



**PRESIDENT'S LETTER**

*By Carmela Pérez, Ph.D.*

Dear Candidates,

This is my last letter to you as your President, since my term of office comes to an end after the Affiliate Council meeting in January. It has been a pleasure to serve you for the last four years, as President-Elect and President of the Affiliate Council, and I thank you for your help and support during my term. I also want to thank my excellent and hard-working Executive Committee: Hilli Dagony-Clark, Richard Grossberg, and Jamie Cromer.

Currently, there is a lot going on in the Association, and significant changes were put into effect during the June 2010 meetings. First and foremost, there is a new set of Educational Standards that allows for greater flexibility for those institutes that choose it. Very briefly, the new standards propose: an alternative "developmental" pathway to the Training Analyst appointment, a separation of the Supervising Analyst appointment from the Training Analyst appointment (so that they are two separate appointments), and the choice for institutes to request a waiver of the TA requirement for candidate applicants

who are already in an ongoing analysis with a non-TA. It is up to every Institute to decide whether they will adopt some or all of the new standards, and the Board on Professional Standards (BOPS) is recommending that Institutes thoroughly discuss the new standards among faculty and candidates before making their decision.

Second, the expanded membership bylaw amendment was passed. This amendment broadened the criteria for APsAA membership. As with many issues in our organization, there were two major points of view on this. The majority viewpoint felt that the criteria for membership, specifically the requirement to be a graduate of an APsAA or IPA institute was too stringent and excluded potential members who were not graduates of either. This group suggested that membership requirements be modified so that equivalence in training be the new criterion, rather than training at an APsAA or IPA institute. The minority view was concerned about how equivalence would be defined, and with the shift in power to a smaller group that comprises the Committee.

There is a third issue, currently up for vote by the membership, of which you should be aware. The issue is another by-

law amendment that has to do with the composition of APsAA's Executive Committee. The bylaw proposes that 4 Councilors (i.e., representatives on the Executive Council (APsAA's Board of Directors) who represent local societies) be added to the Executive Committee. The Executive Committee is currently composed of the President, President-Elect, Treasurer, Secretary (who are all members of the Executive Council), and the non-voting Chair and Secretary of BOPS. While some argue that this change will lead to a more democratic Executive Committee, others disagree on the grounds that Councilors (with the exception of Councilors-at-Large) are not

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**ON PSYCHOANALYSIS**

**A Day in the Life of the Technologically Aware Analytic Practice**

*By Thomas N. Franklin, M.D.*

*Candidate, Washington Center for Psychoanalysis*

I start my day at 7:00am, and as I walk into my office I notice that the red light on my phone is on, meaning I have voicemail messages but, as I sip coffee and slide my chair under my desk, it is to my keyboard that I go first. I have 15 emails since the night before, several automatically generated from various listserves keeping me in touch with can-

didates across the country, psychiatrists in Maryland, and other members of my institute, the Washington Center for Psychoanalysis. Most don't pique my interest but someone wants to know of a good therapist in Northern Virginia, so I make a note to get back to them with referral information. Other emails are

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**SAN FRANCISCO**

**APsAA**  
 1911 - COURAGE TO DREAM - 2011 100  
 AMERICAN  
 PSYCHOANALYTIC  
 ASSOCIATION

**100th  
 Annual Meeting**  
*Palace Hotel*  
**June 8-12, 2011**

**Be sure to attend!**

Visit [www.apsa.org/Meetings.aspx](http://www.apsa.org/Meetings.aspx)  
 for more information.

## COMMITTEE REPORTS

### Committee on Racial and Ethnic Diversity

By Mari Umpierre, Ph.D., LCSW

Candidate, *The Psychoanalytic Institute affiliated with the NYU School of Medicine*  
Chair, *Committee on Racial and Ethnic Diversity*

Since our last update, the committee has worked on several projects. This summer, to facilitate the recruitment and integration of minority candidates into training, we met individually with several ethnically diverse mental health professionals interested in learning about psychoanalysis and clinical work. All were applicants to the NYUPI fellowship program and were accepted. Most will start training in the future either locally or in other cities.

