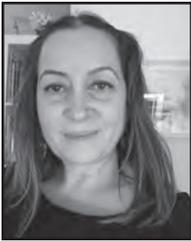


Survey Results: Exposure to Diverse Theories in Psychoanalytic Training



PRESIDENT'S NOTE

Sumru Tufekcioglu, Ph.D.

Onward...
against all odds.

Dear Candidates,

As we are approaching the end of 2021, I hope you are doing well, staying safe, and enjoying the training year. Another year has gone by under the shadow of a deadly pandemic and our country remains divided on many issues, from vaccines to the now urgent climate crisis. We are still waiting for things to change, for the pandemic to be fully over, to return to normal, and to get to a better place in various domains of our lives, whether it be at our local institutes, or in the analytic community at large or at APsaA as well.

Can we keep moving onward, against all odds?

That's exactly what the Candidates' Council Steering Committee has been doing in the last six months. Some news and updates that will hopefully be of interest to you: We now have a Membership committee which will focus on connecting with member institutes and member candidates to help us understand how we can make APsaA candidate membership more beneficial to analytic candidates. Christopher Rigling, Psy.D., has taken on the leadership of this new initiative as Chair of our Membership Committee. Thank you, Christopher.

The Lee Jaffe Candidates' Council Paper Prize, chaired by Rachel Maree, M.D., is holding two presentations in

Caroline Sehon, M.D., FABP, will be the discussant. I hope you can join us for these excellent presentations and discussions.

We have started a new program entitled "The Candidates' Online Seminar Series", which will provide online seminars with leading thinkers and educators in the field, on topics of interest to candidates. April Crofut, M.D., has joined us as Chair of this important program and has created a wonderful seminar series for 2022 on the topics of building an analytic practice, psychoanalytic understanding of substance use, race and diversity, maternal eroticism, analysis of acting out and working with the unconscious with a relational perspective. Details will be forthcoming very soon.

And finally, with this issue, Himanshu Agrawal, M.D., is completing his term as Editor and Jaclyn Joyce, D.O. is joining us as the new Editor of *The Candidate Connection*. Thanks to Himanshu for an amazing job in this role and a warm welcome to Jackie.

Let's keep moving onward together.

Best wishes for the new year. ❖

Warmly,
Sumru Tufekcioglu, Ph.D.

Can we keep moving onward, against all odds?

I know that change happens gradually and with imperfect small steps. Isn't this what we witness in our work with our patients? Rarely does analytic process go smoothly towards progress in a linear fashion without setbacks or half-steps. I cherish those moments when I observe a slight shift, a baby step, however imperfect, that a patient takes toward something better, perhaps a sign of increased relational freedom, better functioning in some way or even increased comfort in the analytic setting. In the absence of real progress or optimal change, can we keep going, glad that we are moving in the right direction and hopeful that we will someday get to where want to be?

the next months. These sessions, usually held during APsaA's National Meetings, were held virtually. On Sunday November 7th, 2020 semi-finalist paper prize winner Genie Dvorak, Psy.D., a graduate of the San Francisco Center for Psychoanalysis, presented her paper entitled, "The Persistent Past: Listening for the Logic and Potentials of the Repetition Compulsion." Bruce Reis, Ph.D., was the discussant. On Sunday December 12th, at 4:30-6:30pm EST, 2021 semi-finalist paper prize winner Elizabeth Levey, M.D., a graduate of Chicago Psychoanalytic Institute, will present her paper entitled "Analyzing from home: The Virtual Space as a Flexible Container."

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EDITOR'S NOTE

Himanshu Agrawal, M.D., D.F.-A.P.A.

There is a well-known poem about several blind men standing around an elephant. Each one is touching a different part of the elephant and is trying to describe this mystical creature. The man touching the broad and sturdy side compares the elephant to a wall. The man feeling the tusk describes it as a spear. Yet a third, holding the trunk, describes it as a snake. The 4th and the 5th blind man compare it to a tree and a fan, since they hold the knee and the ear respectively. And so on and so forth.

It only seems right that this former Hindu (not 'Hindoo') tries to transpose this analogy to our side of the world. As I borrow an artifact from Freud's office table, it seems to me that the founders of the major psychoanalytic theories could be visualized as blind persons trying to describe a sphinx. Dr. Sigmund Freud would be caressing the dent where the nose once was and exclaiming "castration!" Ms. Anna Freud would be holding the wiry tail in one hand and examining the girth of the powerful legs with the other, musing "Hmmm... defence much?" Mrs. Klein would be noticing how the left wing seemed to

The point I wish to make is this: to me, a good psychoanalyst is someone who has been 'well-enough' trained in multiple psychoanalytic theories, so that they may learn the process of examining this complex creature called psychoanalysis, from multiple different perspectives. The good psychoanalyst keeps their mind open for new perspectives, and for new perspectives on old perspectives. A trained musician commits to learning the 'basics' before they attempt to improvise. And these schools of theory are the 'basics' of our craft. Beware the teachers who are convinced that their theory has a grasp of the truth and minimizes other theories. If we were to see it from their individual perspectives, neither one of them is telling lies. Yet, at the same time, if we wish to remain non-blind, we must continue to assert to ourselves that none of them are describing the sphinx completely.

The point I wish to make is this: to me, a good psychoanalyst is someone who has been 'well-enough' trained in multiple psychoanalytic theories, so that they may learn the process of examining this complex creature called psychoanalysis, from multiple different perspectives.

