Wisdom

*Continued from page 5*

There are several important features to this plan. First, if we move to a two-track system, it maintains national educational standards if a significant percentage of our institutes agree to it and support it. Second, it encourages each institute to have in-depth discussions about which track it will adopt, since each institute must commit to one of the tracks in its entirety. We believe that nationally agreed upon training standards are essential to the education of our candidates and the strength of our profession. If they are not firmly in place, changing local exigencies will undoubtedly precipitate abrupt and impulsive changes to fulfill certain needs.

The educational rationale for these impulsive decisions might then be made post hoc. Shared national standards protect us all from these changing local pressures and, further, allow for collective wisdom of a group of institutes to create what must inevitably be a better product.

Finally, to enlist the support and input from all of our institutes, we plan to create three new study groups with faculty representatives from each institute. These study groups will study issues relating to curriculum, admissions, and recruitment.

We hope that this clarifies any confusion about our current training standards as they pertain to the training analyst system and highlights some of BOPS's attempts to be responsive to the concerns of all of our institutes. [APSA](#)

## BYLAW VOTE RESULTS

The proposed amendment provided a criterion (training substantially equivalent to that provided by an APsA or IPA institute) for direct election to Active Member of the Association. Existing bylaws require the statement of such criteria.

The proposed amendment included mechanisms for applying the criterion: the Membership Requirements and Review Committee (MRRC) would propose policies and procedures; these would be circulated to the members for at least 90 days before ratification by a supermajority of the Executive Council; a non-voting representative of BOPS would be invited to help in the formulation of these policies and procedures.

The proposed bylaw amendment was not approved.

The balloting results were:

**FOR (APPROVE)—619 (58%)**  
**AGAINST (DISAPPROVE)—436 (41%)**  
**ABSTAIN—21 (1%)**

Votes required to approve = 711  
*Approval requires 66% (2/3) of those members present.*

## Training and Supervising Analyst Appointments Announced By the Board On Professional Standards

July 27, 2009

*Hyatt Regency  
McCormick Place, Chicago*

### Training and Supervising Analysts

Samuel T. Goldberg, M.D.  
Baltimore-Washington Center  
for Psychoanalysis

Jeffrey K. Halpern, M.D.  
Columbia University Center for  
Psychoanalytic Training and Research  
Janice Mill, Ph.D.  
San Francisco Center for Psychoanalysis

Beth J. Seelig, M.D.  
Columbia University Center for  
Psychoanalytic Training and Research

### Geographic Rule Training and Supervising Analyst

Charles P. Fisher, M.D.  
Oregon Psychoanalytic Institute  
(Provisional)

### Geographic Rule Supervising Analysts

Alexandra M. Harrison, M.D.  
Cincinnati Psychoanalytic Institute

Rona B. Knight, Ph.D.  
Boston Psychoanalytic Society  
and Institute

Joseph Lichtenberg, M.D.  
Greater Kansas City  
Psychoanalytic Institute

Anita G. Schmukler, D.O.  
New York University  
Psychoanalytic Institute

### Geographic Rule Child and Adolescent Supervising Analyst

Ruth K. Karush, M.D.  
Western New England Institute  
for Psychoanalysis

## Health Care Reform— Testing Chaos Theory

Bob Pyles

Will Rogers once famously remarked, “I don’t belong to any organized political party. I’m a Democrat.” He must be smiling now.

With the Democrats firmly in control of the Executive and Congress, and, with the personal popularity of President Obama, just a short time ago major health care reform seemed like a slam dunk. The president’s three goals were clear: 1) universal health care coverage, including a “public option,” 2) budget neutrality for 10 years, 3) congressional approval before the August recess.

Mindful of the failure of the Clinton Health Plan in 1993, all 1,366 pages of it, which had been written more or less in secret by a small group and presented to Congress in toto, the president informed Congress of his goals and then left it to the House and Senate to construct the actual bill. That’s when the wheels came off.

The three committees responsible for writing the plan (two in the House and one in the Senate) responded by constructing labyrinthine drafts of over 1,000 pages, with hundreds of special “entitlements,” by congressmen eager to court their constituents. One description was that it looked like a “pork barrel Christmas tree.”

The result was multiple splits of the Democratic Party itself (Liberals versus Blue Dogs) and a public increasingly alarmed that its health insurance would be taken away or that its health care would be controlled by the government.

### ANXIETY EPICENTERS

Anxiety centered around particular epicenters. Many citizens were concerned about increased taxes. Seniors were especially alarmed because part of the proposal would pay for the plan with cuts in Medicare. Additional concerns

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

centered around the effects of these cuts on “end of life care.”

The public option provision was designed to provide insurance by the government for those who were not otherwise insured. The fears here were that private insurance companies would be driven out of business and employers would begin to phase out employer-based health insurance. Others felt that this was a covert end run to achieve a single payer system over time.