To date, the Internet has enriched the work of our committee in important ways and has been instrumental in two of our latest projects. We have expanded our role and participation on the editorial board of *The Candidate Journal*, a journal published online by candidates for candidates. Our members are in charge of editing the culture desk section. For the next volume, we are seeking articles from minority candidates, as well as from candidates around the world. Our aim for this section is to explore how training and practice are conducted in other cultures and contexts. In the upcoming issue, in addition to original papers, the culture desk's editorial group will review articles from other language publications to be included as abstracts. A formal call for papers is planned for 2011.

Given our interest in cross-cultural work, some of our members are actively

involved with the China American Psychoanalytic Alliance (CAPA). Using "Skype," we provide clinical supervision once per week to psychotherapy students in China, who are part of the CAPA training program. CAPA also provides classes and individual psychotherapy using teleconferencing and Skype technologies.

Our committee will continue to work on the projects described above and welcomes other candidates interested in joining our efforts.

### Program Committee Report

By Phoebe A. Cirio, M.S.W., LCSW  
Chair, *Affiliate Council Program Chair*

The January 2011 Affiliate Forum, taking place at the APsaA National Meeting, will be a panel titled "On Beginning the Treatment" chaired by Lucy LaFarge. Other members of the panel include Anton Kris, Stephen Cooper along with candidate Natasha Chriss presenting clinical material that will be discussed by the panelists. The panel will be considering questions that arise at the beginning of a treatment, emphasizing changes in how contemporary analysts think about the beginning of an analysis. Questions under consideration include how shifts in our understanding of analytic process lead to new ideas about how an analysis may get

off to a good beginning. How is the analytic process set in motion in the very early sessions? Can we still think of the analyst as facilitating and supervising a process that occurs primarily in the patient? Alternatively, what promotes a process in which both analyst and patient are engaged at both conscious and unconscious levels? This panel should be of particular interest to candidates because we are all beginning treatments with our control cases. We are most fortunate to have such a distinguished panel for the Affiliate Forum.

The Candidate-to-Candidate discussion group will focus on the clinical material presented by a recent graduate, Stephanie Newman, highlighting particular transferences that she observed when treating the children of mental health professionals. The clinical material will be discussed by Glen Gabbard. This should be a stimulating program and we are most fortunate that Glen Gabbard has agreed to once again serve on a program for the candidates.

The program for APsaA's 100th Annual Meeting in San Francisco in June of 2011 is currently being planned. Gerald Fogel from Portland, OR has agreed to discuss clinical material in the Candidate-to-Candidate discussion group in June.

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### President's Letter *continued from page 1*

elected by the membership, but by their local societies (which are of varying sizes and membership), and so their addition to the Executive Committee would not result in a more democratic body.

This last issue is one that, in my view, has important implications for candidates since many of you are not able to vote or even be a part of your societies. So if the proposed bylaw to add 4 Councilors to the Executive Committee passes, Councilors who do not necessarily represent you or your concerns, would be a part of the Executive Committee. As you know, I am currently running for Councilor-at-Large, and as such, I oppose this amend-

ment as it is currently presented. However, I would support the expansion of the Executive Committee by adding Councilors-at-Large who are elected nationally by everyone in the Association. This would make the Executive Committee more democratically balanced. Like Laura Jensen, the past president of the Affiliate Council, who is also running for Councilor-at-Large, I feel strongly that candidate concerns should be better represented nationally, e.g. on the Executive Council, as well as on the Executive Committee. Laura and I are also in agreement with those who support restoring the votes of the BOPS leader-

ship (i.e., the Chair and Secretary) on the Executive Council, as we believe it is crucial for education and training issues to be of primary importance in our organization. I urge you to consider the impli-

#### APsaA Affiliate Council

Carmela Pérez, *President*  
Hilli Dagony-Clark, *President-elect*  
Jamie Cromer, *Interim Secretary*  
Richard Grossberg, *Treasurer*

#### The Candidate Connection Newsletter of the APsaA Affiliate Council

Navah C. Kaplan, Ph.D., *Editor*

Poem from his forthcoming book: 'Analysis'

sometimes I study skin  
 eruptions by the dawn's  
 early light, that rise and  
 subside like clouds in a  
 time-lapse movie, wishing  
 you'd throw the switch  
 breaking a circuit of  
 lifelong deprivation, depth  
 charges placed along barricades  
 to blast an aperture  
 grab the retching monster  
 hypnotized by my own horror  
 as rivers of trees and  
 streets rush by, angry  
 crows, news fragments  
 about suicide bombings,  
 until the hammering  
 lets up long enough for  
 me to receive their  
 punctures, sum of failures  
 spread out over a benign  
 surface to make up  
 what I tell you so  
 you can step away  
 with a clean conscience  
 job well done

