

PREJUDICE, SHAME & GUILT: EMERGING POSSIBILITIES

November 15, 2014 - Scholastic Center, New York City

NAAP's 42nd Annual Conference, "Prejudice, Shame & Guilt: Emerging Possibilities," will be hosted again at the lovely Scholastic Center in Soho, NYC. In addition to notable psychoanalytic speakers, this year's program will include presentations from renowned artists whose work expresses the impact and presence of shame, guilt, and prejudice in our cultural, symbolic communications. The tentacles of the shame-guilt-prejudice triad invade cultures throughout society, from our own American history, to Africa, the Middle East, and Asia. No culture exists without some representation, a generationally repetitive influence, of this toxic triad. Outstanding as an example of profound, longitudinal impact is the legacy of Nazism on contemporary culture. NAAP's conference will provide an opportunity to explore the psychodynamic underpinnings of shame-guilt-prejudice, and how we can inspire the resilience to reverse or impact this pattern.

Josephine Meckseper, a German-born artist currently living in New York, will share with us a journey, through her art, of self-discovery and political activism. Meckseper has been struggling with the legacy of her home town, where all but one "decadent art object" was destroyed by the Nazis. Her work "critically examines mass media, our consumption-obsessed society, and even our political systems. But for her most recent solo exhibition at Andrea Rosen in Chelsea, Meckseper turned her attention toward something left previously unexamined: her own lineage. Though Meckseper left Germany for New York on her own accord, she failed to leave behind the burden of guilt felt by many young Germans, even three generations after World War II. The reverberating impact of Meckseper's German heritage is exemplified by her black-and-white images of Niedersachsenstein, a sculpture in Meckseper's hometown of Worpswede that commemorates the soldiers who perished in World War I. This historic image is juxtaposed against glossy ad images and Meckseper's vitrines—recognizable reconstructions of modern store displays." (An-

drea Rosen Gallery). Meckseper's work equates our marketing-induced desire for fashion and luxury goods with the manipulations of media-driven ruling regimes. We look forward to hearing more of her conceptualizations about the healing, communicative, and motivational possibilities of externalization of shame, guilt, and prejudice through artistic expressions.

Emily Kuriloff, PsyD, author of the recently released *Contemporary Psychoanalysis and the Legacy of the Third Reich: History, Memory, Tradition*, will be one of NAAP's keynote speakers. Dr. Kuriloff is a psychologist and psychoanalyst in private practice in New York City, and she is a training and supervising psychoanalyst at the William Alanson White Institute. Of Kuriloff's book, Dr. Otto Kernberg says, "This volume contains masterful analyses of the many ways in which trauma leaves consequences, and documents how the brutal Nazi persecution in the context of different cultural environments influenced psychoanalysts' theoretical orientation, their clinical work with survivors and patients in general, and the life of psychoanalytic institutions. Dr. Kuriloff has opened new perspectives on the psychological con-

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Dougals Maxwell

On February 8, Columbia University's Teachers' College held a day-long Psychoanalytic Fair titled "Unity and Diversity" which Margery Quackenbush and I attended on behalf of NAAP. It was also well attended by many of the institutes from around the Metropolitan area, as well as several hundred undergraduate and graduate students interested in learning what opportunities may await them in our field. The fair had been inspired by the students' interest after learning that New York State licenses psychoanalysis, and that one of the requirements for training is a master's degree.

The morning session was composed of a panel, but unfortunately the unity was far more apparent than the diversity. Over the objection of NAAP, all of the panelists chosen were PhD psychologists, and a picture emerged of a clear distinction between candidates who train with licenses and those who train, like so many of our candidates, in the LP programs. When the discussion focused on the content of psychoanalysis or the importance or relevance of psychoanalysis in the 21st century, our unity was clear. But when it came to discussing training issues, the diversity was lacking.

For example, Lewis Aron from NYU's Postdoc proclaimed that he trained only "elite" candidates who were licensed, and Frank Summers, president of APA's Division 39—who hails from Chicago where all candidates must have a license prior to training—confessed that he had no experience with candidates from outside the tri-disciplines. Another panelist, Richard Reichbart, president-elect of IPTAR, acknowledged that his institute does train candidates from outside the tri-disciplines (i.e., an LP program), but IPTAR, as a member of the International Psychoanalytic Association, maintains a two-tier, top-down system where one has to be admitted to the inner circle of training analyst, supervisor, and faculty. To summarize, what was missing

PRESIDENT'S REPORT

was the position of the NAAP institutes, who constituted the majority of institutes participating in the fair.

Quite to the contrary, the fair itself, which took place in the afternoon, was a wonderful time for the exchange of information, good will, and camaraderie. The students were able to learn about opportunities for training at our institutes, and the potential for themselves and psychoanalysis in the future.

After the panel, in a personal discussion with Richard Reichbart, I encouraged him to have his institute join NAAP for the benefit of his LP students, and I took the opportunity to explain to him what NAAP does to advocate for and protect the interests of LPs. I would encourage any institute with an LP program, like the New York Freudian Society and the William Alanson White Institute, to join NAAP and encourage their LP candidates to do so as well.

To underscore this, here is a prime example of the benefits afforded by NAAP membership. Recently, our legislative/lobbying efforts have focused on the State Office of Alcohol and Substance Abuse Services and their impaired driving services list. Thanks to NAAP's diligence, LPs are now eligible to provide these services.

Hopefully, this is just the beginning of opening up new opportunities for our members. We wish to thank our lobbying team for their successful efforts on our behalf.

