



NAAP News

Uniting the Schools of Thought

World Organization and Public Education Corporation - National Association for the Advancement of Psychoanalysis

VOLUME 37 NUMBER 4



SHAME, GUILT & PREJUDICE: EMERGING POSSIBILITIES

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FALL 2014



THE NATIONAL ASSOCIATION
FOR THE ADVANCEMENT
OF PSYCHOANALYSIS

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Cover illustration & cartoon:
Robert Quackenbush



Douglas Maxwell

If you haven't already registered for the upcoming NAAP conference on Saturday, November 15, "Shame, Guilt & Prejudice: Emerging Possibilities," I strongly encourage you to do so.

Don't miss out on what will be the timeliest conference of the fall that anticipates the effect of the atrocities perpetrated around the world by ISIS and others as well as the fear-mongering arising from the potential Ebola pandemic. And don't forget to make your reservation for the Gradiva® Awards Lunch, and congratulate those who are honored with one of the most prestigious artistic awards in the field of Psychoanalysis.

You may have noticed that all the publicity for this year's conference has come to you online. This is part of our ongoing attempt to streamline all of NAAP's operations in conjunction with our overhaul of the NAAP website.

In addition, at the conclusion of this year, *NAAP News* will be making a similar change. It will be distributed solely online. This does not mean that hard cop-

PRESIDENT'S REPORT

ies will no longer be available; simply get in touch with the office and we will provide one. With the publishing of the first online issue of *NAAP News*, I will be introducing a new feature called "Ask the President." Any member will now have the opportunity to submit a question for me, and I will do my best to answer it in the following issue.

Just last month all of you received your membership renewal request for next year. If you haven't renewed yet, I hope you will do so in the near future. The future of NAAP depends on your continuing support. We are in the midst of several ventures at both the state and federal levels that we are confident will have positive effects for all independent psychoanalysts, and thus your continuing support of NAAP is essential.

See you at the conference!

Douglas F. Maxwell
President

OUR PEARL...



Pearl Appel, past president of NAAP (2002-2004), and longtime member of the Board and Executive Committee, has relocated from her home in New York City, to Wilmington, Delaware, to be closer to her daughter Bonnie Morris and family, including her two grandchildren, Jonah and Lulu. Pearl was instrumental in carrying the process of NAAP's long journey toward independent licensure for psychoanalysis. More recently, she served as treasurer for ABAP, Inc. Her commitment to both NAAP and ABAP and to independent psychoanalysis continues to be an inspiration to our efforts. Her wisdom, institutional history, and wonderful friendship to us all is sorely missed at NAAP and ABAP. And yet we are also glad that she is closer to her family.

Jennifer Harper recently visited Pearl and is happy to report that she is settling into her new home and making friends. Pearl would love to hear from you! Contact her at this address: Pearl Appel, Sunrise at Wilmington, 2215 Shipley Road, Wilmington, DE 19803.



Warren Holt and Brian Thornton

On Saturday, July 12, I accepted the responsibilities of the chair of the Analyst-in-Training committee from Brian Thornton. On behalf of NAAP, I would like to thank Brian for his leadership and dedication as committee chair for over two years. I assume the chair after working with Brian on the committee for two years. I am a fifth year candidate at NPAP (National Psychological Association for Psychoanalysis) and have a background in the liberal arts. Our AIT group functions as a meeting place for candidates from all of NAAP's affiliated analytic training institutes. In the past year, we have provided informational meetings about NAAP's political efforts, launched a highly successful AIT Facebook group, and have begun to develop strategies to promote a positive public image of psychoanalysis. We have also been devising strategies to inform the public of the wealth of research that supports the efficacy of psychoanalysis. Currently, we are organizing a workshop which focuses on how new analytic graduates can build a successful practice. As chair of the AIT committee, I look forward to working with you, and am confident that this will be a successful term for NAAP's efforts.

ABAP 2014 BENEFIT DINNER

— Friday, November 14, 6 PM —

Join us at this year's Benefit Dinner for the American Board for Accreditation in Psychoanalysis to be held in Chelsea, NYC, on Friday, November 14, starting with cocktails at 6 PM.

The event will precede the next day's annual NAAP conference, this year on Shame, Guilt and Prejudice, and will follow ABAP's semiannual meetings several blocks away in the West Village earlier on Friday.

The dinner will be held at Moran's Restaurant, 146 10th Avenue at 19th Street. During cocktails, we will present as guest speaker Michael Tobman, who vitally represents the interests of our profession in Washington as federal lobbyist for NAAP. He will also be interested to hear your concerns.

Mr. Tobman, who works to preserve and increase our independence and freedom in service to the public, will offer us an overview of the current political climate in Washington, sharing some of his strategies for keeping our visibility alive, protected, and in good focus with influential legislators. He will be able to discuss issues such as the impact of Obamacare on our profession.

During dinner we promise more fun when we raffle off some attractive prizes, including a week at a seaside vacation home, valued at \$3,000.

ABAP asks you to spread the word at your institutes and to try to bring as many colleagues, friends, or family as possible.

We aim to build the Benefit Dinner into an annual event with a reputation for offering provocative speakers and professional networking that links the semi-annual Friday ABAP meetings with the following day's annual NAAP Conference.

If you would like to attend, please email your number of guests to David Dalrymple, ABAP executive director, at dalrymdmin@aol.com, and mail him a check by November 1 for \$225 per head to: American Board for Accreditation in Psychoanalysis, 505 12th Ave., Huntington, West Virginia 25701.

We look forward to seeing you there.

Sincerely,

Michael Connolly, Event Chair & Host
Joseph P. Wagenseller, Chair of the ABAP Board
Jennifer R. Harper, Chair of the ABAP
Assembly of Psychoanalytic Institutes

MAINTAINING EMOTIONAL BALANCE IN A WIRED AND WIRELESS WORLD

Nancy Gerber

“Only connect! Live in fragments no longer.”
— E. M. Forster, *Howards End*

Facebook, FaceTime, email, texting, video-conferencing, Instagram—most of us use one or more of these digital technologies on a daily basis to connect with family members, friends, and colleagues. We live in a technology based environment, and it is here to stay. Technology impacts our lives in myriad ways that are not always clear, prompting us to think about its effect on emotional, personality, and relational issues. What are the advantages and dangers of our digital exposure? What tools are effective for managing well in a wired, or wireless, world? These topics and more were discussed at ACAP’s annual summer conference, “Connecting: Emotional Resilience in a Digital World,” held at Caldwell University in New Jersey, June 22-24.