*By Harry Polkinhorn, M.D.  
 Candidate, The San Diego Institute*

### Summah Time

Shield burnt red orange-dusted horned  
 for sweet emboss traversing  
 Distracting Valentine  
 Who could  
 flip-side albumide eyes  
 articulate the white fire sparring  
 Wedding  
 Twins or Mirroring

Know  
 One  
 day one time  
 he-man flexing bearded evader  
 Two  
 wrong-headed  
 pinchered prophet  
 He Am Who am Cleft

I my me am blind belittled  
 I am my celebrity derided  
 Am I Am?  
 Guiding guided  
 Retinue boy and girl united  
 sublimate circling guardian demons' absent ark  
 Am I

Roost the egg brooder.  
 Grow the beard mutha.

*By Elaine M. Hyman, Psy.D.  
 Candidate, Psychoanalytic Center of Philadelphia*

## President's Letter *continued from page 2*

cations of this bylaw very carefully, and to vote for your interests! Speak with your Society Councilors (i.e., representatives to the Executive Council), and with your BOPS Fellows (i.e., representatives to the Board on Professional Standards), and/or feel free to contact me at any time.

Now, I would like to shift gears, and focus on the Affiliate Council. First, I would like to review some of the things that we have done during the last two years.

- The application for Affiliate membership became available online at [www.apsa.org/joinapsaa](http://www.apsa.org/joinapsaa)
- A welcome letter/email for all new candidates, on behalf of the Affiliate

Council President, was created. The letter encourages candidates to join and outlines the benefits of affiliate membership.

- A calling campaign was instituted to reach out to all new candidates who did not become members of the Affiliate Council during their first year of training.
- Talking points about APsA, the Affiliate Council, and the benefits of membership were made available for use by the delegates during the Affiliate Membership drive.
- A new Travel Grant Program was created. This program allows one candidate from each institute (who has never attended an APsA meeting) to attend a national APsA meeting.

- The Affiliate Newsletter was revamped and reformatted as the new Candidate Connection Newsletter.
- The Affiliate Council Practice Network, a website where affiliates can communicate about professional development and training issues, was launched.
- Support for the new Pilot certification program, which allows candidates to begin the certification process during training or pre-graduation, was strongly endorsed.

We have accomplished a significant amount, and there is a lot more we could do. We can use your help. For example, organize your local candidate group and

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As always, I am interested in learning about program ideas for future meetings.

### **Affiliate Council Scientific Paper Prize Committee**

*By Navah C. Kaplan, Ph.D.  
Chair, Affiliate Council Scientific Paper Prize Committee*

I am pleased to announce this year's winner and the runner-up for the Affiliate Council's Scientific Paper Prize. The winner receives a monetary award of \$1000.00, a certificate of achievement and the opportunity to present the winning paper at the National Meeting of APsaA held each year in NYC at the Waldorf Astoria Hotel (January 11-16, 2011). The runner-up receives a monetary award of \$500.00, a certificate of achievement and the opportunity to present that paper at the Annual Meeting of APsaA, to be held next June 2011 in San Francisco.

The winner is Robin E. Gomolin, Psy.D., a candidate at PINE, for her paper entitled "The Intergenerational Theory of Holocaust Trauma: A Systematic Analysis of Psychoanalytic Theory." Robin will present at the National Meeting. Her discussant is Jane V. Kite, Ph.D. (Cambridge, MA).

The runner-up is Nuar Alsadir, Ph.D., in the Scholar's program at The New York Psychoanalytic Institute, for her paper entitled: "Laughter: The Only Acceptable Form of Catharsis." Nuar has the opportunity to present her paper at the 100th Annual Meeting next June in San Francisco.