The tremendous confusion in Congress seems to have led to an outpouring of anxiety, concern, and anger by the general public unmatched in my experience since the Vietnam protests. Understandably, congressmen began to become fearful for their own political lives. A series of town hall meetings, were held all over the country with politicians facing intense questioning.

Finally, the president himself took to the campaign trail, where he has been so effective in the past.

The bills make much of “comparative effectiveness research” (CER), overseen by an “independent commission” charged with developing “quality measurement and performance standards.” This has created concern about possible arbitrary denials of care based on government standards rather than medical judgment, i.e., camouflaged health care rationing.

Much of this debate is centered on end of life care. Studies have shown that 10 percent of Medicare patients generate 60 percent of the costs while the bottom 50 percent account for 4 percent of the costs. The current concern is that individuals generating the most cost will be at greatest risk for denial of care. Recent studies have shown that properly done, home health care cuts costs by 25-60 percent while



Bob Pyles


providing better care. Ironically, what these results require is actual house calls by physicians who can use computers from the home to coordinate care.

### INTENSITY OF AFFECT

As psychoanalysts, we might wonder about the intensity of emotions produced in these debates. Some feel that this might be “the end of the world as we know it.” Others feel that the more likely outcome will be “more of the world we know and already don’t like it much.” However, the fears stirred by questions of health and death and dying touch the deepest core of all of us and our need to protect the very lives of ourselves and our families. Roughly put, much of the debate seems to rest on the polarization between those who trust the government and those who don’t.

Our Association has been in the thick of this struggle to ensure that we can continue to provide quality care for our patients. Our goals have been that of ensuring that private practice is protected and that the privacy of health care information is safeguarded. So far we have been remarkably successful on both counts, most recently getting strong privacy protections into the stimulus package.

This is a very fast moving debate with developments and changes every day. Clearly, by the time this article reaches you, we will have moved far beyond the points that I am describing here. However, I did want to convey some flavor of this remarkable process.

My best guess and hope for a successful outcome of this struggle would be for the president to show the vision and leadership that he has in the past. Having heard the concerns of the American people, the president is in an ideal position to generate a simple plan to improve access to health care in America while preserving those aspects of the current system which Americans value. 

**Editor’s Note:** For up to the minute information on the national health care debate visit the Association Web site [www.apsa.org](http://www.apsa.org) and click on Advocacy/health care reform or scroll down the home page to The President’s Corner.



# Psychological Impact of Office Design on Patients

Grace Dalman, Lynn Drover, and Terrie Kurrasch

In the design of new treatment spaces or the remodel of existing offices, there is much more to consider than the placement of the proverbial couch. Therapeutic aspects, aesthetically-pleasing elements, and creating a healthy environment are just some of the issues that help guide an analyst and his/her design team during the planning and design process. Psychoanalysts' design choices can greatly affect their patients' comfort levels and ultimately, their successful treatment.

Mali Mann, a member and training supervisor of the San Francisco Center for Psychoanalysis, enjoyed the same treatment space for more than 20 years of her career. Yet, in the last year, she has experienced two office moves and the impact on her patients was palpable. The first move proved intolerable because the space was not soundproof, allowing a great amount of external noise to filter in, and it resembled a standard clinical examination room. Now, Mann and her patients enjoy meeting in a warm, serene, and quiet office softly lit by recessed fixtures. Her psychoanalytical patients, who recline on her couch, enjoy a soothing, expansive view through a large window of the sky and a magnolia tree.

*Grace Dalman is a LEED®-accredited interior designer with Ratcliff and an associate member of the International Interior Design Association.*

*Lynn Drover is a LEED®-accredited member of the International Interior Design Association, certified in the State of California, and a senior associate with Ratcliff.*

*Terrie Kurrasch is a Fellow of the American College of Healthcare Executives and a member of the leadership team of the health care practice for Ratcliff, a planning, architecture, and interiors firm building on its more than 100-year legacy to design a sustainable future.*



Mann positioned her treatment office furniture to provide patients with an expansive view of a nearby magnolia tree.

## STABILITY AND SAFETY

"Architecture plays such an important role in our treatment approach," said Mann, who is also a clinical associate adjunct professor at the Stanford University School of Medicine. "Over the years, I've noticed that my patients form attachments to the objects and artwork in my office. Their psychic world connects itself to the external environment they share with their analyst. This has been more evident in particular for patients who suffer from earlier childhood developmental conflicts. When something externally changes or some objects are rearranged or replaced, even in the smallest way, patients can become disturbed and associate the difference with difficulties in their past. Therefore, keeping the analytical space stable and safe is of utmost importance in our analytical work."

Evidence is growing on the impact of interior design on those suffering mental illness; fortunately, there are some relevant axioms that should be considered.