The conference was attended by a range of mental health professionals—social workers, psychoanalysts, psychologists, art therapists, and counselors—as well as parents and educators. There were more than 20 workshop topics pertaining to the conference theme, including “Cutting Behaviors and the Role of Technology,” “Holding the Gaze of Your Laptop: Internet Addiction and the Unconscious,” “Reciprocal Resilience: Surprising Clinical Advantages of Trauma Exposure,” “Courting in a Digital World,” and “Facebook and Your Mood.”

ACAP’s 20th annual conference, the third sponsored by the Trauma and Resilience Studies program, provided a space for people to have a different kind of community experience, one where they could spend time learning in an emotionally engaged environment. Our daily digital involvement was brought into high focus, and attendees said the conference gave them an opportunity to evaluate and study its impact in their lives. “We were concerned with the dual meaning and importance of “Connecting,” said Patricia Bratt, an ACAP director and the conference chair, “with helping people understand more about how unconscious motivation operates in our digital lives, and with creating awareness of the role of emotional resilience in a wired world.”

For Mary Massaro, a psychoanalyst and director of the Stress Management, Wellness, and Parenting institutes at Long Island University, the conference topic was relevant as she has participated in a variety of forms of technology with patients, including email, videoconferencing, and texting. “Before we use a particular ‘out of the office experience,’ we explore and talk about how it might impact the treatment. I am comfortable with the advancement of technology, it has allowed me to stay connected to my children and grandchildren,” said Massaro, who presented workshops on stress management strategies in clinical practice and integrating technology in psychotherapy practice. The question is: how do we interface with the digital

world in our personal and professional lives? This is an ongoing exploration.

Two presentations brought the conference community together for a communal learning experience. On Sunday evening, art therapist and ACAP student Karen Rosen gave a talk titled “A Family in Crisis: Using the Internet to Cope,” in which she described her family’s use of Skype to create an emotional connection and bridge the physical distance after discovering she had breast cancer, the illness that took her mother’s life when Karen was 15. At the time of her diagnosis, Ms. Rosen was living in New Jersey; one of her sisters lived in Scotland, the other in Mexico. Karen learned that the sister in Scotland had early stage breast cancer, while the other carried the BRCA-1 gene. All three women underwent preventive surgeries. Afterward, the sisters were in touch daily via Skype.

“The fact that not only could we hear each other’s voice but also see one another enabled us to feel closer, even though oceans and thousands of miles separated us,” said Rosen.

Later, they banded together to educate and advocate. They trekked the 95-mile West Highland Way in Scotland, raising some \$80,000 which they donated to the University of Glasgow for breast cancer research.

Dr. Connie Bareford, an advanced clinical candidate at ACAP, observed that it took tremendous courage for Karen to share her story and that she showed how trauma and resilience are not just concepts that relate to patients but impact all of us.

Detective Sergeant Tom Rich, a national expert on identity, Internet safety, and social media, discussed the STOPIT app, recently co-developed with Todd Schobel, which enables students to connect immediately via hotline to local services that can help instantly. His presentation, “Always Connected!” was followed by an open discussion where participants shared their own experiences and concerns about the Internet and safety.

Rafael Sharon, an advanced clinical candidate at ACAP, commented, “From Sgt. Rich’s talk, it became clear that as parents we need to be aware of the pitfalls of the Internet, that it’s easy to trace the locations from which photos are posted, and that our children need to be educated and protected.”

Workshops were experiential and discussion-based, an approach that encourages participants to present cases, ask questions, share knowledge, and learn from one another. Annette Vaccaro, a psychoanalyst, art therapy supervisor, and ACAP faculty member, presented a workshop on the psychodynamics of cutting.

"I always learn so much as a presenter," Vaccarro said. "I found that the Internet can be mirroring, that people seek communities where they can learn how to cut and how to stop."

In her workshop, therapists and school counselors discussed cases of teenagers engaged in cutting, a behavior that is marked by striking dichotomies including the wish to make pain visible and the wish to keep it secret. Participants noted the prevalence of cutting, which seems to be replacing anorexia as a way for teens to express their suffering.

Dr. Charles Pumilia, a psychoanalyst and ACAP faculty member, presented a workshop on "Being Alone: Comfort or Terror," which explored the differences between feeling lonely and spending time alone. Dr. Bareford described her experience of presenting a patient who cries during each session, saying that sharing her own reactions to these difficult cases, especially with the diverse group at the conference, always provides her with new perspectives.

Participants agreed that the workshop format of sitting in a circle and talking about their work is unique. "It's the only conference where we can talk to other professionals, and not just at lunch," said a counselor at a state psychiatric facility.

ACAP is an early proponent of incorporating technology and psychoanalysis. Its Distance Learning program has enabled learners from places as far flung as Texas, Washington, the Netherlands, Kentucky, and Cyprus to take online, synchronous audio-visual classes in real time, and pursue a psychoanalytic certificate via video-conferencing.

One theme that emerged from the conference is that people need personal contact and live communities as well as digital ones, and that connectedness fosters resilience.

"Connecting in the digital world and staying connected to others are both part of the same concept," observed Dr. Bratt. "People realized they are not helpless when it comes to technology. They had a chance to identify some emotional triggers when dealing with their challenging jobs, and to take away tools for resilience-building in themselves and others. They laughed a lot, learning about their own emotional resilience in the digital world and in their lives."

Nancy Gerber, PhD, received her doctorate in English from Rutgers University. From 2000 to 2008 she taught undergraduate courses in the English and Women's Studies departments at Rutgers-Newark. She has facilitated writing workshops at Rutgers, the Holocaust Council of Metrowest, and public libraries. Dr. Gerber is currently facilitating a Write to Heal ongoing group at ACAP, where she is also an advanced clinical candidate.