I want to commend all the participants on the quality of their submissions and for making this contest a possibility by their valuable contributions. Anyone who sends in a paper is promoting the aim of the Paper Prize, which is to allow candidates to experience another aspect of being part of a professional association that encourages original writings. This contest not only promotes the writing effort but also provides a forum for the dissemination of candidates' original ideas. As well, candidates have the opportunity to be readers to help judge the submissions and to be discussants when the papers are presented at the national meetings.

I encourage all Affiliate Members to attend the APsaA National Meeting in NYC this coming January and, of

course, to attend the presentation of the Affiliate Council Scientific Paper Prize taking place on Friday, January 14, 2011 at 11:30 a.m..

The deadline for submitting papers for next year's Affiliate Council Scientific Paper Prize has been moved earlier, to June 1. I will give you the name of the new Chair of the Paper Prize Committee in an upcoming email. In the meantime, any questions may continue to be addressed to me at: [navahckaplan@gmail.com](mailto:navahckaplan@gmail.com).

### **Report from the International Psychoanalytic Student Organization (IPSO)**

*By Drew Tillotson, Psy.D.  
IPSO Vice President (North America)*

Dear Affiliate Colleagues:

I wanted to share recent IPSO news, and make you aware of upcoming opportunities. IPSO is pleased to announce the celebration of its 40th birthday this year.

IPSO participated in the International Psychoanalytical Association's (IPA) Centennial event, the first IPA conference in China, which took place in Beijing, October 22-24, 2010. The title was "Freud in China. Evolution and Change: Psychoanalysis in the Asian Context." We were honored to be invited to this event by the IPA China Committee and to celebrate this historic collaboration both with our Asian colleagues and the IPA. IPSO hosted various events at the congress. One was a Paper Panel at which the Discussant was IPA Past President Claudio Eizirik (Porto Alegre, Brazil). In addition, two papers were given by two North American candidates, Liu Yiling (Beijing) and myself (San Francisco), and discussed by Dr. Eizirik. IPSO President Luisa Marino and I gave an overview of IPSO for members, describing our mission and giving information about the upcoming IPA Biennial 2011 Congress in Mexico. Finally, we hosted one of our traditional IPSO Discussion Groups. To this, we invited IPSO member Wang Qian (Beijing) to present a paper for discussion along with one European and two North American candidates as discussants, Takashi Okudera (Tokyo, Japan), Myoung Hwan Choi (Seoul,

South. Korea) and Luisa Marino (Padova, Italy). This is an historic event for IPSO, to help integrate Asian candidates more within IPSO and, eventually, the IPA.

For 2011, we are planning an IPSO North American meeting, only the second such event in our history. Debra Zatz, our dedicated IPSO Representative from the New York Freudian Society, her committee (Silvana Kaufman and McKenzie Casad) and I are currently organizing a two day event to be held in the Spring of 2011. Watch IPSO's webpage and look for email from the IPSO-English E-list for more specific details as they emerge. This will be an opportunity to meet in the nation's capital for a weekend with an esteemed senior analyst, Dr. Alberto Pieczanski, who trained in both Buenos Aires and London and has lived and worked in Washington for more than 20 years. We appreciate Debra's ongoing enthusiasm and dedication to IPSO and our mission.

Finally, we look forward to receiving your paper submissions for IPSO panels and case presentations (with supervision from an IPA senior analyst) for the next IPA/IPSO Congress in Mexico City, August 3-6 2011. Don't forget about the joint IPA/IPSO Tyson Prize and Second IPSO Writing Award. While the deadline for submissions is December 1st, and will be past when you read this, you may keep the fact of the contest in mind for next year. We are well underway in organizing the IPSO Congress to be held in conjunction with the IPA Congress, as usual. This will be the 47th International Psychoanalytic Congress and is titled "Exploring Core Concepts: Sexuality, Dreams, and the Unconscious." We have previously sent out the "call for papers" with all the guidelines for submitting proposals.

I end by reminding you of our IPSO Visiting Candidate Program (VCP) that offers candidates the opportunity to do mini "study-abroad" programs in cities virtually all over the (psychoanalytic) world. Please contact me or the Vice President-Elect for North America, Deisy Boscan, at [IPSO-NorthAmerica@ipso-candidates.org.uk](mailto:IPSO-NorthAmerica@ipso-candidates.org.uk) for more information.