Photo: Mali Mann

## CLARITY OF ORIENTATION

The patient's experience of his/her treatment doesn't begin in the waiting room or office, but rather at the entry to the building.

- Corridors should be kept short and of a consistent dimension to avoid optical illusions.
- The ceiling above a ramp should change slope at the same rate as the ramp.
- Entries to treatment space should be well lit because many patients are drawn to light; doorways to an analyst's private space should be dimmer.
- The use of imperfectly reflective surfaces that warp the image or abstract art in corridors, lobbies, and office spaces should be avoided.

## PATIENT DIGNITY/PRIVACY

As the goals of analysis may include increasing self-confidence and imparting coping skills, the psychoanalyst's office can be the ideal setting to serve as a tool to support recovery.

- A simple way to show respect for patients, and help put them at ease, is by considering their view or line of sight during each session. Are they staring at a stack of paperwork or the back of a computer rather than a window or relaxing piece of artwork?
- Through the use of half-height walls in a waiting room, patients can decrease unwanted stimuli by positioning themselves near the wall. This technique can also be used to increase patient privacy in a larger waiting space.
- Patients will experience a sensation of independence by having the opportunity to personalize the treatment space through manipulation of operable blinds, windows, and thermostats.

*Continued on page 26*

## THE ARTISTRY OF PSYCHOANALYSTS

## Second Annual Art Show at APsaA 2010 National Meeting in January

### EXHIBIT YOUR WORK AND PLAN TO ATTEND

Jon K. Meyer



Jon K. Meyer

"The Artistry of Psychoanalysts," which was so popular and exceeded all attendance expectations at APsaA's 2009 National Meeting last January, will be held again at the

2010 National Meeting on Friday, January 15 from 9 a.m. to 5 p.m. in the Herbert Hoover Suite in the Waldorf Astoria in New York.

The successful 2009 photography showing is being brought back in a new and larger venue and expanded to include both photography and painting. At the first exhibition, 50 photographs done by

our colleagues were shown and a professional photographer discussed them.


Psychoanalysts are known for their sensitivity to the suffering, conflicts, and inhibitions of their patients. What is less well known is that many are also sensitive and talented artists. This exhibit provides a forum for that expression and an opportunity for sharing those visions and talents with others. You are eligible to participate if you are a member, Affiliate member, or Associate of APsaA or a member of IPA or IPSO.

Please plan to exhibit your photographs, paintings, watercolors, and other work. And be sure to see the exhibit because I know from past experience the art will be moving, stirring, and even spectacular.



Jon K. Meyer  
"Roaring Fork Headwaters,"  
exhibited at 2009 The Artistry  
of Psychoanalysts

We have a lot of talent among us. You may show your portraits, landscapes, still lifes, and other work.

Contact me for any information you may need at [jkmeiermd@comcast.net](mailto:jkmeiermd@comcast.net). 

Jon K. Meyer, M.D., is past-president of APsaA; past Erik Erikson Scholar, Austen Riggs Center; professor of psychiatry and psychoanalysis, emeritus, Medical College of Wisconsin; training and supervising analyst, Washington Center for Psychoanalysis; and teaching analyst, Baltimore Washington Psychoanalytic Institute.

### SECOND ANNUAL EXHIBITION



William Kenner  
"Hillsboro Hounds"

## The Artistry of Psychoanalysts

### APsaA 2010 National Meeting

Friday, January 15

9 a.m. – 5 p.m.

Waldorf Astoria Hotel, Herbert Hoover Suite

*Exhibit your photographs, paintings, watercolors  
or other artwork at APsaA's January meeting.*

All APsaA members, Affiliates and Associates, and members of the International Psychoanalytic Association and International Psychoanalytic Students Organization are eligible to participate.

**To submit your work or for more information, please contact Jon K. Meyer at [jkmeiermd@comcast.net](mailto:jkmeiermd@comcast.net).**



## Your APF Donation at Work

Selma Duckler

Did you give \$50 to the American Psychoanalytic Foundation (APF) on your last dues statement?

Your \$50 investment in psychoanalysis helped in many ways.

- A child, whose army parent must suddenly live with a disability, will get treatment to truly help that child cope with serious issues.
- Or a family living in a foreign culture will get information in their own language to help them understand what needs to be done to help their children.
- Or it will help a returning veteran and his family cope with difficult problems for which they have no experience.
- Or help a young family therapist realize that psychodynamic psychotherapy training will bring her closer to helping those people she serves.
- Or help analysts and other professionals unable to go to meetings, easy access to enjoy worldwide lectures, collegial events and unique professional literature.

Any way you look at it, your donation is making meaningful and worthwhile contributions to people's lives.