I WORK ALL DAY SITTING IN A CHAIR

*I work all day sitting in a chair
helping people recover the right
to consciously, more-or-less, chart a course
toward their deaths, without too much sacrifice*

*or self-regarding weight on their prospects or friends—
or mates.*

*Some of us construe a way to make others guilty
of our own secret failings, seeing in their eyes
the imprint of surprise at something recognized and
denied.*

*Without these complicities,
how could we get on with our lives?
And to recognize not the magnitude of suicide
but endless permutations of the need to be loved.*

*The gym is full, in specialty stores
You're ready to pay full price.
And Organic cooking, exercise,
will not prevent the tragedy of life.*

LEE JENKINS



"My girl friend tells me I'm prejudiced and that I should feel guilty and ashamed because I like cats better than dogs."

THE MIND'S WISDOM: NEUROPLASTICITY AND NEUROINTEGRATION AS TOOLS FOR POST-TRAUMATIC GROWTH

Inna Rozentsvit



Inna Rozentsvit

“One day, in retrospect, the years of struggle will strike you as the most beautiful. *Sigmund Freud*”

A single event can awaken within us a stranger totally unknown to us.” *Antoine de Saint-Exupery*

Is post-traumatic growth (PTG) a misnomer? Actually, it is not. Nietzsche’s expression, “What does not kill me makes me stronger,” captures the soul of this phenomenon, which some people who have

experienced it call a “blessed (or gift) state.” As Stacey Kramer, a brain cancer survivor, said, “...next time you’re faced with something that’s unexpected, unwanted, and uncertain, consider that it may just be a gift.”

Trauma has many faces, and the expression on those ‘faces’ constitutes the whole spectrum of emotions and experiences; from the world that is *shattered* to the *new* one that has a new meaning and is worth living. Some who deal with the horrific aftermath of trauma at first were appalled by the idea that trauma can be perceived as a stimulus of any kind of ‘growth’ or any kind of ‘good.’ Many psychoanalysts did not accept PTG or other concepts coming from the so-called ‘positive psychology’ field, as these were perceived as superficial and ‘behavioral’ rather than representing a lasting change in the internal world of their patients and clients. But modern trauma research reveals the positive mechanisms of trauma—such as resilience and coping, which differ from PTG—as much as the negative effects, that one’s mind employs when facing trauma.

The idea of PTG was pioneered by Calhoun and Tedeschi (1999) to address *positive psychological change* (they compared it with the *mind’s wisdom*), which might occur in individuals who had suffered any type of trauma—developmental, relational/attachment, or physical. PTG happens *in the context of* and *despite the struggle of* processing pain and loss, and it includes five main factors: 1) relating more to others and with greater compassion; 2) finding new possibilities in life (such as new roles and new people); 3) appreciating personal strength; 4) spiritual change; and 5) a deeper appreciation of life and its meaning.

While some researchers perceive PTG as a ‘special’ type of

resilience, and some feel that resilience is a huge factor in developing PTG, the original PTG pioneers described a complicated and even *inverse relationship* between these. The explanation, from a bio-‘logical’ perspective, sounds simple: more resilience means more ability to cope and to bounce back to the previous state of being with less struggle. But *through this struggle* one’s mind finds new ways of being and new opportunities, and this is called PTG.

Calhoun and Tedeschi (2004) introduced the idea of therapeutic facilitation and self-facilitation of PTG, while urging clinicians not to expect everyone to achieve it and also to be respectful of the pitfalls and difficulties of the trauma-recovery process. So, what makes one more predisposed to achieving growth in the aftermath of trauma? An observation of various groups of people (such as cancer patients, rape survivors, combat veterans, survivors of 9/11, parents who lost their child to suicide, and Holocaust survivors) showed that some personality traits are more closely associated with PTG than others. For example, positive affect, openness to experience (otherwise called intellectual curiosity), and extraversion are more likely to be associated with PTG, while ‘neuroticism’ (characterized by emotional instability and a low tolerance for stress and aversive stimuli) is negatively related to PTG.

To understand PTG from a ‘philosophical’ traumatology perspective, one can employ the concept of ‘*accommodation*’ of trauma experience into one’s mind’s ‘operating schema’ (as in “bad things happen to bad people, so I deserve what happened”). This is called the “cognitive-emotional valuing and re-assessment” processing.

Neurobiologically speaking, PTG is based on two basic, mind-brain system processes: neuroplasticity, NP (the ability to change) and neurointegration, NI (the ability to “holistically” integrate those changes and new connections and associations between the two hemispheres; between our “reptile,” “mammalian,” and “human” parts of the “triune” brain; between the body and the mind; between the unconscious and conscious). When we make a point of consciously integrating in our response to any event, including a traumatic one, our “human”/“verbal” part of the brain (and this happens during storytelling, psychotherapy, reaching out to a friend), we are on the road to recovery and/or PTG. Both NP and NI are involved in positive as well as negative outcomes of trauma, and in learning, going to therapy, loving, and “being.” We are “hardwired” for these capacities

simply because of the mere fact that we belong to Homo sapiens, the “wise man.” I believe that the neuro-psycho-biological understanding of trauma and PTG can be a valuable tool for all mental health practitioners, whether neuroscientists or not, in aiding our patients and clients to get to the “blessed” state of PTG. As economist (and non-neuro-scientist) John Maynard Keynes once said, “When my information changes, I alter my conclusions. What do you do, sir?”

Inna Rozentsvit, MD, PhD, MBA, MSciEd, is a neurologist and neurorehabilitation specialist, trained in psychoanalysis and psychotherapy. She is a founder of and a neuro-psychoeducator at Neurorecovery Solutions, a nonprofit organization that helps neurologically impaired individuals and their caregivers and families in their difficult journey of reintegration to the society and world around them. Dr. Rozentsvit is a scientific faculty member and the administrator at the Object Relations Institute for Psychotherapy Psychoanalysis, where she teaches “Neurobiology for Psychoanalysts” and “Neurobiology of Parent-Child Bonds.”