Douglas F. Maxwell
President

The Office of Substance Abuse Services has posted the LP authorization letter on their regulatory reference page at <http://www.oasas.ny.gov/regs/index.cfm>.

PREJUDICE, SHAME & GUILT continued

sequences of the Holocaust, on the influence of cultural trauma on the psychological functioning of adults, and on the history of psychoanalysis and of 20th century Jewish culture.”

Stay tuned for further information about this exciting conference and the dynamic artists and psychoanalysts who will lead NAAP’s exploration of the shame-guilt-prejudice triad.

Patricia Harte Bratt, PhD
NAAP Conference Chair



Arnold Bernstein passed away, peacefully, one Wednesday morning some weeks back. He was at home with his wife, getting dressed for work. What a fitting way to depart a long and engaged life. Here was a 93-year-old psychoanalyst, or, in his words, a clinical philosopher, practicing his craft and art until the very end. I am sure that many of us can only hope that such can be said of us at our passing.

It is hard for me to write about Arnold. I knew him as a teacher, as a supervisor, and later as an analyst; as a thinker through the many articles he wrote; and as a member of

the CMPS Board of Trustees. He was a gentle and thoughtful man, a humanist; one who cared about humans being, who exhibited “a compassionate and unselfish concern ... for the well being of another.” He once supervised me as a neophyte candidate. I was anxious and unsure, talking about being alone in a room with an analysand, with no one to turn to or to ask, “Is this right. Is this what I say? What now?” and he counseled me that if one is to err, err on the side of being human.

I remember he liked to pepper his talk with a well-placed joke that illuminated and addressed the subject at hand. In class he once said, “Raise your hands.” We all did so. He chuckled. “See the power words hold!” He was appreciative of words and their power to effect change, for, he claimed, words are at the heart of the therapeutic relationship. His reverence for words can also be intimated in his writing, as the reader senses his careful negotiation of them in his sentences.

I would like to say he spent a month hiking the Alps while thinking about life and “the Tao of Human Being,” that every Wednesday he got together with his colleagues and played poker, that in World War II in the Battle of the Bulge he suffered a life-changing experience. But I can’t. I can list some of his accomplishments: over 35 published papers, a fellow of numerous professional organizations, a participant in 21 conferences. But Arnold was a private man, in some ways an enigma. He kept his personal world separate from his professional world; mindful, I would like to believe, of the transference. And it says a lot about how he conducted himself that, until now, I never thought to wonder about his personal life. He was, as he wrote about Freud in “The Practice of Wisdom,” “someone who administers to a soul.”

Ronald O. Lieber

Memorial Service

A memorial service for Arnold Bernstein, a CMPS founder, faculty member, training analyst, and supervisor, author of numerous articles, and devoted husband to Joan, will be held Sunday, June 8, 2014, 11:00 AM-1:00 PM in the Great Hall of CMPS. This will be a time for those whose lives Dr. Bernstein impacted to share a few words about him. We hope that you will join us for a light lunch afterwards. Please reply to cmps@cmps.edu so we can plan accordingly. - CMPS

AUTHORS IN OUR MIDST

Pamela Donleavy, JD, NCPsyA, was a contributor to *Psychotherapy in the Wake of War: Discovering Multiple Psychoanalytic Traditions*, a comparison of clinical approaches of psychoanalysts from different psychoanalytic schools, published in September 2013 by Jason Aronson, Inc. Her chapter, titled “Commentary on Mrs. H. and Mr. E.,” appears in the “Jungian Commentaries” section.

“ANALYSIS GAVE ME GREAT FREEDOM OF EMOTIONS AND FANTASTIC CONFIDENCE. I FELT I HAD SERVED MY TIME AS A PUPPET.”

Hedy Lamarr

THERAPEUTIC ACTION: WHAT WORKS?

Claire Beth Steinberger



Claire Beth Steinberger

Symposium 2014—“Therapeutic Action: What *Works* in Psychodynamic Therapy”—offered a contemporary response to Jonathan Lear’s question in “Therapeutic Action” (2004): “How might a conversation fundamentally change the structure of the human mind?”

Following Arthur Lynch’s introduction, the keynote speaker Jay Greenberg challenged the idea of a governing psychoanalytic direction in “Therapeutic Action and the Analyst’s Responsibilities.” For Greenberg, the wide breadth of incompatible theories creates an analytic landscape of confusing “controlling fictions,” particularly the notion that a governing principle overrules the diversity of theoretical and clinical direction, analytic research, and outcomes.

Harold Blum’s midday presentation, “Theories of Therapeutic Action of Psychoanalysis at the Crossroads,” offered an integrative postmodern lens that addressed aspects of classical, object relations, relational, neurobiological, and developmental theory. In this sense, he shared an appreciation of intrapsychic structure and etiological background, particularly the role of the past in transference and the meaning of the “new” in the here-and-now context of the analytic setting. Blum’s paradigm asks for a “shifting” focus that moves between psychic positions, including conscious and unconscious mentation, the meaning of the “real” person (including “real” trauma and resilience), the function of the analyst’s fantasy (a tool), and the role of mutual projective identifications and co-constructed enactments and inductions. One central tenet contained the idea of the analyst as a person in his own right, where the analyst’s own idiosyncratic predilections stand alongside transference and countertransference possibilities.