Each one of them is convinced that they have a firm grasp of the truth. If we were to see it from their individual perspectives, none of them is telling lies. Yet, at the same time, those of us who are not blind, can also assert that none of them are describing the elephant with entire accuracy or completeness. Their understanding is limited by their position.

In the 19th century, John Godfrey Saxe, described this poem as a 'Hindoo fable.'

be constructed of powerful, nurturing feathers whereas the feathers on the right wing seemed prickly, poisonous. Dr. Heinz Kohut would have both palms on the mythical beast's heaving chest, trying to be attuned to every single heartbeat, each one just a little bit different. And so on and so forth.

The sphinx on the table here, of course, is the craft of psychoanalysis. My earliest memories of the APsaA annual meeting sealed my decision to apply for psychoanalytic training. I witnessed two stalwarts of psychoanalysis, each none of them a revered figurehead of his respective school of psychoanalytical theory, go at each other like British parliamentarians. It was simultaneously disappointing and freeing. "If *that's* the bar, maybe I too can become a psychoanalyst someday." Of course, since then I have realized that this reasoning was simply a defense, a silly rationalization that helped overcome my fears about starting training.

The task to fully describe (let alone understand) our sphinx is an impossible one. Yet, I have found that the happiest, most successful psychoanalysts are those who have never stopped the pursuit of this impossible task.

This will be my last note as Editor of *the Candidate Connection*. I am honored that I was deemed worthy of this task, and that I was allowed to stay with it. This journey of editorship has opened so many external and internal doors for me. I hand over the pen to Dr. Jaelyn Joyce (who was probably thinking "If *that's* the bar, maybe I too can...")

May you all fare well as you chase your sphinx. ❖

Himanshu Agrawal, M.D., D.F.-A.P.A.



(Graphic image, courtesy Ms. Ashley Zeidler)

APsaA Candidates' Council
Sumru Tufekcioglu, PhD, *President*
Himanshu Agrawal, MD, DF-APA, *President-elect*
Melissa Jenereski, MSW, *Secretary*
Gerard Sobnosky, MS, LMFT, *Treasurer*

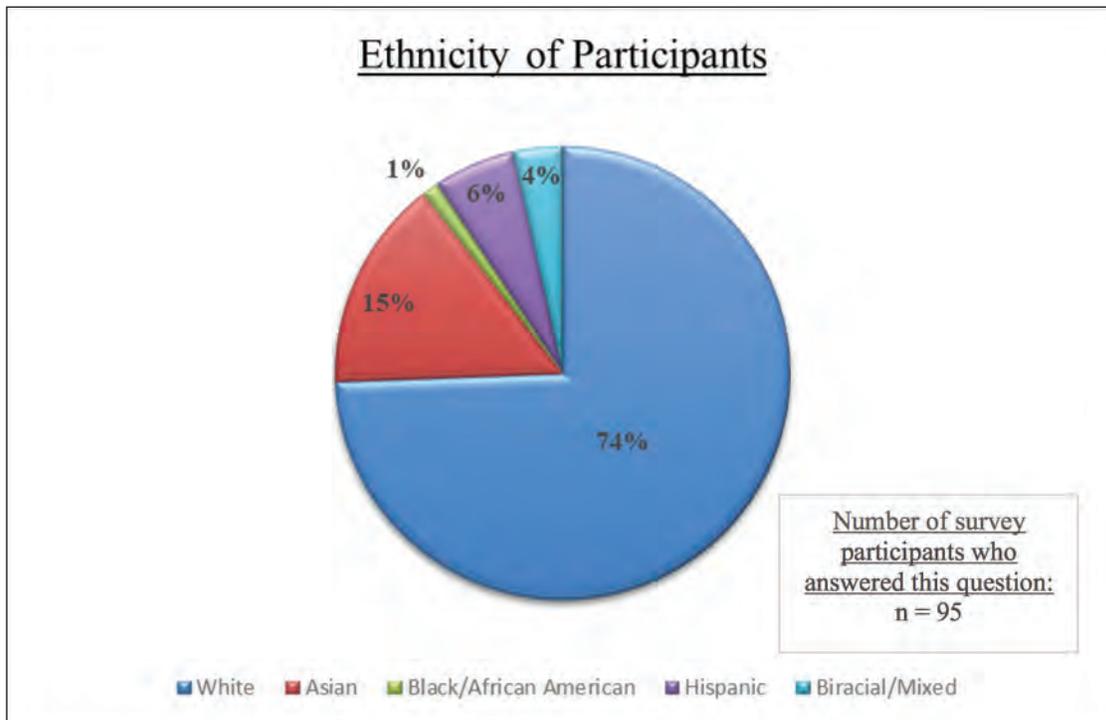
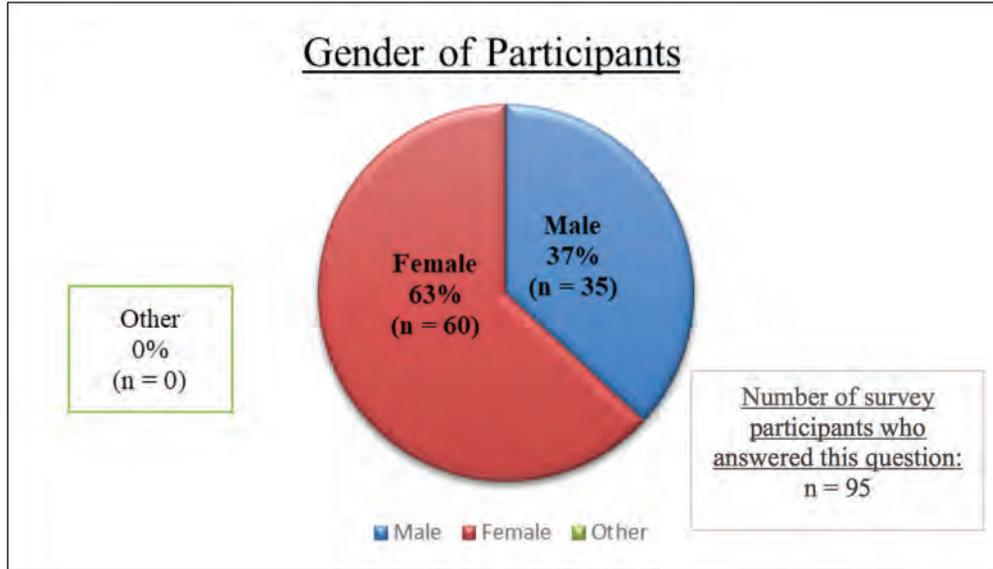
The Candidate Connection
Newsletter of the APsaA Candidates' Council
Himanshu Agrawal, MD, DF-APA, *Editor*
(A complete list of CC Committees can be found on the Candidate Members Information Page located in the members section of apsa.org)