Did you come to the APF party last January in New York, and enjoy the glorious music and great food? We hope you did and want you to come again this January. Your \$50 did not fund that at all. Your APF committee guarantees that all the money you donate directly supports psychoanalytic projects. When we give a party, we pay for it. When we receive money for outreach, that is how we spend it.

### RECENT GRANTS

For a lengthier posting of other great projects we have funded visit the Association Web site and click on American Psychoanalytic Foundation Committee.

*Selma Duckler is chair of the American Psychoanalytic Foundation and co-chaired the Committee on Foundations. She was a guest author for 100 Q&A About Anxiety by Chap Attwell. She has been an actress, activist, and educator.*

**Jenny Waelder Hall Consultation Training Program, Phase II, Training in Psychoanalytically Informed Preschool Consultation for Military Mental Health Professionals.**



Selma Duckler

Walter Reed Army Medical Center offers a two-year postgraduate fellowship training program to child psychiatrists and social workers in the U.S. Army and Navy. The fellows serve as consultants to the staff at the Child Development Center. This project provides the fellows with training in the process of psychoanalytically informed preschool consultation. The fellows have expressed a desire for this specific focus and training. Besides the typical issues associated with young children in daycare, children of military families face particular challenges.

Many of these children have parents who are, will be, or have been deployed and will return from combat with significant mental and/or physical impairments.

Many of these children have parents who are, will be, or have been deployed and will return from combat with significant mental and/or physical impairments. Many of the fellows also have been or will be deployed to Iraq. An additional outcome of the project will be the development of a preliminary document: *Guidelines for Child Care Consultation in a Military Setting*.

**Helping Hands Project**, a new initiative of the Houston New School in the Heights.

We agreed to support a Spanish-speaking candidate to consult with child care workers caring for Hispanic children who are at risk by

virtue of emotional problems. All of the students have already been expelled from other schools. The candidate is affiliated with the Hannah Perkins School although she is located in Houston. Work with this project is not a specific requirement for her analytic training.


**Veterans Project of South Florida**, to provide direct clinical services, pro bono, to returning veterans and their families.

Funds will be used to inform and help clinicians work in a psychodynamic way with this community. The project is affiliated with the Strategic Outreach to Families of All Reservists (SOFAR) project and received support from local organizations, including the Florida Psychoanalytic Foundation.

**International Psychoanalysis.net**, a Web site for psychoanalytically related content designed to inform and educate a worldwide mental health community.

Proceedings of local organizations are made available, which helps them become better known and more accessible. The Web site is also geared to both young mental health professionals who are deciding about training in the psychodynamic therapies and prospective patients who are considering psychoanalytic

treatment. The Web site is designed to attract people searching for material that is relevant to the interests of psychoanalysts and psychotherapists, including clinical, social, and political issues.

We would like to see your project listed here. We welcome your proposal. Visit our Web site for our mission and project guidelines. Please donate as much as you are able. We cannot have fundraising drives, so your donations are our lifeblood. The outreach projects are the heart and essence of the organization. You cannot spend your money in a better way to help psychoanalysis and yourself. 

## The Long Haul

Continued from page 17

### MORAL INJURIES, CODED AS PHYSICAL ATTACKS

Moral injury, something that I have studied my whole career now in psychiatry, is what happens when there is a high stakes violation of what's right; the what's right is in the realm of culture by someone who holds legitimate authority. Legitimation and authority are both in the social system. And the stakes here, such as the love that this marine has for that marine he went through boot camp with and out to the fleet with, and shared the same fighting hole in Iraq—this love is in the mind, the social system, and the culture.

When moral injury happens, it's massively physiological. You know that from your own experience, that when there is a high stakes violation of what's right by someone with legitimate authority, it's a kick in the stomach. There is a profound physiological reaction; it is psychologically momentous. Such violations purely in the moral world are coded by the body as physical attack and will create a full-fledged post-traumatic picture, with intrusions, and numbing, and the rest.



Artist John Paul Hornbeck had created a sculpture called "Shattered Soldier." He created this sculpture out of elements of war, to show how the soldier becomes the war—and how, even when he returns, war is something not easily forgotten.

### DEFORMING GOOD CHARACTER

But that's not the most important thing about moral injury. That is the deforming effect on good character, caused by betrayal of what's right in a high stakes situation by someone who holds authority. Character is formed and reformed throughout life, primarily by every individual's interaction with the ecology of power.