Elliot Adler was chair and discussant in Panel III, “What Analysts Say about Therapeutic Action,” with speakers Theodore Jacobs and Jane Hall. Jacobs asked: “What makes for positive outcomes in analytic therapies expressing different theoretical positions?” Stressing the lack of a unitary model, Jacobs made the point that the diversity of clinical and theoretical ideas offers a “comprehensive approach” to the appreciation of compromise formations and defensive resolutions taking place along a developmental (maturation) continuum. Jacobs’ focus on intersubjective experience explores the analytic field or “third,” mutual/joint enactments, non-verbal expression of both participants, and the use of the analyst in supporting the patient to higher level mentalization. In this framework, particular emphasis is placed on the role of the analyst’s contributions, particularly the “essence of the analyst’s self”—factors outside of a theoretical stance. By concluding with a discussion of the working “alliance,” Jacobs turns attention to the person of the analyst, offering Brenner’s words on bringing the analyst’s “self” into the treatment and, again, on the healing words of Dr. Chillingsworth in Nathaniel Hawthorne’s *Scarlett Letter*: “Be cautious with her ... a treasure seeker in a dark cavern.”

Jane Hall’s discussion, “Love and Letting Go,” offered a paradigm that suggests that analytic “love” for the patient allows for “cure” and the “healing of splits,” highlighting analytic respect and caring throughout the dyadic journey. Hall suggested that “letting go” of the analytic treatment (termination) speaks to the gains of therapy, particularly the establishment of internal stability with aspects of (healthy) individuation and the capacity for loss and mourning. As panel discussant, Elliot Adler addressed the theme of therapeutic action, particularly the need for exploring the analyst’s “affective” world and its place in psychic change and curative functions. Adler’s “affirmative” position asked for a reframing of the analytic stance to include the need for the therapist to “adapt to the analysand.” He pointed to Jacobs’ interest in analytic enactments, the patient’s capacity to “know the analyst’s self,” and “love” as an essential feature of therapeutic action.

Finally, Otto Kernberg’s “wrap up” gave credence to all the speakers, returning to a critique of Greenberg’s construct “controlling fantasies.” Here, Kernberg suggested that in spite of the wide range of therapeutic theories, there are four governing principles: the use of interpretation; an expanded understanding of “transference analysis” (past into present and attention to the analyst’s relational contributions); change in the idea of the analyst’s “neutrality”; and the changing use of countertransference (re: intersubjective experience, the role of reality). Kernberg also stressed the role of analytic “listening,” particularly the contributions from Andre Green and Bion’s suggestion that the analyst enter the session free of memory and preconception. Addressing Dr. Christopher Christian’s morning presentation, Kernberg affirmed the idea of a three-person psychology, where the analyst can observe the transference and countertransference “field” construct with dyadic observation from a “third” position. Advancing the idea of research and evidence-based practice, Kernberg pushed hard for models of analytic measurement and therapeutic outcomes—a cautionary note.

Claire Beth Steinberger, EdD, JD, is a licensed school psychologist, psychoanalyst, and marriage and family therapist who specializes in individual, couple, and family dynamics. She is on the teaching and supervisory faculties of the National Psychological Association for Psychoanalysis, Object Relations Institute, Family Forensics Institute, and Training Institute for Mental Health.

(Note: The author was unable to attend the morning panels “Two Points of View on ‘What Works’” and “What the Research Says About Therapeutic Action.” Both panels explored Greenberg’s charge and offered clinical and theoretical appreciation for the issue. Respective Chairs were Jennifer Harper and Theodore Shapiro, and speakers were Paola Mieli, Christopher Christian, Joseph Schachter, and Sherwood Waldron. For more coverage of Symposium 2014, don’t miss the summer 2014 issue of NAAP News.)

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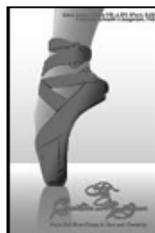
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DR. KAVALER-ADLER is the founder, executive director, senior clinical supervisor, training analyst, and the advisor to the training committee at the Object Relations Institute for Psychotherapy and Psychoanalysis, as well as seminal theoretician and writer. She has integrated many aspects of British and American object relations theory in her own theory of *developmental mourning* as a *critical psychic change process*. Dr. Kavalier-Adler's books and peer-reviewed articles and edited book chapters are well known in US and internationally, as all of them are related to both theory and clinical work. Her new book, *The Anatomy of Regret: From Death Insinct To Reparation And Symbolization Through Vivid Clinical Cases* was published by Karnac in January of 2013; and her other new book, *The Klein Winnicott Dialectic: Transformative New Metapsychology And Interactive Clinical Theory*, in March 2014. New editions of her two earlier books, *The Compulsion to Create* and *The Creative Mystique*, related to the creative process, and the psychobiographies of famous creative women, have been recently republished by the ORI Academic Press.



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THE FREUD/FERENCZI LETTERS

Susan Klett

“The Freud/Ferenczi Letters” took place on the evening of Thursday, January 30, at the Washington Square Institute. The stage was set and the lights dimmed as the audience chattered in anticipation of an exceptional historical event. Louise DeCosta, PhD, LCSW (Gizella Palos), entered, followed by Elliot Adler, PhD (Sigmund Freud), Isaac Tylim, PsyD (Sandor Ferenczi), and Neil Skolnick, PhD (narrator), all dressed in attire representative of 1908. A live, passionate conversation began between Freud, “The Father of Psychoanalysis” and Ferenczi, “His Favorite Son,” as some 60 letters selected from 1,250 transactions spanning their quarter-century relationship were exchanged. Both Freud and Ferenczi’s personality and temperament were illuminated as they freely exchanged audacious speculations equalized by their astute psychological observations while sharing ideas and formulating theories.