SURVEY RESULTS: EXPOSURE TO DIVERSE THEORIES IN PSYCHOANALYTIC TRAINING

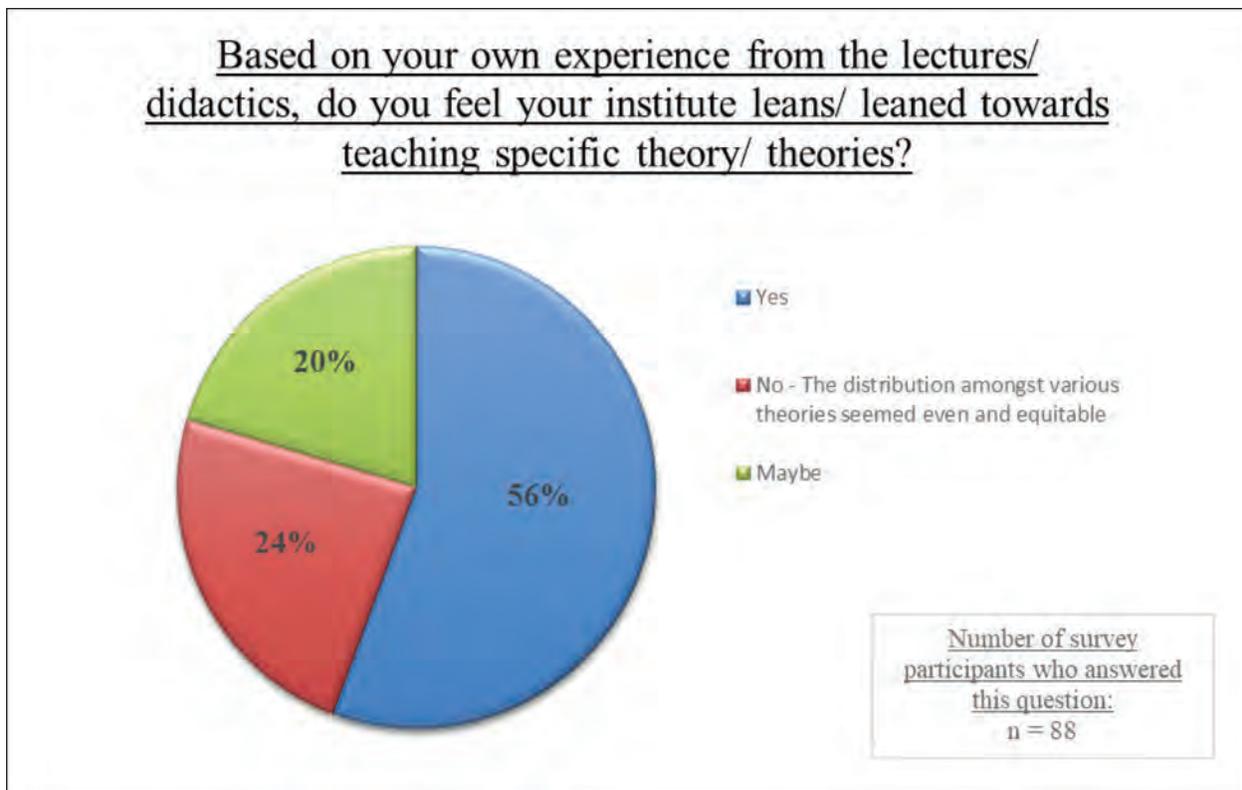
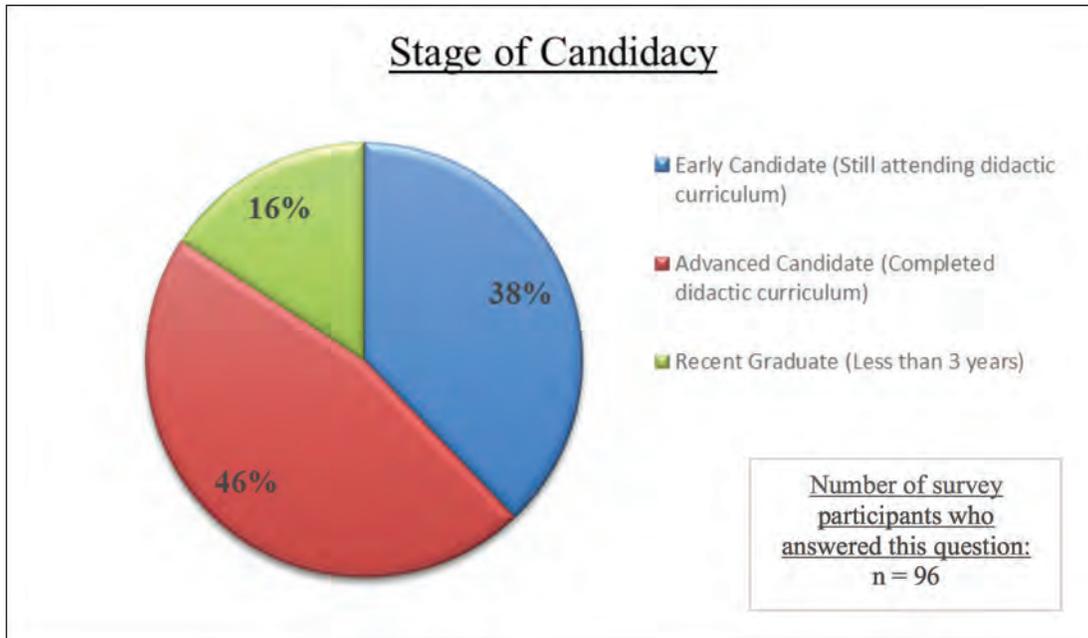
Survey Results: “Cross Sectional Survey to Assess Exposure to Diverse Theories in Psychoanalytic Training”