As always, please see our website at <http://www.ipso-candidates.org.uk> for more information. Also feel free to email me at [cogster@earthlink.net](mailto:cogster@earthlink.net) if you would like to speak with me about any questions you have.

from colleagues at the Retreat at Sheppard Pratt, where I work, and a few are from patients. One asks me to look out for a fax from her pharmacy requesting a refill, another is a journal entry from a patient that emails me her musings most days, which I review before our session, and the last is a request for a change in appointment time next week. I email the last back with the change, and move on to the telephone.

The first voicemail is from a patient asking for a call due to her increased anxiety. The next is from a family therapist with a report about a patient, while the last message is from a longtime patient requesting a phone session today. I make a mental note to explore with her what this means as she has never asked for a phone session before.

As an assignment for a technique class, we were asked to Google ourselves. Of course, I have done this many times, but when I did yesterday, I noticed that some of the information about me on the Retreat website is outdated. I spend a few minutes composing an email updating the information before the phone session with my patient. Her car broke down. This was the only way she could get treatment today since my schedule is generally booked a month in advance. We proceed, talking into each other's ears, the session more intimate in that way while being so much less intimate in others.

I check my iPhone at the end of the session and note that I have received a couple of texts. These did not interrupt me during the session since I have my phone set to not vibrate or make noise

when a text comes in. One informs me that my next patient is running 5 minutes late. The next asks for a phone call later, but emphasizes that it is not an emergency.

As the workday goes on, voicemails, emails, and texts come in. Most are efficiently and appropriately dealt with. At lunch, I get a call from someone who saw my profile on LinkedIn, a networking web site, and they ask for some information about the Retreat, Sheppard Pratt's intermediate length-of-stay, psychoanalytically-oriented, private pay unit. We discuss what our program has to offer and they are given the website address and the email and phone number of our program director for more information.

In the afternoon I have a difficult session that spills over into a nasty text from her afterward. I do not respond, having discussed with this particular patient beforehand that texting is for nonclinical matters only and messages like that will be discussed in session. Later I see a new patient who brings up the fact that she noticed from our website that one of my areas of interest is mood disorders in pregnancy and the post-partum period. She also states that my ratings on the internet were high and my medical school was rated highly. This information was what prompted her to make the intake appointment as she just had a baby 3 months ago and has been struggling. The next patient is my control case. As I sit behind her I type process notes on my laptop, the sound of the keyboard the modern equivalent of the pencil on paper, but this allows for notes that can

be sorted, searched and, most importantly, are legible.

The end of my day is spent in supervision over Skype with a senior analyst in the Washington, D.C. area. I live in Baltimore and, while I drive down for classes and seminars, some supervision and meetings with my adviser are over this video-over-internet format.

I clear my voicemails and emails before I leave at 6:30pm, and check the fax machine on my way out for any refill requests from pharmacies. Later that night, I will get an emergency phone call from the distressed patient from earlier. She has an iPhone too, and I take the call over Facetime, the video-over-internet function of the device. She is sorry about the earlier text and needs to apologize tonight or she feels like she will be suicidal before our next meeting. Seeing her face helps me connect with her and assess her with much more ease and richness than if we were only on a regular phone call.

As I wind down for the night, my wife and I sit side by side on the bed with our laptops. I have signed onto my work email account to get a head start on tomorrow since it is my institute day and I will be out of the office. I update my Facebook status to "tired, but happy" knowing that, while I have locked it down so that only my Facebook friends can read the whole page, my status and profile picture can be seen by all. I try not to have anything on there that I would not mind being in the newspaper. I alternate answering emails with trying to beat my wife at Scrabble... Lost again!

### A Poem

Grey and gnarled and weak with age, I once was called a sapling  
My shoots of green have long since changed to a black and hardened shell.  
The years of cold, relentless air that froze my limbs in winter  
Gave way to summer's warm, sweet rain, that soothed my bark like gel.

I stood so proud, so strong and lush, while seasons danced around me  
I held my ground while trees below grew weaker in their time.  
With every gasping breath they took I watched their cycles turning  
What once was young, and strong and lean, went limp like broken vine.

And when they passed I still grew tall as new shoots took their place  
A relic from a former age, my branches spread with grace.  
And though it seems like yesterday that I was young and bold  
I can't deny the simple fact that I, too, have grown old.