Our audience had the opportunity to witness their complex, emotional, and exceptionally creative relationship which embraced multiple roles (mentor/heir, colleague/collaborator, analyst/analysand) and various moods, including the despair that followed an excruciatingly painful break when their theories diverged. We were privileged to hear their last shared letters during World War II (the holocaust) and throughout stages of their illnesses at the end of their lives. Due to the brilliant acting of both Adler and Tylim, and their use of self, we came to understand the enormous hope and intense frustration faced by Freud and Ferenczi in dealing with the criticism of a skeptical scientific community, in addition to the chaos and austerity of an era of fundamental political transformation.

Louise DeCosta, the creative director of this project, was trained as both a Freudian and a Jungian. She started this process three years ago with the staged reading of 40-50 selected letters (narrowed down from 360) written between Freud and Jung during 1906 and 1913. “The Freud/Jung Letters” were presented at Washington Square Institute on May 12, 2011, with Margaret Klenck, MDiv, LP, as narrator, Elliot Adler, PhD, as Sigmund Freud, William Baker, PsyD, as C.G. Jung, and Allison F. Avery, MA, as Emma Jung. According to Dr. DeCosta, the process of letter selection has continued as a team process, with minor editing to provide a script and interlocking narrative which most accurately captures these historical accounts. Arnold Rachmann, PhD, a Ferenczi scholar, participated in this process for the Freud/Ferenczi selection of letters and was the narrator of its first reading in Prague, August 2013.

Dr. DeCosta, dedicated to bringing us a precise account of the transactions between our psychoanalytic forefathers and the theories that inform our practice, reported that “it was important to have Freudians, Ferenczians, and Jungians who were

passionate and knowledgeable in their theories, as opposed to professional actors who could deliver the “dramatic goods,” but not the theoretical, transference underpinnings behind the words.” She stated that “the inspiration for this project came from a desire to foster a dialogue between contemporary Freudian and Jungian communities and most recently between Freudian and Ferenczian communities. In bringing these accounts to the current analytic communities we have met with responses ranging from supportive and friendly to hostile and contentious, but fascinatingly, rarely neutral. My mission has been to honor our therapeutic legacies and attempt to create an ongoing conversation between Freud/Jung and Freud/Ferenczi which, during their lifetimes, they were unable to maintain.”

Susan A. Klett, LCSW-R, BCD, NCPsyA, 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 Postgraduate Institute of The Postgraduate Psychoanalytic Society, where she was also board member; executive member 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.

PSYCHOANALYTIC EVENT SCHEDULING

It has come to our attention that on several occasions psychoanalytic institutes have scheduled an event on the same date as that of a fellow institute’s event. We ask our member institutes to please have the courtesy to schedule events on alternate dates, wherever possible, particularly if you are offering a free event alongside a paying one. In the spirit of collegial cooperation, and with the goal of advancing psychoanalysis, every effort should be made to check that the date of your event does not coincide with another institute’s event.

Check the NAAP website EVENTS tab for an up-to-date listing of institute events. Call our office at 212-741-0515 if you would like more information or assistance, including promotion of your events.

HISTORY OF NAAP 1972 TO PRESENT

The history of NAAP is a history of people: the presidents, the board, the members, the staff, and their striving for the recognition of psychoanalysis. In 1972 a small group of psychoanalysts met to discuss ways to preserve and enhance the development of psychoanalysis as an independent profession. This meeting led to the formation of the National Association for the Advancement of Psychoanalysis (NAAP). NAAP was incorporated that same year by Harold Davis, PhD, Ethel Clewans, MS, Leonard Liegner, MD, Philip Polatin, MD, and Phyllis Meadow, PhD. Ten institutes were represented at a meeting in Los Angeles in 1973 to plan the formation of NAAP and an annual conference.

At this first meeting the following resolutions were adopted:

1. The title “psychoanalyst” should be restricted to those professionals who have graduated from or have grandfather status in accredited psychoanalytic training institutes.
2. Degree-granting status is necessary for the survival of psychoanalytic training institutes, and NAAP would assist member institutes in establishing degree-granting status.

At this meeting, the trustees resolved that psychoanalysis and psychotherapy should be licensed, given that there were licenses already in force that misled the public regarding who was qualified to practice. Existing law did not restrict the practice of psychotherapy and psychoanalysis, and as a result they could be practiced by anyone. The license to practice psychoanalysis was finally achieved in 2002.

Psychoanalysts were already certified by Vermont in 1994 and New Jersey in 2000, but it was New York, in 2002, which became the first state to recognize psychoanalysts with a “Scope of Practice” license that applies to all appropriately trained psychoanalysts from all psychoanalytic theoretical perspectives. Simultaneously, the psychologists received a scope-of-practice license in psychology that included psychoanalysis in its scope of practice, with exemptions for MDs, social workers, and registered nurses.

In 1972, NAAP’s founders envisioned an organization of member institutes as well as individual members. However, upon legal advice, NAAP was advised that both institute members and their accreditation functions would be subject to the decisions of the NAAP Board or they would need to form a separate organization. Thus, on December 5, 1997, the Assembly of Psychoanalytic Institutes (API) was formed and they elected a Board of Trustees for the American Board for Accreditation in Psychoanalysis (ABAP). This new corporation now functions—as a separate accreditation corporation independent of NAAP—as a membership association for the field of psychoanalysis. The purposes of accreditation are to maintain and improve the quality of professional education and to safeguard the public.

From the outset, conferences were deemed so important to NAAP that at least one was held each year. The topics, too

numerous to list in their entirety, range from “Psychoanalysis in an Age of Violence” (1996) to “On Human Freedom” (2007) to the upcoming 2014 conference “Prejudice, Shame & Guilt: Emerging Possibilities.” In 1994 NAAP formed the Library Promotion/Public Relations Committee to seek ways of informing the public about psychoanalysis through the media. The organization also established the Gradiva® Awards for creative works that promote psychoanalysis, by members and non-members, including books, films, art, articles, children’s books, and student papers. The Gradiva® Awards Banquet is now an integral part of the annual conference.