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IN MEMORIAM



DR. ROBERTA SLAVIN

December 10, 1929-October 14, 2014

Dr. Roberta Slavin, a resident of Spring Valley, NY, passed away October 14, 2014, at home, surrounded by her family. Roberta was born December 10, 1929, in the Bronx, NY, to the late Henry and Celia Landau. For over 30 years, Roberta worked as a psychologist for the NYC Board of Education in the Bronx, and then continued her work as a psychotherapist in private practice. She was a longtime member of the New City Jewish Center. Roberta is survived by her beloved husband Alvin, cherished children Marty (Jessica), Cheryl (Mitchell), Jeri (Marty), and 7 adoring grandchildren. Memorial donations in Roberta’s memory may be made to the Alzheimer’s Foundation of Hudson Valley/Rockland/ Westchester NY Chapter, 301 N. Main Street, Suite 7 New City, NY 10956.

AUTHORS IN OUR MIDST

Ruth Lijtmaer, PhD, contributed “Violations of Human Rights: Trauma and Social Trauma—Can We Forgive?” to *Psychoanalytic Theory: Perspectives, Techniques, and Social Implications* (chapter 4, pages 57-71) in the series *Psychology Research Progress*, edited by Phillip Fenton.

The Uses of Psychoanalysis in Working with Children’s Emotional Lives, by **Michael O’ Loughlin, LP**, was recently published by Jason Aronson, Inc. His book, a part of the New Imago series, was hailed by Elizabeth Quintero as “... long overdue... The scholarly underpinning of this work will offer a rationale for taking a stand in favor of emotionally focused, child-centered work and in opposition to systems that negate the lives of children.”

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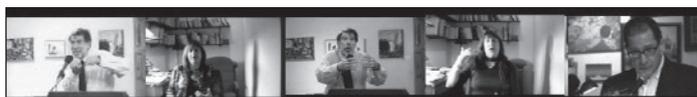
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Dr. Jeffrey Seinfeld Memorial Lecture/Workshop Series will continue for the foreseeable future. Everyone is invited to participate in and contribute to this exciting endeavor. The call for proposals for Dr. Seinfeld's Memorial Lecture/Workshop for the 2014-2015 academic year is open through November 15th, 2014. Topic: "Bad Objects" and Their Vicissitudes.

Publish with **ORI Academic Press** and the peer-reviewed periodical **MindConsiliums**, which are both dedicated to the **cross-pollination of psychoanalytic and scientific thought**. For more information, contact the ORI Academic Press editor at oripresseditor@orinyc.org or oripresseditor@gmail.com; visit www.mindconsiliums.org and www.oriacademicpress.org.

Visit our **YouTube Channel "ObjectRelations2009"** for educational mini-video series and highlights of our annual conferences!



EXAMINING CULTURAL ARTIFACTS: THE BROTHERS KARAMAZOV— FROM 'BAD OBJECT' TO ECUMENICAL SPIRITUALITY

Robinson Lilienthal

Through remembrance, we make present the absent...



Robinson Lilienthal

Jeffrey Seinfeld began life as a Jewish-Italian boy from New Jersey, and went on to become a social worker, philosopher, psychoanalyst, professor, and author. He had just started the Spirituality in Clinical Practice course at New York University one month before his tragically early and sudden death.

Seinfeld was also a great storyteller, an avid reader, and a lover of Dostoyevsky, especially *The Brothers Karamazov*. In the period before his passing, he and I were working on the details of Dostoyevsky's novel. As we talked and planned, a mutual love for this great novel caught fire, and soon we were gathering material for a bonfire that we planned to share with others. We talked of Fairbairn and Kierkegaard, Ivan and Nietzsche, Father Zosima and Zen Buddhism, Winnicott and Dimitri, the paranoid-schizoid position and the "bad object," good and evil, and God and the devil.

In this workshop, I shared some of these ideas with the participants, and together we explored the contribution of this masterpiece of Russian literature to our culture and development.

Great works of art and literature, our cultural artifacts, change us as we encounter them; we gain new and deeper insights into ourselves and the world; we acquire compassion and empathy; our souls become brighter and calmer, and perhaps healed.

From the agony of creation, comes a sweet balm for blindness, melancholic despair, and banality. It calls us out of our narcissistic solipsism into mature selfhood. Music, art, literature, and film are not only entertainment; they also stretch our imagination, our capacity for identification, our vision of the humanly possible. They lead to soul-making.

The Brothers Karamazov plunges us into a deep and complex world, and makes us confront some of the most basic and ineluctable structures and questions of the human condition: jealousy and greed, love and hate, murder, suicide, spiritual questing, trial and punishment, faith and doubt, guilt and forgiveness, pride and humility, community and alienation. At the heart of the book is a murder, the murder of a father by his son(s). Why, who did it, and how it happened is the burden of its plot. In the process of the story's unfolding, we are able to occupy the various positions of all the various characters.

The "Psychodrama Room" at the Sociometric Institute was full, and three hours flew by very much like they used to at Seinfeld's workshops, initiating a heated discussion and providing "good food for the soul," as one participant described it.

Today, ORI continues Jeff Seinfeld's legacy of examining cultural artifacts by offering a new certificate course to benefit all mental health professionals, educators, and parents, and which will provide a tool for personal and professional development.

Robinson Lilienthal, PhD, is professor emeritus of philosophy, world religions, and applied ethics, including environmental, engineering, biomedical, and business. He is a Nietzschean scholar and an environmental public policy consultant. Since 2009, Dr. Lilienthal has been a scientific faculty member at ORI. He is currently working in the field of global cultural artifacts and their possible therapeutic application.

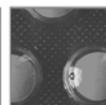
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Susan Kavaler-Adler

PhD, ABPP, NpsyA, D.Litt

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You Are Invited to Join Ongoing Groups

*****Monthly Psychotherapy & Developmental Mourning Group -**
with **Guided Meditative Visualizations - 1st Saturday** of the month,
12–4 pm; few openings — everyone is welcome!