My roots have long since softened...I feel my branches sway  
The time is not so long I fear, that I can hold my way.  
With every frigid breeze that blows I feel my body crack  
The plume of leaves that once grew full is never coming back.

The clock is done...my fire's cold...and time will have its say.  
My soul cries out its love of life, as I, too, fade away.

*By Eric Raff*

*Note: Eric is the husband of Mari Umpierre, Ph.D., a candidate at the Psychoanalytic Institute affiliated with the NYU School of Medicine*

## AFFILIATE COUNCIL NEWS

*By Richard Grossberg, MD; Affiliate Council Treasurer*

### Announcement from the Treasurer

APsaA's Affiliate Council will, once again, offer the Travel Grant Program to encourage candidate participation and involvement in the Association through our national meetings. Candidates who have never attended an APsaA national meeting are eligible for funding towards the expense of attending either the APsaA National Meeting in New York (January 12-16, 2011) or the 100th Annual Meeting in San Francisco (June 8-12, 2011).

In order to be eligible for the Travel Grant, candidates need to be Affiliate

Members of APsaA and in good standing with their local Institute. Applications for Affiliate Membership are available online at [www.apsa.org/joinapsaa](http://www.apsa.org/joinapsaa).

APsaA will provide \$250 to one Affiliate Member from each of the thirty-one APsaA Institutes provided that the local Institute agrees to equally match the grant. Awardees are to be selected by their own Institute. It will be left to the Institute to determine if the matching grant is made on the basis of need or merit or even a lottery. The awardees will be required to attend the Affiliate Council meeting during either APsaA Meeting in order to facilitate the sharing

of information between the local Institute and APsaA. This will further guarantee that the Affiliate Council has representation from all Institutes.

The Affiliate Council intends to track awardees attendance at future meetings to measure the success of the program.

If you are interested in the program, please contact your Institute administrator. If you have any questions, they can be directed to me at [richard.grossberg@hattielarham.org](mailto:richard.grossberg@hattielarham.org)

### Report from the Michigan Psychoanalytic Institute

By Linda Gold, ACSW, LMSW  
Delegate to the Affiliate Council

Analysts and candidates at my Institute are using technology in several interesting ways. We have an active group who provide treatment, teaching, and supervision to individuals in China through the China American Psychoanalytic Alliance (CAPA) using Skype. I was able to communicate with two of them about their experiences. Lynn Kuttner told me that teaching via Skype was satisfying and successful; although at times she found it difficult to ascertain the knowledge level of her students. She also found it challenging to explain complex concepts to people whose second language is English, and who have varying degrees of fluency in English. In general, she was surprised and pleased by the degree of intimacy she felt with her students. Another analyst, Melvin Bornstein, told me that he had been treating two Chinese patients via Skype, and that the treatments progressed like any other. He was particularly fascinated by his countertransference responses to a patient whose parents had been caught up in the Cultural Revolution when the patient was a child. There was a traumatic impact on the patient, and Mel feels that he has gotten a taste of what it was like to be a victim of the Cultural Revolution through his countertransference with this patient, who has great pain around issues of trust and separation.

Both Kuttner and Bornstein differentiated between the two issues of cultural difference and the use of Skype. Both felt that the issue of cultural difference was fascinating and challenging. Kuttner and Gail Van Langen, a third year candidate, shared some of their thoughts about continuing treatments with patients who had moved, either via phone or Skype. They each found it to be a satisfactory and meaningful way of continuing an ongoing intensive treatment. Kuttner commented that having a prior face-to-face relationship was very helpful in maintaining the treatment using Skype. Van Langen has found the use of Skype particularly useful in the treatment of a child during periods of separation.

As our Institute is located in two cities, about 45 miles apart, we have experimented somewhat with remote classes and committee meetings. I have been in both situations and found them to be quite satisfactory. In some cases, weather makes it impossible to travel to the farther city and, at other times the use of the audio/video equipment saves the drive time.

*“What is the essence of our communication with our patients...?”*

Perhaps a discussion of psychoanalysis and technology raises the question: what is the essence of our communication with our patients, our students, and each other? What is lost if we are not in the same room? What is gained by being able to maintain such profound relationships over a great distance? Like so many other issues in the growth of our profession, the pleasure and learning is in the exploration and discovery, which leads to diverse opinions, answers, and techniques.