Now I want to particularly address the handful of you who are mental health administrators. Working with severely traumatized people is an occupationally hazardous activity. Secondary trauma is not a secondary issue in doing this work. It's an OSHA issue; it's an occupational safety and health issue that has to be taken care of in the workplace. If you were talking to a coalmine operator about black lung and that coalmine operator said, "Oh, black lung, it's terrible, terrible. We have

this wonderful respiratory therapy clinic down the street from the pit and anybody who starts to cough, we refer them to it on their own time and their own money. You go get that shit pounded out of your chest!" We would look at that coalmine operator like he was a moral moron. We would say, "No, you have to supply dust respirators to the miners at *your* expense. You have to install misters in the mine galleries to knock that stuff out of the air." And yet in the mental health workplace there's a long tradition that if you can't hack it, little girl, you must need more therapy, at your own expense on your own time, or go sell shoes. You should pick another occupation. The prevention of secondary trauma in the workplace—no matter how well trained or how perfectly you have been psychoanalyzed—is something that



Artist John Paul Hornbeck's sculpture, "The Veteran," is a lifesize image of a disabled veteran, where the face of the veteran is composed entirely of pills. Pinned to an outside pocket of the vet's camouflage jacket is a pill case, reminding him when to take his medication, and John Paul has depicted it in patriotic colors, resembling the American flag. This is from a veteran who is very familiar with his own disabled father's dependence on VA-supplied medication for alleged "quality of life."

critically depends on the qualities of community in the workplace. And community in the workplace requires time. It requires that the people who are on the clinical teams have time to meet together to struggle safely together. A key to preventing psychological injury is the capacity for safe struggle among the team, which prevents splitting.

### TRUST, SPLITS, AND BUSINESS MODEL

Two things cumulatively damage the mind and spirit of the health professional working with trauma survivors: first, is being made a witness to atrocity over and over again by hearing the trauma narratives; and second, being subjected to the repeated and ingenious tests of trust, which most often take the form of splitting.

Continued on page 26

## The Long Haul

Continued from page 25

People who can struggle safely together cannot be split, or the splits are so very quickly healed that they don't do major damage; but all of this takes time and the administrators have to include it in their business model. If you want to do this work in your institution, you have to include the resources for people to take care of themselves.

One last thing before I stop: Sleep—that's a self-care item for all of you, but it's also a huge prevention issue in war; starting right from the terrible things that happen as the result of leaders making bad decisions and losing their self-restraint. Sleep is fuel for the frontal lobes of the brain. If you're out of gas in your frontal lobes you lose ethical self-restraint and you lose emotional self-restraint. Both of those are catastrophic in military units. A paper on this is one of the references in your handout, and it's on the Web. It was in the *Army War College Quarterly* more than 10 years ago. It's mainly about commanders' sleep and the need for commander self-care to be seen as critical to military leaders

fulfilling their own ideals of winning fights and taking care of their troops. If they get too sleep deprived they will screw up and people that they are responsible for will die and they will not complete their missions.

### SLEEP, WATER AND MILITARY MACHO

So it's a big matter; but sleep is not very sexy. The military culture has not yet embraced sleep discipline in the way it has embraced water discipline. The culture fights it—you hear boasts today about going without sleep the same way that 25 years ago you'd hear boasts about running 20k in the heat and coming back with full canteens. I hope you will read this military paper to see how, culturally



U.S. Marines sleeping in their fighting holes inside a compound where they stayed for the night.

AP Photo/David Guttenfelder

speaking, we got where we are today, treating sleep as questionable self-indulgence, rather than ethically obligatory self-care. It applies to mental health professionals as much as to military professionals. You need your frontal lobes!

I am out of time, so I'm going to stop and listen to your comments, questions, ideas, and criticisms.

Thank you.



## Office Design

Continued from page 22

- Doors in treatment spaces should not be hidden from the view of the patient. The feeling that they have the option to leave is empowering to most patients, whereas not having an exit in sight can make the patient feel trapped or claustrophobic.

### DAYLIGHT/NATURE

It is widely held that natural light lessens depression symptoms and views of nature lower alpha wave rates. Ensure patients have the opportunity to look out a window onto nearby plant life. However, keep in mind that a view of people and cars can be distracting. In an urban area where these cityscape views are unavoidable, consider the use of higher windows in an office to allow natural light in the room while limiting the patient's view of the street.

### PATIENT HEALTH AND SAFETY

The *perception* of safety can be just as important as safety elements themselves.

- Patients are often most comfortable when they have the option to position themselves at the edges of a space, where they can see all of their surroundings.
- Increasing numbers of the general public are becoming sensitive to volatile organic compounds (VOCs), off-gassing phthalates (from certain types of vinyl), and other triggers of asthma and multiple chemical sensitivities. Ensure your design team strives for low—or no—VOC finish materials, water-based carpet or wallcovering adhesives, and casework free of added formaldehyde.
- Noise pollution affects patient stress levels. High ambient noise levels can make a space feel less private, making a patient less likely to share information they consider personal. Where possible, utilize

sound-absorptive materials and consider the addition of “white” noise to induce calm and maintain audio privacy.