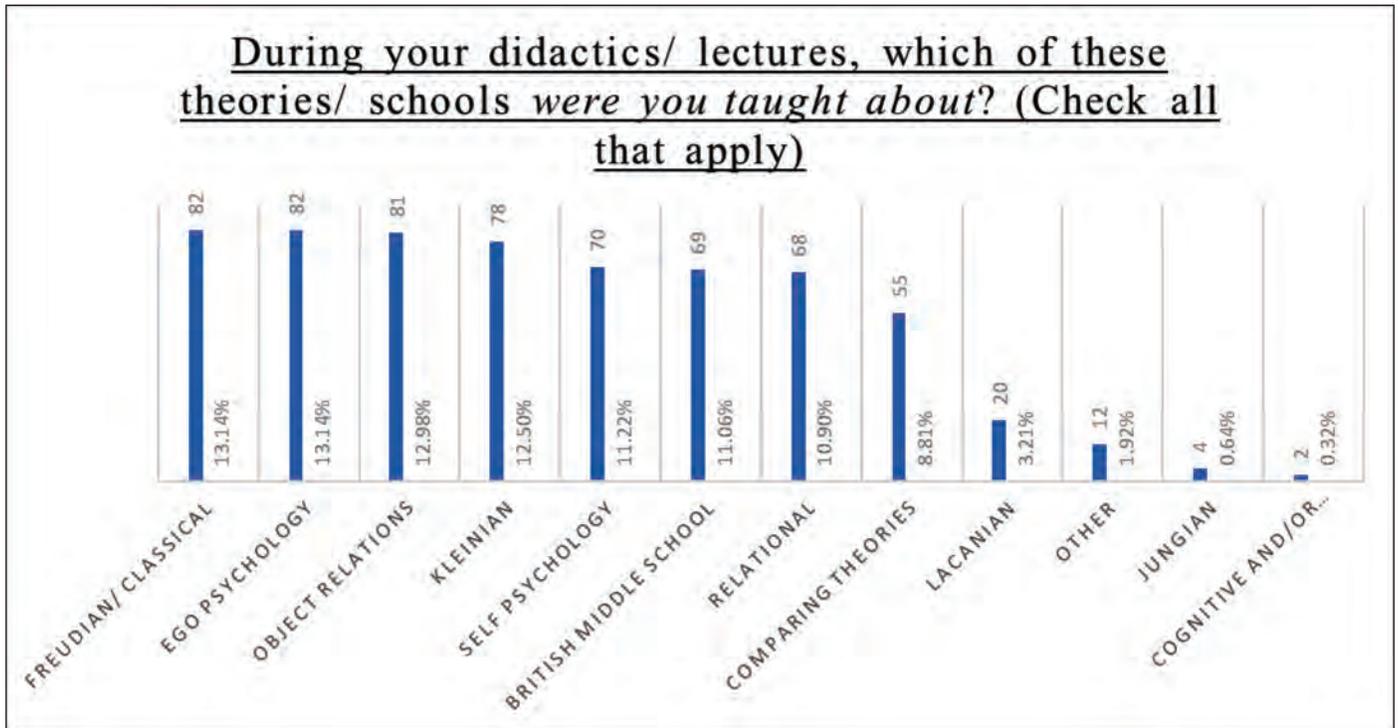
(Medical College of Wisconsin IRB ID: PRO00041238)

A total of 96 candidates or early graduates (n = 96) consented to participate at the beginning of the survey. Not all participants, however, proceeded to complete the entire survey, as noted in some of the results below.