Under Douglas Maxwell’s first presidency, David Hamilton, PhD, LMSW, Executive Secretary of the NYS Board for Mental Health Practitioners, acknowledged the institutes’ authority to preserve a fee range (rather than set fees) negotiated between the training analyst and the candidate analyst, thus ensuring financial access to this educational experience for all candidates.

Douglas Maxwell, NAAP’s current president, recently wrote: “Why should candidates join NAAP? Independent psychoanalysis is only going to continue to exist and thrive if the next generation of psychoanalysts takes an active role. NAAP is the advocate for independent psychoanalysis. Without NAAP, no one would be monitoring and advocating for improved legislation, whether it concerns diagnose and treat or insurance reimbursement. Without NAAP, no one would serve as a watchdog to monitor attempts to legislate lay analysts out of existence. Without NAAP, there would be no place for independent psychoanalysts to register their certification. The future of independent psychoanalysis depends on your support.”

Maxwell is committed to the continuing effort to make the statute and regulations best conform to the tradition of psychoanalytic training following the tradition of NAAP’s founders. In 1995 the Public Education Corporation of the National Association for the Advancement of Psychoanalysis was incorporated. Its purpose is to educate the public on the history, nature, and function of psychoanalysis and to clarify the role of psychoanalysis in today’s society.

NAAP’s executive director is Margery Quackenbush, a CMPS graduate. The current editor, Kirsty Cardinale, is primarily responsible for producing NAAP’s quarterly newsletter, *NAAP*

News, together with her colleague Elliott Hom, NAAP's art director. In addition to the newsletter, they manage the weekly e-Bulletin and the website.

Currently, NAAP has both a federal and a state lobbyist who are working on passing legislation that would allow the four professions to form a single corporate structure (Act #3910 and ACT #2708) that would mandate insurance reimbursement for those professions in Article 163—Creative Art Therapists, Mental Health Counselors, Marriage and Family Counselors, and Psychoanalysts.

If you have not already done so, consider joining NAAP in promoting and developing independent psychoanalysis. Membership categories include Psychoanalyst, for graduates of a psychoanalytic institute, and Candidate, for those who are matriculated at a psychoanalytic institute.

For more information, visit www.naap.org.

MEMBER NEWS

During March, **Royce Froelich, LCSW, MDiv, MA**, gave a course entitled *Psyche, Sound, and Emptiness* at the Rubin Museum of Art in New York City. Participants listened to the music of John Cage and explored his theory of Silence, and also studied Jung's theories of the psyche and his thoughts on East-West dialogue.

Natalie Riccio, PhD, MSW, NCPsyA, was appointed to the State Board for Mental Health Practitioners, effective February 1, 2014.

PSYCHOANALYTIC UNITY AND DIVERSITY FAIR Jack Schwartz and Eric K. Williams

Although the outside temperature was brisk, inside at Columbia University's Psychoanalytic Fair warmth radiated throughout the day. This historic day for psychoanalysis brought together almost all the psychoanalytic training institutes in the Metropolitan area (and some beyond) to share ideas and communicate to the next generation of practitioners the value and meaning of a psychoanalytic education in the 21st century.

No doubt the location and excellent accommodations at Columbia Teacher's College, and the gracious and friendly staff, comprised mostly of graduate students, contributed a great sense of warmth and purpose. There were numerous rooms encircled around a large auditorium where five speakers, representing various training institutes, spoke of the nature of the profession. This was followed by a spirited Q&A period, and an informal boxed-lunch. Each room held space for several institutes, with a student host facilitating the day's activities and assisting interested potential candidates.

The most impressive aspect of the gathering was the genuine camaraderie that was on display among those in attendance. From the moment of our arrival right to

the very end there was an energetic sense of engagement. The exchanges centered not around specific modalities of treatment or theoretical constructs, but on reverence for our field as a whole and the joy of sharing a wonderful heritage in psychoanalytic thinking. This sentiment was expressed repeatedly by the panel of speakers, and spilled over to the casual conversations throughout the day. We were most proud to be part of this community, as we put on display for prospective candidates—the next generation of psychoanalytic thinkers—our shared “way of being.”

Psychoanalysis has a long history of division between the schools of thought and the training institutes, so it was no small measure to create such an event. A well-deserved “thank you” is offered to the coordinators.

It was a day of appreciation, validation, and evolution. It is one thing to speak of unity and diversity, it is quite another to realize it. The Psychoanalytic Unity and Diversity Fair at Columbia successfully embraced the vibrant next generation of practitioners and the continued vitality of psychoanalysis as a profession.



Jack Schwartz, PsyD, LCSW, is a nationally certified psychoanalyst and a faculty member, lecturer, and control analyst at the New Jersey Institute for Training in Psychoanalysis.

In addition to maintaining a full private practice in northern New Jersey, Dr. Schwartz is a regular contributor and writer for a variety of clinical journals.



Eric K. Williams, LCSW, NCPsyA, received his MSW from Rutgers University in 1996. A graduate of the New Jersey Institute for Training in Psychoanalysis in 2013, he

is currently a school social worker in Union City, NJ, and adjunct professor at the Rutgers' MSW program. Eric Williams is in private practice in Teaneck, NJ.