*****Monthly Supervision Groups**, with **Role-playing** and teaching
Clinical Theory - all mental health practitioners are welcome!

- **IN-PERSON** group: 1st Friday of the month; **1:00–2:30 pm**
- **VIRTUAL** group (via Internet/Video/Phone): **2nd Friday** of the month; **11:30 am–1 pm**

*****Monthly Writing and Creative Process Group -**
2nd Friday of the month; **2:00–3:30 pm** and **2nd Thursday** of the month —
11:20 am–12:20 pm — all creative practitioners are welcome!

*****Tune in and Tune up: Countertransference
Supervision in Four Different Modalities**

NEW – 6-week group starts in mid-October – Tuesdays, 3:00–4:15 pm

Participants will learn theory related to their in-vivo countertransference conflicts via role-playing, guided meditative visualization, in vivo writing experience, and review of in-the-moment process.

They will enjoy theoretical integration of all clinical points made, drawing from all theoretical perspectives, and teaching long term developmental highlights of all theoretical points, as well as the highlights of addictions to old bad object constellations and defensive vs. developmental idealizations.

All in-person groups meet at 115E 9th Street, 12P, NY, NY, 10003

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Dr. Susan Kavaler-Adler is a skilled object relations clinician-psychoanalyst and psychotherapist with over 35 years of experience in working with individuals, couples, and groups. She is the founder, executive director, senior clinical supervisor, training analyst, and the advisor to the training committee at the Object Relations Institute for Psychotherapy and Psychoanalysis, as well as seminal theoretician and writer.



ELLEN MENDEL HONORED AT 75TH ANNIVERSARY CELEBRATION OF CONGREGATION HABONIM

My family and I came to the US in February 1940 and joined together with Rabbi Hugo Hahn, a family friend and Rabbi from Essen in Germany. Essen was where my father, grandfather, and great-grandfather all came from and where I was born as well. As refugees, after having had to leave everything behind and being allowed to retain only \$10 each, everybody tried to find a place of belonging and to slowly begin to acculturate to life in a new world. My parents immediately became part of the founding group of congregants of Congregation Habonim.

Once he was able to restart practicing medicine after a rigorous exam in English, my father became very active in the synagogue, and was on the Board of Trustees for a number of years as well as undertaking other roles. My parents went to weekly services which at first were conducted in German. For the High Holidays that first year, 1940, about 1,000 refugees congregated at the Town Hall to reconnect and give thanks for having found a place of refuge in the US.

From the age of eight to the present day, I, too, have been active in this same synagogue. The highlights of those earlier years include becoming confirmed (at Town Hall) and then years later being one of the first women permitted to go up and read from the Torah in front of the congregation. Other high

points include being on the Board of Trustees for nine years and chair of several committees, and coordinating a video of the synagogue's founding and a DVD about the experiences of those members of our congregation who arrived on these shores.

At present I am on the Membership Committee as we look ahead to a new phase in Congregation Habonim's journey. This synagogue, which was founded exactly one year after the devastation of Kristallnacht (November 9, 1939), took its name from that fateful event: Congregation Habonim—the builders/re-builders. At this 75th anniversary of its founding, the synagogue which was erected in 1958 has become too small to house the nursery, religious schools, and all its various programs, and is currently undergoing a rebuilding, as well as a rededication of its values. A new synagogue will be built on the old site at 66th Street, near Lincoln Center, and is expected to be completed in about four years.

One of the cardinal values in the Jewish religion is “Tikkun Olam,” which means “to repair the world.” It is also a cornerstone of the Adlerian concept of *Gemeinschaftsgefühl*—a feeling of community and connection with others in order to contribute to creating a better community or world. I have integrated this value through my work as an Adlerian analyst and by speaking over the past 15 years to young people and adults in the US and Europe on “Rescuing History to build Bridges through Dialogue and Understanding.” This includes a presentation on the theme at a recent NAAP conference.

Ellen Mendel, LCSW, is President of the Alfred Adler Institute. A former board member of NAAP and ABAP, she is a holistic psychotherapist/psychoanalyst in private practice in Manhattan and she has presented numerous seminars in the US and abroad. In addition to Adlerian themes at the 9nd St. Y and elsewhere, her presentations focus on the concept of “Rescuing History to Build Bridges for Dialogue and Understanding.” Mendel is currently writing a book titled My Four Journeys.

INSURANCE CONCERNS

If you are having issues with insurance reimbursements please call the NAAP office at 212-741-0515 and speak to Margery Quackenbush. Or better yet, please put your concerns in an email to mq@naap.org so that Dr. Quackenbush may communicate those concerns to the NAAP lobbyist.

We ask that you not attempt to negotiate for LP coverage on your own when coverage is denied.

Please support NAAP's Legislative Fund. Contributions may be made at www.naap.org or call the NAAP office at 212-741-0515 to donate with a credit card.

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INFANT RESEARCH AND ADULT TREATMENT

Susan A. Klett

Beatrice Beebe, PhD, world renowned for her dedication to research and observational clinical work with mothers and infants, shared significant findings from her current research regarding disorganized attachment and its implications for adult treatment with a large audience of clinicians at the Washington Square Institute earlier this year.

The presentation took us into the intimate world of mother and child. An expansive video of frame-by-frame micro-analysis illustrated Beebe's lecture with sharp precision. Mothers were seated opposite their infants, who were seated in an infant seat on a table, and were instructed to play without toys for ten minutes. We observed filmed interactions of 4-month mother-infant dyads whereby infants were classified "secure" vs. "insecure disorganized attachment." As we watched, Beebe guided our focus on the details of this study; we examined infant-mother pairs, paying attention to gaze, facial affect, visual engagement, vocal rhythms, touch, mother's spatial orientation, and infant's head orientation. We observed maternal touch in relation to infant vocal affect, touch, and infant engagement, and noted that infants may respond to more intrusive forms of maternal touch with vocal distress, increased touch efforts, or changes in facial visual engagement. We were further guided to explore intra-personal pairing within the infant as displayed by infant touch and infant's vocal affect used as a means of self-comforting, in order to decrease or inhibit negative affect, which would indicate whether the infant developed a "secure" vs. "insecure disorganized attachment."