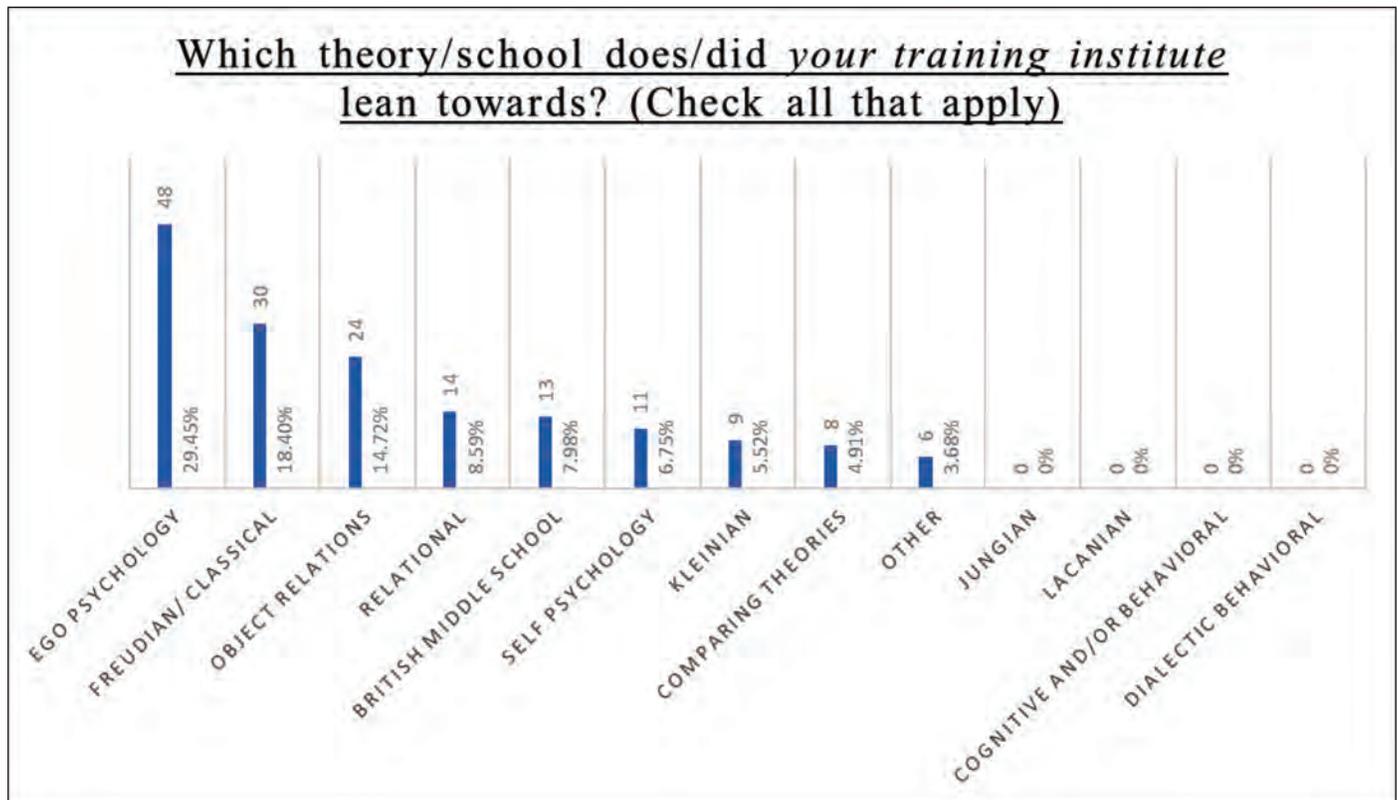
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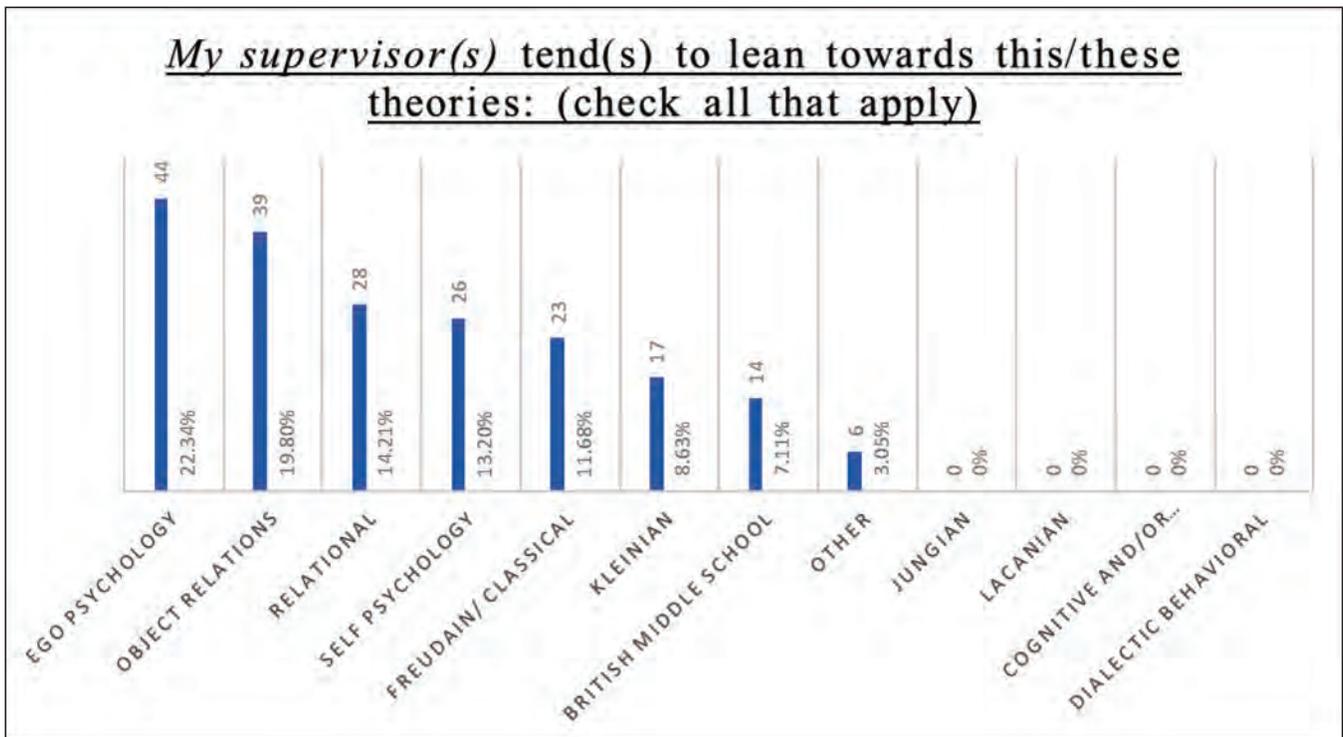
*“Other” included: Intersubjective, Attachment Theory, Interpersonal, neuro-psychoanalysis, mindfulness-based theory, *Contemporary* Ego Psychology, among others; as well as some comments that did not specify particular theoretical schools of thought.