CLINICAL IMPLICATIONS OF THE PSYCHOANALYST'S LIFE EXPERIENCE

Steven Kuchuck

NAAP Executive Director Margery Quackenbush asked that I talk about my recently published book *Clinical Implications of the Psychoanalyst's Life Experience: When the Personal Becomes Professional*, and offer a brief definition of relational psychoanalysis, which informs the book.

The term “relational psychoanalysis” was first used by Jay Greenberg and Stephen Mitchell in 1983 to bridge interpersonal psychoanalysis and British object relations theory. Later, the term grew to include other influences, including self-psychology, infancy research, feminist and queer theory, and elements of contemporary Freudian and Kleinian thought. More recently, some relationalists are also incorporating Bionian Field Theory into their thinking about psychoanalysis. Relational configurations between self and others, both real and fantasized (external and internal), are the primary subjects of examination in relational psychoanalysis, as is the co-constructed, intersubjective field that emerges in the consultation room. As is probably true of all schools of psychoanalytic thought—including relational psychoanalysis—the patient is always the primary focus. It is assumed, however, that regardless of how hard we might try to stay out of the way, it is often not possible and perhaps not even always advantageous. The analyst's subjectivity is by definition in the room at all times, and therefore must be tracked for relevant clinical data (of the kind that can be gleaned by examining countertransference, for example, including what we might then be able to learn about dissociated elements of the patient), and to gain a better understanding of the analyst's influence—inadvertent or otherwise—on the patient and the treatment, and the patient's impact on the analyst.

Clinical Implications was written with these tenets in mind, to explore how leaders in the fields of psychoanalysis and psychotherapy (Galit Atlas, Arnold

Bernstein, Susie Orbach, Anna Ornstein, among others) as well as newer writers, address the phenomena of the psychoanalyst's personal life and psychology. In this edited book, each author describes pivotal childhood and adult life events and crises that have contributed to personality formation, personal and professional functioning, choices of theoretical positions, and clinical technique.

By expanding psychoanalytic study beyond clinical theory and technique to include a more careful examination of the psychoanalyst's life events and other subjective phenomena, readers will have an opportunity to focus on specific ways in which these events and crises affect the tenor of the therapist's presence in the consulting room, and how these occurrences affect clinical choices. Throughout, I show how contemporary psychoanalysis teaches that it is only by acknowledging the therapist's life experience and resulting psychological makeup that analysts can be most effective in helping their patients. However, to date, few articles and even fewer books have been entirely devoted to this topic. *Clinical Implications of the Psychoanalyst's Life Experience* attempts to forge new ground in exploring these under-researched areas.

Steven Kuchuck, LCSW, NCPsyA, LP, is a faculty member and supervisor at the National Institute for the Psychotherapies, where he is also on the Board of Directors, and a faculty member at the Stephen Mitchell Center for Relational Studies and the Institute for Expressive Analysis. He is a practicing psychoanalyst and supervisor in Manhattan, Editor in Chief of the journal *Psychoanalytic Perspectives*, and Associate Editor of the “Relational Perspectives Book Series” published by Routledge.

For more information about the book and related upcoming speaking engagements visit www.stevenkuchuck.com or www.amazon.com/author/stevenkuchuck.

MEMBERSHIP

No one should practice analysis who has not acquired the right to do so by a particular training. Whether such a person is a doctor or not seems to me immaterial. Sigmund Freud, “The Question of Lay Analysis,” 1930.

Psychoanalysis relies on NAAP as the sole organization dedicated to sustaining lay analysis, and sustaining the particular training that pertains to psychoanalysis alone. NAAP relies on its membership to sustain its ability to continue its activities.

Please support NAAP by becoming a member so that NAAP will have the resources to continue playing its critically important role in the future of psychoanalysis.

ERRATUM

In the winter 2014 issue of *NAAP News*, we erroneously referred to longtime NAAP member Merle Molofsky as Meryl Molofsky and Merle Molofsky, PhD, on two separate occasions. Our esteemed member kindly drew our attention to the oversight, and we extend our apologies to her. -Editor



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Tuition Scholarships @ ORI dedicated to **Dr. Jeffrey Seinfeld** and **Dr. Joyce McDougal** are available starting in the 2013-2014 academic year. For more information - contact ORI's administrator at 646-522-1056 or write to Admin@ORINYC.org.

Jeffrey Seinfeld's Memorial Lecture/Workshop Series will continue through all academic years to come. 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 September 2014. Topic: Bad Objects and their Vicissitudes.

Promote your practice and educational activities through **ORI's Web Bulletin** - visit www.ORINYC.org.

Publish with **ORI Academic Press** and the online peer-reviewed periodical **MindConsiliums**, which are both dedicated to **cross-pollination of psychoanalytic and scientific thought**. For more information, write to 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!



Object Relations Institute for Psychotherapy and Psychoanalysis (Training Foundation) is a 501(c)(3) nonprofit educational organization. We are chartered by NYS Department of Education to provide post-graduate training in psychotherapy and psychoanalysis.



mindmendmedia

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It's an icy Saturday morning, and an hour into the city. Why head to your therapist's office when you can meet her *online* with a cup of hot cocoa? In today's cyber world, the screen is now an active passage of our communications with one another, and instant gratification is increasingly available. On February 23rd, the Object Relations Institute's conference touched on today's exploration of the "cyber couch" and cyber culture-related conditions occurring more frequently as the Internet culture expands and evolves.

The keynote paper, by Dr. Margaret Yard, was "Psychoanalysis Today: Objectified Digital Minds and Broken Hearts of the Cybercouch." The discussants, Dr. Ruth Danon and Dr. Jeffrey Lewis, the conference moderator Dr. Susan Kavalier-Adler, the dramatizations of the clinical "cybercouch cases," and the audience responders brought in some unique perspectives on this topic.