Dr. Beebe brought real experience under the microscope and allowed us to observe the origins of disorganized attachment within the microanalysis of a detailed mother and 4-month-old infant dyad, face to face interactions, where procedural representations are formed. She explained how these emergent "internal working models" of attachment predict future disorganized attachment styles in the 12-month-old and dissociation in young adulthood.

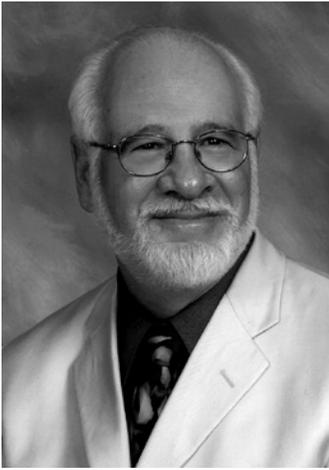
The slow motion and zooming in on details during the split-second by split-second filming provided the audience with the rare opportunity to observe bi-directional regulation and/or dysregulation within the mother-infant dyad such as 1) the mother's attunement where mother and infant enjoyed and responded positively to each other, 2) mis-attunement causing a rupture and rapid repair, or 3) derailment, such as: mother's facial anger, growl, snarl, withdrawal, or laughter directed at her 4-month-old infant in distress. In response to the negative mis-attunement, we witnessed the infant's confusion, escalating

distress, and, at times, instinctive reaction, such as raising its arm in a self-protective motion. In such interactions, we also observed the infant's confused self-state, such as a simultaneous smile and whimper. We witnessed firsthand how maternal withdrawal and inconsistent responses to the infant compromises his sense of agency and emotional coherence.

Beebe then took the audience into this experience. She mirrored the precise structure, as viewed on the large screen, by setting up dyads throughout the room. She first demonstrated with Judith Rustin, LCSW, and then targeted and focused matching exercises for each dyad. Everyone has the experience of being affectively attuned to and then mis-attuned to by the other. The results were transformative, heightening our sensitivity and efficiency as clinicians in understanding and identifying intrapersonal and interpersonal experiences and enhancing our awareness of the importance of attending to our patient's non-verbal expressions and affective states.

Beatrice Beebe is a master teacher. She *shows* us on video, *brings* us through the experience, and then *tells* us how this "internal working model sets a trajectory in development which may disturb the fundamental integration of the person." A lively dialogue with the audience followed. Beebe explained the inferences made in regard to the infant's sense of self and other, reminding the audience that, "The future disorganized infant has difficulty feeling known by his mother; for example, as she shows smile/surprise expressions to his distress (his distress is not shareable). He has difficulty knowing his mother's mind as she "closes up" her face and becomes inscrutable, and has difficulty knowing himself in his moments of discrepant affect, smiling and whimpering within the same second. By identifying these mother-infant pairs as early as 4 months, it will be possible to intervene during this period of rapid development while the interactive system and infant's learned expectancies are just forming."

Susan A. Klett, LCSW-R, BCD, is co-director of WSI and director of continuing education, where she is also a faculty member and training and supervising analyst; contributing editor to Issues in Psychoanalytic Psychology; former faculty member of the Postgraduate Center for Mental Health and PostGrad Psychoanalytic Society and Institute, where she was also board member; executive editor and past president of the Postgraduate Psychoanalytic Society; and former chair of education of the New York State Society for Clinical Social Work. She maintains a private practice working with individuals and couples in Manhattan.*



David Dalrymple

encouraged the separation of membership politics from the critical assessment of compliance with standards which is at the heart of accreditation.

Director to Retire

David Dalrymple announced his retirement as executive director of accreditation on December 31, 2014. The ABAP Board accepted this request trusting that there would be a smooth transition during the coming months. Joseph Wagenseller (CGJ-NY) is chair of the Transition Committee as leadership begins to revisit commitments, reassign tasks and responsibilities, and address leadership succession.

Semiannual Meetings Hosted by C. G. Jung Institute-Chicago

ABAP's semiannual meetings were hosted at CGJI-Chicago on May 16-17. The Assembly of Psychoanalytic Institutes (API) met on May 16, chaired by Jennifer Harper (BPGI, WITPP). Fourteen training programs were represented at the Assembly. The API addressed items to be placed on the Board's agenda, the possible membership change from "Affiliate" status to "Candidacy," the proposed 2015 budget, a Distance Learning Committee with Mark Winborn (CGJ-IRSJA) as chair, a Mentoring Committee to assist programs in moving toward full accreditation, and project updates on the new agency website and the *Revised Guide for the Self Study*, which uses the Revised Accreditation Standards.

The Chicago Society of Jungian Analysts hosted a reception where our leadership was welcomed by Barbara Friedman, President of the Chicago Society of Jungian Analysts. The ABAP Board presented Dalrymple with a leadership award honoring his work as the first chair and first executive director of the organization.

The Board met on May 17, chaired by Joe Wagenseller. Leadership succession was addressed in the following nominations and appointments: Allen Bishop (Dean, Pacifica Graduate Institute) to the Committee on Accreditation; Jennifer Harper as ABAP Chair-Elect and Jessica Mitchell as Chair-Elect of the API, summer of 2016; Michael Connolly (HFI) as Treasurer; and Ernie Wetzell (CLU, CLFC) as Interim Chair of the Finance Committee. **The Board awarded the Harlem Family Institute a five-year initial accreditation.**

The American Board for Accreditation in Psychoanalysis, Inc., is a not-for-profit corporation, separate and independent from NAAP (which had the responsibility for the accreditation of free-standing psychoanalytic training programs up until 1996). The former Council on Post-Secondary Education (COPA), the U.S. Secretary of Education, and corporate attorneys for NAAP had en-

The on-site evaluation at HFI took place on March 18 and the evaluator team consisted of Guilford Bartlett (AAI-NY), Chair, and members Nicole Grace (IPS), Nunzio Gubitosa (BPGI), and Maria de los Angeles Taveras (CGJ-NY). Another on-site evaluation occurred at the C. G. Jung Institute of Boston on May 12. This team included Carol Panetta (BGSP), Chair, and members Kendrick Norris (CGJ-NY) and Ernest Wetzell, Public Member. This evaluation report has been submitted to the COA for review and recommendation to the ABAP Board as accreditors. Please take the time to thank these colleagues for volunteering their professional services on behalf of psychoanalytic training!