### Report from the Florida Psychoanalytic Institute

By Jennifer Lane-Briggs, LCSW and  
Caryn Schorr, M.D.  
Delegates to the Affiliate Council

At the Florida Psychoanalytic Institute we have a new web site. Check it out at [www.floridapsychoanalytic.org](http://www.floridapsychoanalytic.org). Besides classes, cases, supervision, conferences, etc. Jennifer Lane-Briggs has been busy with the Veteran's Project of South Florida, a nonprofit organization providing psychotherapy to our war veterans. Caryn Schorr has been busy with the Florida Psychiatric Society committees including the psychotherapy committee. A joint program between the Florida Psychoanalytic Society and the Florida Psychiatric Society is planned.

### Report from PINE Psychoanalytic Center

By M. Carole Drago, LICSW  
Delegate to the Affiliate Council

The past year at PINE has been one of transition and change. We have merged

The Psychoanalytic Institute of New England, East and the Psychoanalytic Society of New England to create the PINE Psychoanalytic Center (PPC). The institute division of the new PPC remains committed to providing rigorous psychoanalytic education and training to qualified candidates. Candidates are now full voting members of the PPC and are active at every level. A closely related organization, The Psychoanalytic Foundation of New England, continues to carry the mission of fostering relationships between psychoanalysis and other academic disciplines, and supports research and training in psychoanalytic theories and treatment. The Foundation also houses the Eckers Center which is dedicated to developing and supporting interdisciplinary programs. These organizational changes will enhance the health and vibrancy of our institute.

With vibrancy and a contemporary face for our institute in mind, we are also in the process of redesigning our website. The new design will communicate more accurately the mission and goals of PINE Center as well as the enthusiasm, energy and intellect to be found within our community. It will also increase user compatibility and provide links to our newsletter, Facebook, Twitter, RSS feed, and our soon to be launched blog. Stay tuned!

We have exciting candidate news to report. Robin Gomolin, Psy.D., a third year candidate, won the Affiliate Council Scientific Paper Prize awarded by APsaA. Gomolin will be presenting her paper, entitled “The Intergenerational Transmission of Holocaust Trauma”, on January 14, 2011, at 11:30 am at this year's National Meeting of APsaA. Gomolin will also present her paper at a PPC sponsored scientific meeting in Boston. Additional candidate news includes a welcome to Deborah Offner who joined the Center as a first year candidate this September. Last in candidate news we offer congratulations to Lilia Feinberg and Annette Kennedy, who graduated from PPC's analytic training program last spring. A job well done!

On a more sober note, Harry Smith, an esteemed and valued senior Training

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## President's Letter *continued from page 3*

make sure that you have a representative on the Affiliate Council; encourage candidates in your institute to join APsaA as an Affiliate Member, consider joining or starting an Affiliate Council committee, join the Practice Network, write for the newsletter. Get involved! This is your future, your training, your career, and you have the opportunity to get as involved

as you would like. I hope that you will support and help your next President, Hilli Dagony-Clark, and her newly-elected Executive Committee.

Even though I am saying farewell, I want to reassure you that your education, training and professional development are all issues of great importance to me, and I will continue to advocate

on your behalf in any capacity I can within APsaA.

Sincerely,

Carmela Pérez, Ph.D.  
President, Affiliate Council

## Institute News *continued from page 7*

and Supervising Analyst, resigned from PINE Center last summer. We are grateful to Dr. Smith for his significant contributions to our institute specifically and to the field generally. The Center also said goodbye last year to Carl Brotman, who retired. Brotman was a much esteemed Training and Supervising Analyst and active contributor to our institute twenty-four years. He has our deepest thanks.

In sum, life at PINE Psychoanalytic Center this past year has included change, excitement, and loss. We are off to a positive, energetic start this year, and look forward with optimism.