- Design all patient space according to the principles of Universal Design, or at the very least, to be compliant with the Americans with Disabilities Act. With the return of disabled veterans from Iraq and Afghanistan, many cognitively impaired individuals will be adjusting to their newly-abled bodies and how to use them in public spaces. Ramps, wide doorways, and flexible furniture are just a few of the ways to accommodate this special patient population.

When these design opportunities and challenges have been met and incorporated into the therapeutic environment, the patient and analyst may experience a richer and more intimate treatment partnership.



Visit [www.ratcliffarch.com](http://www.ratcliffarch.com) for more information.



# The Herd Instinct

Continued from page 18



Tree caricature from South Sea Bubble cards. Scanned from reprint of 1841/1852 editions of "Extraordinary Popular Delusions and the Madness of Crowds."

Thousands of people were ruined and the Bank of England, itself a large purchaser of shares, was on the brink of bankruptcy. Crisis was averted by a transfusion of Rothschild cash delivered from France.

The last of MacKay's bubbles was the Mississippi Land Scandal. In 1716, France was nearly bankrupt due to Louis XIV's extravagant life style. John Law, an Englishman living in France who also was a very close friend of the Regent of France, convinced Louis that economic salvation was at hand by developing the land in the New World. Law and a large number of his royal friends formed a company which partnered with the crown to develop a large tract of Mississippi land. In a manner not dissimilar to modern promotional techniques, Law initiated a tremendous promotion of his new company. He published an inflated prospectus backed by many prominent first investors who were granted special deals.

In Ponzi scheme fashion, dividends were paid from the outset by using new investor money to pay initial investors. In truth, Law may actually have believed in the viability of his venture. There was intense trading of the company's stock on the Paris Bourse. One colorful tale associated with the company's trading is about a real-life hunchback who emerged from Notre Dame every afternoon to trade thousands of shares. Many other investors imitated his every move. The end of the fairy tale ride came when the first colonists arrived in Mississippi, where they found that the mosquito infested, indigenous malaria and yellow fever land they had purchased was six feet under water. When the news hit Paris, the stock collapsed.

As to Louis XIV and his dire financial straits, the outcome was similar to the South Sea Company story. It was the Rothschilds to the rescue once again.

## PSYCHOLOGY OF SPECULATION

From MacKay's work, present day master investor and market psychologist Martin Pring has inferred the following set of rules to judge whether or not a market run-up constitutes a speculative bubble. (As you read along, you might compare the Internet bubble of 1998-99 to see if you spot the signs.) First, there must be a novel idea which is initially impossible to disprove. The first companies out of the gate will be serious endeavors with capable managers.



Caricature of John Law in car drawn by cocks. Scanned from reprint of 1841/1852 editions of "Extraordinary Popular Delusions and the Madness of Crowds."

The private investors involved will be affluent and sophisticated. New experts will appear to justify prices beyond acceptable value measures. Media and ordinary investors will clamor to get on board. Imitation companies will be spawned by Wall Street manipulators. As the bubble expands and expands, it will be a simple revelation which bursts the bubble. The collapse will be so sudden that few investors—large or small, institutional or individual—will be able to get out whole.

APSA

*This is the first in a series of articles reviewing the emerging field of behavioral finance.*

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Barry M. Miller, M.D.  
Katharine M. Porter, M.D.  
Gilda Sherwin, M.D.

### Child and Adolescent

Sydney Anderson, Ph.D.



## Here's Looking at *Casablanca*

Continued from page 1



He does not allow himself to be in a dependent or openly contentious position where he would be vulnerable to a woman or to anyone else. He "sticks his neck out for nobody." His character armor weakens at the shattering arrival of Ilsa and Laszlo and the challenge of dealing with the letters of transit allowing exit from Casablanca (presented to him for safe-keeping by Ugarte [Peter Lorre], the murderer of the couriers).

### UNCONSCIOUS CONFLICTS

Unconscious conflicts may be revealed by focusing on distortions or unrealistic aspects of the film, like slips or dreams.

The magical letters of transit supposedly signed by General de Gaulle which could not be rescinded or even questioned historically did not exist. Rick says, "As long as I have these letters, I won't be lonely," and "No one ever loved me that much." In granting exit from Casablanca to safety, they enable Rick to decide whether he or Laszlo will depart with Ilsa.

Furthermore, like the letter in Poe's "The Purloined Letter," which revealed an affair, the letters of transit are also hidden in an obvious place. Rick puts them under the piano lid.



Sam (Dooley Wilson) plays "As Time Goes By," Rick and Ilsa's song in Paris, signifying the resurgence of their love in the timelessness of Rick's yearnings. [One could speculate that the letters penetrate the piano as a body of a woman; Ilsa asks Sam to play the piano. Rick deposits them in a hidden dark place that makes sounds, a regression to anality—passivity, ambivalence, homosexuality, and an analization of the phallic—and a protection against the castration threat in an oedipal triumph.]