For therapists, the cyber revolution leaves a lot for discussion. Day after day we treat those struggling with painful addictions, desires, and a desperate search for connection and meaning. Is the Internet an outlet for connection or disconnection? Does it free us to explore unconventional levels of language, connection, expression, sharing, and communication? Or does it leave us unfulfilled and empty as we struggle for an online sense of self? Do online responses, emails, and new media technologies leave us more attached or just further caged in our search for meaning and self-actualization? How are our relationships affected? Strong emphasis is placed on the lack of the sensory data typically used to infer the affective context of a communication. Strangely enough, this "deficiency" of data delivers an inflated form of the "blank screen" that Freud projected as a central property of the analytic stance (Marohn, 1990; Berk, 1995). In this respect, the numerous cyber-styles vary in their opacity to affective content, in their blankness (Kohn, 2012; Roth, 2012).

In Sherry Turkle's *Alone Together* (2011), the self has been replaced by a "cyber self," an identity shaped by cyber communication, and a loss of human interaction. Yet, for some, living in a world where one is forever "present" fulfills a yearning for safety and

"CYBER MANIA" 101 FOR PSYCHOANALYSTS

Shana Spier



stability. Patients with separation anxiety and attachment issues find solace in a text message from a loved one, or a virtual greeting card during a busy day. Families separated by oceans and time are able to connect and share in each other's special moments. Might this lead to online dependency or cyber addiction? Sometimes; but aren't we neglecting the fact that as human beings we are the *medium* of the message? Humans have suffered from addictions for centuries. Sexual deviancies are found in the Bible, some bordering on pornographic; love letters have been written as an expression of affection and communication throughout the ages.

Cyberspace has unleashed a Pandora's Box for psychoanalytic practice. Nonverbal communication continues to hold a critical portion of the psychotherapy process, but with today's enhanced technologies it seems like an impossibility to require of a webcam. But perhaps analysts need to close their eyes, and re "see" what they thought was once innate. A person who is blind must

find different ways of communicating and connecting. He utilizes his remaining senses to both receive and provide communication and expression. Perhaps analysts must rediscover connection and its complexities.

As the Net continues to transform our daily lives, and shape our clients, and as we submit to the clutches of Amazon and to Facebook fever, we must not forget that cyberspace is just a button. It is a button which we can activate, or disable, as we choose; a switch which allows us to connect, or disconnect. We have power over the control key. It's up to us.

Shana Spier is an administrative assistant at the Object Relations Institute for Psychotherapy and Psychoanalysis. She is a social work master's student and aspiring object relations psychoanalyst.

For more information about the presentations, and to view the video with the conference highlights, visit ORI's conference web page at <http://orinyc.org/conf.html>.

DID YOU KNOW...?

The importance of microbes in everyday life cannot be over-stated. Microbes live in every part of our bodies, in every crevice, and on every surface. There are more bacterial cells on our bodily surfaces—collectively amounting to 100 trillion cells—than there are human cells in the entire body.

We are born 90% human, 10% microbes. As we develop and grow, our microbes develop and grow with us, at a much faster rate than we do. By the time most of us die, we will have reversed the proportion of human to microbes, and we will have become 90% microbial. At the time of our death, then, it could be said that we are, indeed, more microbial than human.

Babies get a substance from breast milk—oligosaccharides—that they cannot digest, as they do not have the required enzymes. Oligosaccharides deliver materials to the microbes that reside in baby’s gut. It is baby’s first prebiotic!

Couples who live together share more microbes with each other if they have a dog, compared with couples that do not have a dog. The largest bacteria group that dogs and humans share is Betaproteobacteria.

Stress during childhood could have long-term effects on the gut microbiome. When rats and monkeys are separated from their mothers, a type of stress is created that alters the microbiota of the gut.

Kissing involves exchanging human microbiota. Variety is key to health, and the exchange of each other’s microbes boosts immunity. In addition, kissing brings a wealth of other benefits. It relieves stress and releases epinephrine into the blood, resulting in an increased pumping of blood, which can reduce LDL cholesterol. Kissing stimulates the production of saliva in the mouth, which helps to fight cavities. And it also stimulates a cascade of “happy” hormones, such as serotonin, dopamine, and oxytocin. These hormones aren’t only important for good feelings; they also help to strengthen relationships.

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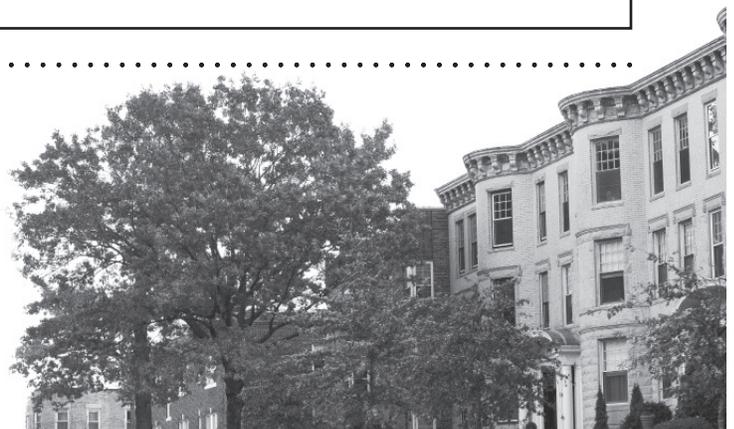
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BOSTON GRADUATE SCHOOL OF PSYCHOANALYSIS

BGSP Celebrates 40 Years

On Friday, October 11, 2013, the Boston Graduate School of Psychoanalysis celebrated 40 Years of providing psychoanalytic education at its Anniversary Gala in Copley. This commemorative occasion also marked the conclusion of some students' journeys at the school as they graduated from their respective programs.