ABAP is not staff driven but volunteer driven. The leadership and evaluators named above are essential, as are the Board and COA members. So many fine men and women have moved through our leadership ranks. The Board has expressed its deep gratitude to colleagues who have served ABAP well over many years. Pearl Appel (NPAP) served for many years as treasurer and as a wise member of our Executive Committee. Jay Livernois served for many years as a public member of our Board. Allan Jay (board chair of CHD) has served as finance chair and public board member and is now involved in a number of enterprises including fundraising for the Center for Human Development. It is only through such volunteer leadership that ABAP has been able to accomplish its mission so successfully for nearly two decades.

The semiannual meetings were followed by a dinner at the historic Berghoff Restaurant, with many of our accreditation leadership enjoying the evening with colleagues from the CSJA. The evening ended with a slideshow of leadership at NAAP and ABAP



from the early 1990s through to the present, highlighting the many leaders in our ranks and the training programs which our agency serves.

Psychoanalytic training programs need to think ahead toward the next semiannual meetings in NYC on Friday, November 14 (the day before the NAAP annual conference). Programs should have a line item in their budgets that helps defray out-of-pocket expenses (travel and lodging) for representation at the API. These meetings will be held at the Alma Mathews House in the West Village and hosted by the Harlem Family Institute. Details of a fundraising dinner that Friday evening appear elsewhere in this issue of *NAAP News*.

WHO WAS MARGOT ADLER?



Margot Adler

Margot Adler lit the way to our sense of responsibility and social consciousness and reminded us who we were and how we wanted to see ourselves. In everything she did she followed her own path, while epitomizing the spirit of her grandparents, Raissa and Alfred Adler.

Margot Adler, journalist, NPR news correspondent, Wiccan high priestess, and author, was special. Devoting herself to causes for the benefit of humankind was very much in the spirit of her grandfather, Alfred, Freud's famous colleague. His belief in the need to work together for a better society was the cornerstone of his philosophy and was reflected in the principles and practices of Adlerian psychology.

Margot Adler's approach was unique. It was not formed merely through her grandfather's psychology, or her grandmother Raissa's strong influence, but through her choice of subjects to cover as a journalist and her spiritual connections as a Wiccan, espousing the basic feminine power of healing. This was also in the spirit of her grandfather's ideas on the importance and contribution of women to society.

Adler lived out her philosophy in her daily life. Her Facebook page reflected how she embodied and integrated the love and healing power of nature in her work as a social activist by focusing on the many wrongs that needed correcting in society. Her way was to inspire by modeling and by highlighting her beliefs and lighting the way to improve the lives of others. In everything she did, she touched many lives, including mine.

I became inspired by Margot Adler when she graciously agreed to create a workshop with me to present at the 92 St Y, her caveat being that having been diagnosed with cancer she might not

be up to it. It was a workshop in which she would discuss her experience as Alfred Adler's granddaughter and the significance of growing up in the Adler family of psychiatrists. I would be interviewing her and showing the many connections with her grandfather's legacy. I was delighted when she got in touch with me after the summer to say she was ready. The process of working with her on this presentation was a joy. Even though she had multiple deadlines, projects, and commitments, we always worked out time to connect and iron out the details of our presentation, very much exemplifying her natural ability to relate through mutual respect and cooperation (another cornerstone of her grandfather's philosophy).

The workshop turned out to be very effective, with her infectious sense of humor sprinkling and bringing to life her experiences. The audience loved the presentation and wanted to stay long after we finished the Q&A. But due to her deadline at NPR that day she had to leave immediately afterwards, although not before sharing with me her satisfaction at how well our presentation had been received.

Our relationship continued by email and, several months later, with a surprise visit to the Adler Institute of NY's Open House. This coincided with a visit from Marina Bluvshstein, director of the online program at the Adler Graduate School of Minnesota, who had brought along a student to translate family letters from German to English to add more life stories to Margot's family history. At the open house, Margot delighted us all by recounting her family experiences and other anecdotes.

Another email followed in which she shared her pleasure at being given an honorary doctorate from the Chicago School of Adlerian Psychology, where she had spoken several times. More recently, she contacted me about the publication of her latest two books about vampires. As I read her next-to-last book I was aware not only of the qualities I had experienced before but of her brilliance in using the role of the vampire as a metaphor, holding up a mirror to our present society. Finally, her last book opened up for me a whole new avenue of connection because of her transparency in sharing her feelings while growing up in her family of origin and about the profound bond she had shared with her husband, John. Her disarming openness allowed me to feel very close to her, as if I had known her for many years. It was a quality she brought to relationships in so many other areas of her life. This explains the outpouring of letters when people found out that she had died, and why I will miss her more than I even realized before.

Margot, thank you for enriching my life and that of so many others!

Ellen Mendel, President
Alfred Adler Institute of New York



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Our June workshops were a great success and fall classes are up and running. They are listed on our website and count toward required NYS licensing hours. Some of these courses qualify for credit toward the Heed doctoral degrees.

Upcoming Open Houses and Discussions

Meet our faculty and graduates, and find out about our training programs in individual psychoanalysis, group studies, and CASAC. We'll answer your questions and describe the CHD experience. Upcoming dates and topics: Friday, Nov. 7, *Aggression and the Idealization of Harmony*; Saturday, Jan. 10, *Bion's Theory of Thinking*.

Korean Program at CHD

Our Korean program track began this fall. The first course, *Core Concepts in Psychoanalysis*, is being taught in Korean. Our Korean supervision via Skype is continuing to thrive with students enrolled in PIP, a Korean psychoanalytic institute founded by CHD Director Benedict Kim.

Our psychoanalytic program is licensure qualifying. Once students graduate and are certified by CHD, they can apply directly to New York State to sit for the licensing exam in psychoanalysis.