Continued on page 6



*“Other” included: “eclectic” and intersubjective, as well as some comments that did not specify particular theoretical schools of thought.

When asked, “based on your own experience from supervision of your cases, do you feel any of your supervisor(s) leans/leaned towards a specific theory/ theories?”, over half, or 69.32% of candidates who responded, answered “yes”.



*“Other” included: “developmental”, as well as some comments that did not specify particular theoretical schools of thought.

When asked to respond to the statement, “I believe *how* theories are taught in psychoanalytic training affects my attitude about my psychoanalytic practice (i.e. preponderance of certain theory/theories vs. emphasis on egalitarianism and equity between various theories)”, the overwhelming majority of respondents—91%—agreed, either “strongly” or “somewhat”.

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Jaclyn Joyce, D.O.

Hello, Fellow Candidates!

I am thrilled to be in the position of “soon-to-be editor”, about to receive the baton from Dr. Himanshu Agrawal.

But not just yet. In this edition of the Candidate Connection newsletter, I’m here not as editor; rather, as a contributor on the topic of the differing perspectives of psychoanalysis. I do very much look forward to hearing *your* many unique perspectives in future newsletters. And I hope to share my own take on the “sphinx” along the way as well!

Several months ago, Dr. Agrawal sent out a survey to candidate members of APsaA concerning the wide array of psychoanalytic theories, or schools of thought in our field. Some of the interesting survey results are shared here, highlighting the diverse (or not so diverse) perspectives that are taught—even emphasized—at each of our institutions and in working with our supervisors.

It is important to note the considerable overlap in the theoretical schools identified in the survey. For example, to distinguish “Freudian/ classical” schools from Ego Psychology as totally separate theories, would be nearly impossible. As would be the case with Object Relations, the British Middle School, and Kleinian traditions. Read the tea leaves as you please, but it’s clear that the survey respondents convey an overall emphasis on “Freudian/ classical” and ego psychological theories. It seems that the psychoanalytic institutes—at least those represented by the participants in the survey—emphasize these theories collectively in both what they teach, as well as what they “lean towards”. This is perhaps not surprising given the historically deep-rooted favor of these theoretical traditions in American psychoanalytic culture. What also stands out, is the minimal exposure to Jung, Lacan, and others. (More on these trends might be an interesting topic for a future newsletter!).

Interestingly, it seems that from *supervisors*, the candidates who participated report a slightly different picture: they seem to get a bit more exposure to self-psychology and relational perspectives in the supervision of their cases. This is in contrast to the “Freudian/ classical” and Ego Psychology theories that dominate other results in the survey. Presumably, these supervisors largely trained at the same institutes, yet came away from their training and years of experience with a slightly (or maybe even significantly) different way of seeing things. I see this as quite promising, if true.

In my view, it is important to challenge and maintain a critical stance towards one’s training, regardless of your teaching institution or how “famous” your analyst teachers and supervisors may be. This journey is personal. *There is no one right way to do what we do.* Each of us must discover our own analytic voice. There are many other parts of the “sphinx” to be

discovered. Follow your curiosity. Seek ideas far outside of what is assigned to you as homework. Importantly, be wary of *omissions*; for these are the blind-spots each of us must strive to “see” if we are to become that “good enough” analyst with a breadth of theoretical knowledge and the adaptability to change the lenses through which we see—and most importantly help—our patients.

Until next time,
Jaclyn Joyce, D.O.

Himanshu Agrawal, M.D.

First, I’d like to thank each and every one of you who took part in the survey. Next, I would like to thank Dr. Joyce on her astute observations about the survey results.

What I would like to add is a confession. In my zest to collect the responses, I made a rookie mistake. On August 20th, 2021, I sent an email to all the candidates, which included the following statements:

“A whooping 72 candidates have already taken this survey, which puts us at about 25%. Based on the results so far, it seems like Ego Psychology is the prominent theory being taught in USA (which has surprised me!)”

Later that day, I received the following reply from Justyna Zapolska, Ph.D. (I have her permission to share this with you):

“Dear Himanshu,

I appreciate the research you’re doing and was one of the 50 candidates who already completed the survey.

I wanted to bring to your attention the fact that disclosing what are the results of the survey thus far, may have a biasing effect on how anyone who completes the survey after reading this e-mail may respond. Some may be biased (research terminology) or unconsciously influenced to agree with what they perceive the investigator wants the outcome to be, and likewise some may be influenced to go along with the crowd of responders. This can invalidate any subsequent data that comes in.