The evening was full of music, dancing, spectacular food, honors, a little friendly competition at a silent auction, and even a flash mob! A common feeling among everyone, however, was the overwhelming energy and good spirits that radiated throughout the night. Such a joyous occasion was needed after the originally scheduled anniversary celebration was canceled as a result of the Boston Marathon bombings.

In a ballroom of over 150 guests including students, alumni, faculty, staff, friends, and family, the president of the School gave a rallying speech, declaring that psychoanalysis is alive and well, and at a celebration in the wake of such a horrible tragedy, those seemed to be just the words everyone needed to hear.

BGSP looks forward to the next 40 years and expects the school to experience more growth and expansion while continuing to provide top-of-the-line psychoanalytic education. The success that the school has experienced over the past four decades is merely a prelude of what's to come.

BGSP Welcomes First Class into Accelerated Doctorate Program

In September of 2013, the Boston Graduate School of Psychoanalysis successfully launched its Accelerated Doctorate of Psychoanalysis Program with an incoming class of six certified psychoanalysts coming from New York, New Jersey, and as far away as Michigan. These students are engaged in advanced coursework in comparative clinical

theory and contemporary issues in psychoanalysis. They are also in the process of designing an original doctoral research project.

Created specifically for certified psychoanalysts interested in earning a doctorate in the field, the program can be completed over a two-year period, one day per week every other week at the School's Boston campus. This schedule allows students to continue their psychoanalytic practice while enrolled in the program.

BGSP's vision is to bring psychoanalysis everywhere that people can benefit from it and thus, the school prepares students to apply their psychoanalytic training to diverse populations in a wide variety of settings. Graduates of our programs are employed in mental health agencies, school systems, universities, for-profit and non-profit organizations, and private practices.

Since the school's inception in 1973, BGSP has grown from a small psychoanalytic training institute to a graduate school extending across two campuses, Boston and New York, which are accredited by the New England Association of Schools and Colleges, Inc. We expect that this pattern of growth and success will only continue.



NATIONAL INSTITUTE FOR THE PSYCHOTHERAPIES

Jane Moffett Appointed Clinical Director of the Integrative Trauma Treatment Center

NIP's Integrative Trauma Program Executive Committee announced the appointment of Jane Moffett, PhD, LCSW-R, BC-Dmt, SMT, as Clinical Director of the Integrative Trauma Treatment Center.

Dr. Moffett is uniquely suited to her new NIP position, as a psychoanalyst with extensive experience and multiple therapeutic skills in the treatment of psychological trauma. She brings to her work certifications in EMDR, Somatic Experiencing, and dance movement therapy, as well as experience with pre- and perinatal services, post-surgical orthopedic

INSTITUTE NEWS

patients, and dance movement therapy with psychiatric inpatients. She has also served as Clinical Director at the Psychotherapy and Spirituality Institute in NYC, where she treated complex cases and supervised.

The Integrative Trauma Program Executive Committee would also like to extend its gratitude to Cathy Fewer, LCSW, who previously held this position. Ms. Fewer also serves as Co-Director of the Certificate Program in Integrative Trauma Studies and as Co-Director of the Psychodynamic Approaches in Clinical Practice one-year evening program.



THE INSTITUTE FOR PSYCHOANALYTIC STUDIES

The Institute for Psychoanalytic Studies is pleased to announce the new Integrated Gerontology Program this fall. The purpose of the program is to educate mental health professionals in psychoanalysis and psychotherapy with senior adults. This program will focus on understanding concepts such as transference, counter-transference, resistance, character, in senior adults, and will show how the sensitive use of these concepts can promote change in seniors.

To introduce this new program, we hosted a *Conversation: Psychoanalysis and Capacity for Change in Later Life* event on Sunday, April 27. The event was cosponsored by the NJSCSW, and as an approved provider of CE by the NBCC, IPS was able to offer 2 free CEU's to all social workers and professional counselors who completed the day's event.

In May we are looking forward to our graduation, where we will celebrate the achievements of our graduates from the Adult Program and Integrated Child Program.

We also will be holding our Open House and *Conversations: Strategies for Private Practice* on Sunday, June 8, at the Five Star Residences in Teaneck, NJ.

Call 201-457-0809 or email ipsinfo@ip-newjersey for more information on any of our Programs or our *Conversations*.



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PSYCHOANALYTIC CALENDAR

MAY

- 8**-Sensorimotor Psychotherapy and Somatic Experiencing (colloquium); NIP
- 9-10** - Enlightening Conversations (conference); Spring Journal & the Tricycle Foundation
- 10**-The Immigrant in the Consulting Room (conference); NIP
- 10**-The Career as a Path to the Soul (talk); APCNY

13-Open House; CMPS

- 16**-Collaborative Couples Therapy (presentation); PPSC
- 18**-Love & Hate: Dialectical Interaction (conference); WSI
- 20**-Norman Vincent Peale Awards Gala; BPGI
- 21**-Jacques Lacan & Ella Freeman Sharpe (discussion); CFS

JUNE

- 10**-Open House; CMPS
- 12, 19, 26**-Your Baby, My Baby, No Baby? (seminar); NIP
- 22-24**-Connecting: Emotional Resilience in a Digital World (conference); ACAP

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