A time distortion is evident in the Paris flashback. Rick appears to be considerably younger by five to ten years. But the occupation of Paris occurred in June of 1940 and the action of *Casablanca* takes place in the early days of December 1941. Thus, many years are collapsed into a year and a half. This is a clue to the idea that symbolically the events in Paris occurred in the far past as when a boy falls in love with an already married woman, his mother. Visually, the shot of the Arc de Triomphe suggests an oedipal fulfillment.



### CASABLANCA AND OEDIPUS REX

In addition to what is known of Rick's struggles and character in the *Casablanca* narrative, let us focus on the parallels to Sophocles' *Oedipus Rex*. It begins with an announcement that there is a plague and famine upon the land, that children will be born sterile unless the culprit, the murderer of Laius, is discovered. *Casablanca* opens with an announcement of murder of the couriers, roundup of suspects, and



the arrival of the Nazi, Major Strasser, and company. In both there is a portent of great unrest until the murderer is found. A pick-pocket warns the couple about the



Bruce H. Sklarew

vultures, the danger. Major Strasser proclaims that the freedom fighter hero Laszlo is not to leave *Casablanca* alive. The threat to Laszlo's life parallels the threat to Oedipus's father, Laius, and Oedipus's foster father, Polybus; each was warned that he would be killed by his son. Not only the movie's narrative but also the crimes attributed to Rick in the United States, that he killed a man and ran off with a senator's wife, evoke the Oedipus play.

*Casablanca* opens with a description of the city being part of a dangerous, tortuous, round-about, refugee route. Oedipus, of course, was a refugee who also could not return home because of the curse placed on Laius. As an infant his ankles were pierced and riveted—Oedipus means swollen foot—and a shepherd was ordered to abandon him on Mount Cithaeron. But the shepherd gave him to another shepherd who took him to Corinth where he was adopted by Polybus and Merope, king and queen of Corinth. Threatened by the prophecy that he will kill his supposed father, Polybus, and marry his mother, Oedipus leaves Corinth. But he proceeds to kill Laius, whose identity is unknown, during a right-of-way dispute at a three-way crossroads. Later he exiles himself from Thebes.

Oedipus thus also journeys a tortuous and round-about refugee trail.

In both narratives people are waiting to be saved. Early in the film, the narrator says, "The others wait in Casablanca, and wait and wait

Continued on page 29



and wait." Later, a man bemoans, "Waiting, waiting, waiting, I'll never get out of here." Rick helps save the waiting people of Casablanca by allowing the sale of exit visas to Portugal in his café. Oedipus eventually saves the waiting people of Thebes by removing the curse of the Oracle through his discovery that the murderer of Laius is himself. He enucleates his eyes—a castration equivalent—and exiles himself.

Oedipus's background is initially unknown but is slowly revealed, as is Rick's. Unknown identity is linked to peril and destructiveness in Rick's vulnerability, Oedipus's and Jocasta's disasters, and the suspect who is killed after he is discovered with improper identification papers. The letters procured by a double murder can be used by anyone. As Rick playfully tells



Renault that he was misinformed about coming to Casablanca for the waters, Oedipus was misinformed about his true parentage and adoption.

#### OEDIPAL RESOLUTION

By harboring the letters of transit, Rick becomes an accomplice to the murder of the couriers. Possessing the letters of transit, Rick now is conflicted about using them for access to a symbolic mother. Rick's access to the magical letters of transit resonates with Oedipus given access to marry Jocasta, his mother; through solving the Sphinx's riddle. If he chooses to leave Laszlo to "rot in Casablanca," usurping the power of the father and going off with Ilsa, he will be subjecting himself to retaliation from the internalized father in his conscience. Ugarte was killed for his murders. Both Rick's killing of the bad father, Major Strasser, and reliving the fantasized oedipal triumph in Paris by leaving with Ilsa would be dangerous.

*Casablanca's* popularity derives from our experiencing the triumph of personal and political righteousness, a fulfillment of our ego ideal. Clearly Laszlo represents the idealized father hero. Rick says to Laszlo, "I try, you succeed. You have character, I only have visas." In a split good (Laszlo) triumphs over bad (Major Strasser), Rick becomes virtuous by not departing with Ilsa but by identifying with his father surrogate, Laszlo. Rick also can continue his heroic work by joining Renault as a freedom fighter. This identification with the father and relinquishment of the sexual yearnings for the mother for the sake of later finding an appropriate mate is a model for the resolution of the Oedipal complex.