*Warm regards,
Justyna”*

Interest-free Loans for Training
Applications due April 29, 2022

The Candidate Assistance Fund of the American Psychoanalytic Association provides loans up to \$5,000 to candidates training to be psychoanalysts. The loans are to be repaid within a maximum of 6 years. Currently, between 5 and 7 loans are made annually.

There are two criteria considered in approving a Candidate Assistance Fund loan:

- the need as evidenced by an applicant’s financial need.
- the ability to repay the loan as evidenced by the applicant’s overall financial health.

Eligibility

- APsaA Candidate Members in good standing are eligible to apply to the Fund.
- Candidate Members must have completed one year of training.
- Financial need must be demonstrated.

Application Procedure
Guidelines and applications are available in the Members Section of the APsaA website (www.apsa.org) or email Tom Newman, APsaA’s Executive Director, for an application form at tnewman@apsa.org.

Application Deadline
Fund loan applications need to be received at the APsaA offices by April 29, 2022.

Continued on page 9

I may end up publishing the two different cross-sections of this data elsewhere, however, as you can see, I decided to present the results of all 96 participants. After comparing results at the 72-participant mark and the 96-participant mark, I came to the conclusion that the results were almost identical with only minor differences (for instance, British middle school didactics slightly overtook Kleinian didactics however both remained in the minority; relational supervisors edged past self-psychological supervisors however none of them were close to ego psychological supervisors). Having said that, I have included Dr. Zapolska's statement above as a very valid disclaimer of potential bias.

This brings me to my final point. I believe, as students of the mind and students of the brain (including statistical research), we folks in the psychoanalytic world are in a unique position to look at information such as this through multiple lenses. As a statistician, we can point out the strengths and weaknesses of this survey, as well as the various biases that could have been produced by my over enthusiastic advertisement. As psychoanalysts, we can look at what occurred as a potential enactment which may have created a repetition-compulsion. By potentially biasing the results in the favor of ego psychology, I may have displayed an unconscious identification with the

system that perpetrates favoring one theory over another. If my email biased the results against ego psychology, perhaps it is indicative of a different set of defenses within me.

And so on and so forth.

I believe we have reason to feel hopeful for the future of psychoanalysis, as long as we can continue to be teachers, students and advocates of the ideology of "both, not either/or."

I would love to know your thoughts (hagrawal@mcw.edu). ❖

Warmly,
Himanshu

OFFICER AND COMMITTEE CHAIR UPDATES

Candidates Council Distance Education Committee

Chair: Adam Moriwaki, Psy.D.

As the Chair for Distance Education, I recently completed work on a national APsaA survey to better understand analysts' experiences with distance treatment during the COVID-19 pandemic and the implications for post-pandemic practice. This was done collaboratively

with Charles Fisher, M.D., Chair of APsaA Fund for Psychoanalytic Research and Deputy Director of APsaA's Science Department, as well as with Karl Stukenberg, Ph.D. from the Cincinnati Psychoanalytic Institute. We are now waiting to see if our paper with results of that survey will be published in *JAPA*.

In addition, I am in the process of writing up a professional paper focused on reconsidering *place* within the frame

of psychoanalysis. This touches on activities both inside and outside the consulting room and will include my experience with distance education at the Michigan Psychoanalytic Institute.

I would greatly appreciate hearing from candidates about their experiences with recent shifts in distance education or practice. Whether good or bad experiences, your voices are much needed in helping to shape and influence the future of distance education. Please email me directly at drmoriwaki@gmail.com. I welcome any and all input to help ensure your voices are heard and incorporated.

UPCOMING EVENTS

2022 Virtual Winter Meeting

**February 12-13, 2022
(Saturday-Sunday)**

Visit apsameeting.org

Interested in Local Events?

Check out the calendar:

<http://www.apsameeting.org/societies-and-institute-events/>

Candidates Online Seminar Series

Chair: April Crofut, M.D.

The APsaA Candidates' Online Seminar Series is a new program under the Candidates' Council, and I am excited to serve as chair. The series will offer focused, supplemental learning experiences taught by leading thinkers and educators in the field and creates opportunities to connect with colleagues in training around the country. We are putting together an exciting line up for 2022. Watch for announcements and registration links through the candidates' list serve!

Continued on page 10

APsaA Candidates Council Treasurer's Report

Treasurer: Gerard Sobnosky

Candidates Council (CC) Budget

Our Financial Year (FY) 2022 budget (Sept. 2021–Aug. 2022) was approved in June for the requested amount of \$39,016. The budget assumes an in person National Meeting and a virtual Annual Meeting, and our actual expenditures will vary if the plans and formats for these meetings change.

Our FY 2023 budget will be submitted in February.

American Psychoanalytic Foundation (APF)

The Candidates Council Treasurer is an ex officio member of the APF.

Since September 2020 the APF has approved funding for the following programs.

- The Candidates Council Psychoanalytic Paper Prize.
- ROOM: A Sketchbook of Analytic Action: A free online magazine that brings different perspectives to bear on the complex problems facing us, while inviting greater familiarity with psychoanalysis as an important lens for personal, cultural, and political discourse.
- The Schiele Clinic's Bilingual Training Program's monthly Mental Health Collaborative Case Conferences facilitated by STLPI's analytic training candidate.
- Damage online magazine: A free online magazine that seeks to uncover the variety of ways current social conditions shape and control our thoughts and emotions, and how the internalization of social demands helps reinforce the status quo through use of psychoanalytic theory to analyze a broad range of

social problems, thus bringing psychoanalytic knowledge to an audience that extends beyond the typical psychoanalytic circles.