Our full slate of spring courses is posted on our website, TheCenterforHumanDevelopment.org. The current bulletin, which details the entire training program, can also be found there. You can mail in the registration form which is also there.

For further information about our program, call 212-642-6303, e-mail CtrHumanDev@aol.com, or visit our website.

INSTITUTE NEWS

KENTUCKY PSYCHOANALYTIC INSTITUTE

KPI candidate Captain Ian Lynch, a graduate of the United States Military Academy at West Point, knows what it is to go the extra mile; several thousand of them, as it happens. On D-Day 2014, accompanied by his wife, Tania, who is also a graduate student, and their 9-month-old son, Banyan, he travelled to Louisville from Honolulu, where he is presently stationed, to receive his PsyD from Spalding University.

The last five years have been eventful ones for Lynch. In 2009, wanting to take advantage of the opportunity to study psychoanalysis at KPI while also working on his PsyD, Capt. Lynch applied and was accepted for the fall term. He completed KPI's two-year certificate program in Psychodynamic Psychotherapy in December 2011, after which he was accepted as a candidate in Psychoanalysis. In the summer of 2013, he and Tania moved to Honolulu, where he began his pre-doctoral internship in clinical psychology, and that fall he and Tania became first-time parents. Since his departure from Louisville, he has maintained an unbroken course of study with KPI using the distance-learning option offered by this institute, beginning some of his classes at 4 AM Honolulu time. With one major challenge down, Lynch will now continue his candidacy with the goal of completing his certification in psychoanalysis via the distance-learning option.

Everyone at KPI wishes Capt. Lynch well as he continues toward a career as an Army Clinical Psychologist.

MEMBER NEWS

Susan Kavalier-Adler, PhD, ABPP, DLitt, presented a paper at the International Federation of Psychoanalytic Societies (IFPS) conference, held in Kaunas, Lithuania, in September. The paper, which is related to the treatment of character disorders, was titled "The Beginning of Heartache," and deals with reaching the symbolic level for mourning, following the Object Survival (Winnicott) of the analyst, in the face of raw rage affect, as well as related developmental issues. Kavalier-Adler was also invited to be on the plenary panel for these meetings as the representative speaker for the Postgraduate Psychoanalytic Society in New York.

Christine K. Durbak, PhD, will be delivering the opening remarks at the 23rd International Conference on Health and Environment Global Partners for Global Solutions, titled "Our Children's World," on December 1, 2014, at the UN.

IN MEMORIAM

NAAP regrets the passing of longtime member Janet Schumacher Finell on October 6. Janet graduated from Brooklyn College in 1958 and received her doctorate in psychology from Columbia University in 1977. Dr. Finell practiced as a psychotherapist until just before her death, was the author of numerous articles, and was an active member of NAAP.

We were also saddened to learn of the passing of Lawrence Epstein on September 9. Dr. Epstein was an esteemed colleague, friend, author, and mentor to many and a training and supervisory analyst and faculty member at the William Alanson White Institute. Memorial donations may be made in Dr. Epstein's name to a charity of your choice or the American Heart Association.



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PSYCHOANALYTIC CALENDAR

NOVEMBER

13 - Biotech Babies: Troubling Temporalities (seminar); NIP
14 - What's Love Got to Do With It? Exploring the Uses and Misuses of Love in the Countertransference (breakfast seminar); CMPS
14 - ABAP Benefit Dinner; abapinc.org
14 - Forrest Bess: Art, Sex, and Madness (talk); CMPS
14 - Mixing Metaphors: An Integrative Clinical Approach Within a Psychodynamic Frame (presentation); PPSC Annex
15 - Shame, Guilt & Prejudice: Emerging Possibilities (conference); NAAP
15 - Speaking the Unspeakable: Restoring Institutional Integrity in the Wake of Sexual Violations (scientific meeting); Western New England Institute for Psychoanalysis,
15 - "Jimmy P: Psychotherapy of a Plains Indian" (movie); NJI
16 - Fred Pine Gala Tribute (colloquium); NYU Postdoc Program in Psychotherapy & Psychoanalysis, postdocpsychoanalytic.as.nyu.edu/page/home
21 - Lucia di Lammermoor: The Fragile Mind 'In Extremis' (opera lecture); CMPS

21-22 - Bion's Clinical Seminars in Los Angeles and New York City (seminars); IPTAR, iptar.org
25 - Open House; CMPS, cmps.edu

DECEMBER

6 - Linking Motivation and Intervention in Modern Psychoanalytic Technique (annual conference); CMPS
9 - Open House; CMPS
12 - Siblings of Schizophrenics: I Am My Brother's Keeper (scientific paper); CMPS
14 - Is My Slip Showing? On the Therapeutic Action of Embarrassment (focus seminar); NIP
19 - "Safe Spaces": The Relationship Between Safety & Recognition (case presentation); NIP
19 - Violence and Virginia Woolf: Grappling with the Root Causes of War (lecture); CMPS

JANUARY

8 - Childfree by Choice: Personal Reflections, Clinical Implications (seminar); NIP
9 - Brain and Mind in Borderline and Related Conditions (group conversation); CMPS

14-18 - ApsaA National Meeting
15 - An Introduction to Pello Boyden System Psychomotor for the Treatment of Trauma (integrative trauma colloquium); NIP
20 - Open House; CMPS
23 - "The Transference-Countertransference Neurosis": An Intersubjective, Self-Psychological Perspective (workshop); TRISP Foundation

FEBRUARY

4-7 - Networks, Connectivity, and Neuropsychology (conference); International Neuropsychological Society, the-ins.org
6 - The Psychotherapy of a Delusional Adolescent (case presentation); NIP
7 - "The Skin I Live In" (film & discussion); IPE
8 - Creativity & Psychoanalysis: An Elegant Adaptation (focus seminar); NIP
20 - The Shame of Absence (workshop); TRISP
26 - When Love is a Battlefield: Working with Trauma in the Dyad (trauma colloquium); NIP
28 - Open House; Institute for Psychoanalytic Education (NYU); med.nyu.edu/psa/