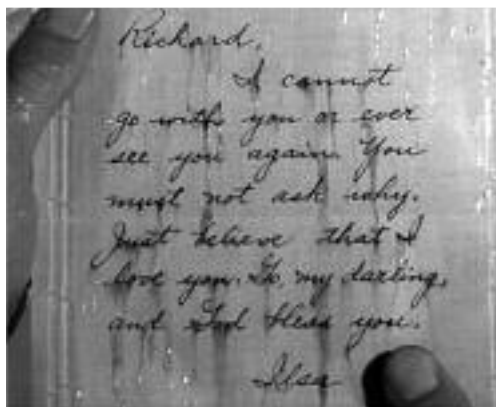


In Sophocles' *Oedipus Rex*, Jocasta tries to reassure Oedipus by saying, "Have no more fear of sleeping with your mother: how many men, in dreams, have lain with their mothers? No reasonable man is troubled by such things," or in a more poetical translation, "Many men ere now have so fared in dreams also; but he to whom these things are as naught bears his life most easily." Freud in *The Interpretation of Dreams* quotes Plato's dictum that "the virtuous man is content to dream what a wicked man really does."

*Casablanca* has universal and lasting appeal because we can identify with Rick's oedipal relinquishment and feeling of virtue in satisfying his ego ideal—thus differing dramatically from the tragic consequences of living out of impulses in *Oedipus Rex*.

\* \* \*

[Harvey Greenberg and Glen and Krin Gabbard have written about Rick's oedipal conflict.] [APSA](#)



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Gordon Edward Bermak, M.D. <i>July 26, 2009</i>	Philip J. Escoll, M.D. <i>June 21, 2009</i>	Joseph C. Mayer, M.D. <i>June 14, 2009</i>	Austin Silber, M.D. <i>June 4, 2009</i>
Richard A. Brunner, M.D. <i>June 7, 2008</i>	Linda Goettina, D.M.H. <i>April 2, 2009</i>	Wayne Alan Myers, M.D. <i>January 16, 2009</i>	Ernest Svenson, M.D. <i>March 31, 2009</i>
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Daryl E. DeBell, M.D. <i>April 17, 2009</i>	Aaron A. Hilkevitch, M.D. <i>October 4, 2008</i>	Robert Popkin, M.D. <i>May 16, 2009</i>	Wil J. Tanenbaum, M.D. <i>May 15, 2009</i>
Jerome Ennis, M.D. <i>May 11, 2009</i>	Leo Madow, M.D. <i>June 1, 2009</i>	Shirley R. Rashkis, M.D., Ph.D. <i>March 25, 2008</i>	Robert B. White, M.D. <i>March 16, 2009</i>



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

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The deadline for submission of panel proposals is October 1 for the National Meeting (January) and March 1 for the Annual Meeting (June).

The deadline for all other submissions is May 1 for the National Meeting (January) and December 1 for the Annual Meeting (June).

Address correspondence to Scientific Program Submissions, American Psychoanalytic Association, 309 East 49th Street, New York, New York, 10017 or email [cgatto@apsa.org](mailto:cgatto@apsa.org).

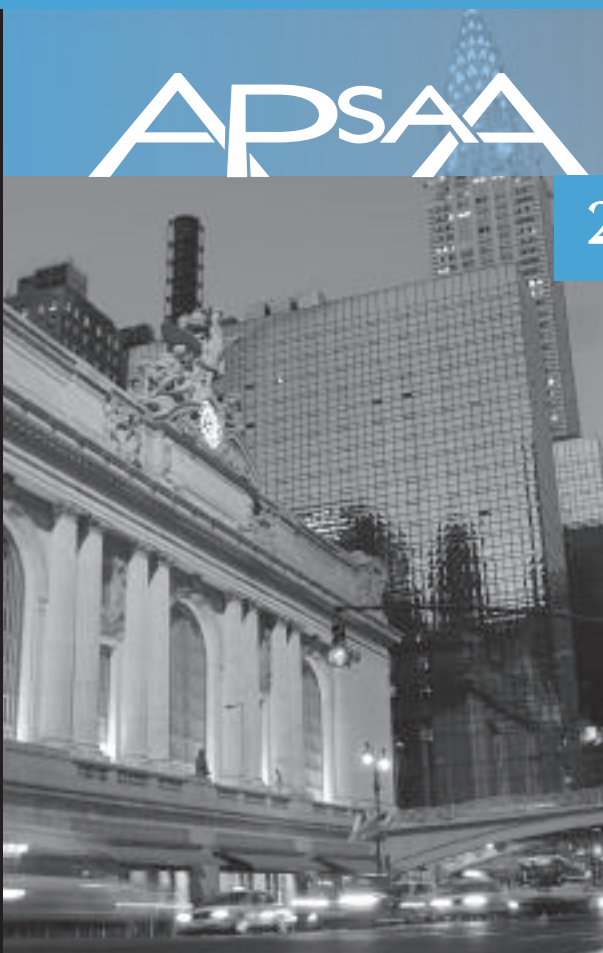




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