APsaA Finance Committee

The Candidates Council Treasurer is an ex officio member of the APsaA Finance Committee.

The Committee met online in February and May to review the APsaA budget. We are trying to remain flexible and agile as we adapt to budget implications of the pandemic.

APsaA Candidate Committee Report.

Membership Committee

Chair: Christopher Rigling, Psy.D.

The membership committee is relatively new, with the goal of outreach to candidates across institutes. This will help candidates be increasingly aware of the role of APsaA in their professional lives and pique their interest in becoming members and/or becoming active in APsaA. The initial meeting has been held, and a strategy for contacting candidate associations at the institute level is in its early stage. Once we have made these introductions, we hope to receive invitations to speak briefly with the local candidates at the CA meeting. As this effort takes shape, it will offer opportunities for members candidates to speak with candidate associations about APsaA. We will be asking for volunteers interested in meeting candidates and candidate associations—please watch this space.

The Lee Jaffe Candidates' Council Paper Prize

Chair: Rachel Maree, M.D., M.P.H.

The Lee Jaffe Candidates' Council Paper Prize is a peer reviewed, annual prize awarded to the APsaA Candidate Member and the semi-finalist who submits the most outstanding paper(s) on a psychoanalytic subject. The prize is named in memory of Lee Jaffe, Ph.D., a former APsaA President, who is fondly remembered for his tireless work on behalf of APsaA and the psychoanalytic community.

Continued on page 11

Are YOU connected to the national psychoanalytic community?



Candidate Member Benefits:

- Significantly reduced membership fee
- Reduced candidate member rates for APsaA meetings
- Low cost professional liability insurance
- Find an Analyst listing / Opportunities for referrals
- Candidate programming with CEUs
- Network with candidates & analysts from across the country
- And more!

The first-year of Candidate Membership includes a complimentary subscription to the *Journal of the American Psychoanalytic Association-JAPA*. Candidates enrolled in psychoanalytic training at an APsaA-approved institute are eligible.

Join Today!

Email Membership Services to join: membership@apsa.org

Has your APsaA membership lapsed?

Rejoin the dynamic APsaA national community by contacting
membership@apsa.org

Questions?

Email: membership@apsa.org or 212-752-0450 x26.

Dr. Lee Jaffe initiated the Paper Prize when he was President of the Candidates' Council. Candidate members as well as recently graduated candidate members are eligible to submit papers.

The 2022 finalist is Kristin Fiorella, Psy.D., MFT from San Francisco Center for Psychoanalysis. Her paper is entitled "Thinking in a Marrow Bone" and explores the intersection of Buddhist philosophy, psychoanalysis and use of the body in clinical work with a child. The 2022 semifinalist is Alice X. Huang, M.D. from Oregon Psychoanalytic Center. Her paper is entitled "In the Mood for Love: Reverie in the Time of Coronavirus" and explores the transformation of the analytic space disrupted by physical distance.

The 2021 Semi Finalist, Elizabeth Levey, M.D., a graduate of Chicago Psychoanalytic Institute will virtually present her paper entitled "Analyzing from home: The Virtual Space as a Flexible Container." on December 12, 2021, at 4:30 pm EST. Caroline Sehon, M.D., FABP, will be the discussant. Dr. Sehon is the Director of the International Psychotherapy Institute and a Supervising child and adult psychoanalyst in private practice in Bethesda, Maryland.

Announcements for paper submissions for the 2023 prize will be made in February 2022 after the Winter Meeting. The committee also welcomes any candidates who are interested in serving as judges for the paper prize. Please contact me at racheldmareemd@gmail.com if you are interested in serving as a judge or have questions about submission for the paper prize. You may also find more information about the paper prize here: <https://apsa.org/content/candidates-council-paper-prize>.

Diversities Committee

Chair: Rachel Maree, M.D., M.P.H.

The Candidates' Council Diversities Committee works in liaison with the Diversities Section of the American Psychoanalytic Association's Department of Psychoanalytic Education (DPE). The DPE Diversities Section is charged with raising awareness of and promoting conversations about diversities within psychoanalysis, specifically about training and education. Currently, several members of the committee have been working closely with the Holmes Commission on Racial Equality in the American Psychoanalytic Association (CO-REAP). As a growing and developing committee, the Candidates' Council Diversities Committee hopes to foster candidate involvement in addressing issues including those of race and ethnicity, gender and sexuality, and ability status. Please contact me at racheldmareemd@gmail.com if you have any interest. ❖

It's that time of year!



Your 2022 APsaA dues invoice has been sent by email. Your dues can be paid in the APsaA Transaction Portal (If you have any questions, please email membership@apsa.org). For information on dues, visit: apsa.org/membership-dues.

NOTE: Please be aware APsaA-generated emails (dues invoices, statements, etc.) come from Membersuite, our new AMS (Association Management System) and are sent from this address:

messages@app.production.membersuite.com

Please update your ADDRESS BOOK or "ACCEPT LIST" and do NOT mark it as SPAM.

You can find more information and instructions here: apsa.org/Portal/help.

Thank you!

IMPORTANT!

messages@app.production.membersuite.com

I am NOT Spam!

I am the official email address of APsaA's member portal!

Please add me to your address book!

Thank you!