### Report from New Orleans - Birmingham Psychoanalytic Center

*By Jamie Cromer, LCSW, ACSW  
Delegate to the Affiliate Council, Interim  
Secretary Affiliate Council,  
Treasurer-Elect Affiliate Council*

I attended APsaA's 99th Annual Meeting in Washington, D.C. (June 2010), and was inspired by Carmela Pérez, our President and the Outreach Coordinator at NYU. I learned of her successes and challenges in creating a speaker series, as well as various presentations for candidates at her institute to promote APsaA membership at the Affiliate (candidate) level. When I returned to New Orleans, I immediately began developing our own "Psychoanalysis In Motion Speaker Series." My colleagues in New Orleans and the faculty were supportive, though guarded in their optimism, not sure if anybody would be interested in presenting or attending. I was thrilled

to have eager response and, within three weeks, had recruited eight speakers, each excited to present in his or her own area of interest, once a month, to span the academic year. These qualified presenters offered talks on: Using Skype in the Psychoanalysis of a Chinese Analyst; Resistance to Analyst Exploration of the Countertransference; Essential Object Relations in Couples Therapy; The Women of Totagadde: The Broken Silence, a psychoanalytic perspective of 35 years of work with women in a South India Village; Screen Memories: Facts, Fictions, Constructions or Compromises; Magritte's Mysterious Memory: The artist Rene Magritte's creativity in the context of his mother's suicide; Punitive Self Criticism; and The Nature of Psychoanalytic Listening. I submitted these topics and the learning objectives for CME approval to our CME Chair, and the first informal, two hour presentation of the series was scheduled for September 13, with CME available for a small fee.

In this issue of *The Candidate Connection* focusing on technology, I wanted to briefly describe our use of both Oovoo and Skype in every class of my training. Both students and faculty participate via the internet, which increases our small Center's input and output. With this medium, New Orleans has access to Faculty in Birmingham, Dallas, and Houston, and students in Memphis and Nashville have access to the classes. There are struggles technologically. Sometimes connectivity issues delay class starting and create interruptions, but user issues largely account for the difficulties and these are usually re-

solved in the starting weeks of a class. Recently, as mentioned above, we had one of our faculty, Molly Rothenberg, present on "The Use of Skype in a Chinese Analyst." She gave a moving presentation of a rich, rewarding analytic process. Transferences were worked through in familiar ways even with the use of the computer. She presented the salient issues of the analysis, which included a fascinating cultural context and the incorporation of the Skype medium into the analyst's fantasies to therapeutically overcome trauma. She reported few technological difficulties and educated us all about the potential of the internet to be a confidential, viable, therapeutic medium for psychoanalysis. This talk was made available over our conference call system to a student out of state who could not attend, and we will continue to make these talks available through our conference line. This cross cultural and technological dialogue will continue when Elise Snyder, the founder of The China American Psychoanalytic Alliance (CAPA) presents on February 11, 2011, "The Shibboleth of Cross Cultural Issues in Psychoanalytic Treatment," a presentation on work with Chinese analysts. Anyone wanting more information or a bit of encouragement on developing a speaker series at your institute, please feel free to contact me at 504-866-8222 or jamgrue@yahoo.com. And consider making a trip to New Orleans for a conference you can write off! Check out our website for additional events and scientific meetings ([www.nobpc.org](http://www.nobpc.org)).

### Psychoanalysis and Technology

By *Navah C. Kaplan, Ph.D.*

*Editor, The Candidate Connection*

*President-elect, the Affiliate Council*

*Candidate, New York Psychoanalytic Institute*

Mark Smaller, in his November 5th post to the APsaA Election List, added some interesting points to the lament that we are past the heyday of psychoanalysis when, back in the 50's and 60's, practices flourished and patients were willing to wait many months for an analyst to become available to them. In critiquing the idealized remembrance of psychoanalysis past, Smaller asserted that this nostalgia glossed over many of that era's serious problems of analytic practice and professionalism, such as the exclusion from training of non-medical talent, and the shunning or public humiliation of anyone whose clinical or theoretical contributions failed to meet orthodox party standards. He warned that failure to recognize and correct the wrongs of the past stands as impediments to advancing opportunities for analysts today, especially for the newest graduates. As he concluded, our institutes need to focus on training candidates for our modern society, rather than stay statically attached to a bygone era. Certainly, a component of this modernity is the use of technology, without which Smaller's thoughts, propelled via the internet onto computer screens around the nation, if not the globe, would have reached far fewer members than it did.

When I imagined entering analytic training, the dominant fantasy I had was of a quiet practice in an office recreating the intimate, warm atmosphere of Freud's own consulting room. After all, what could be less technologically demanding than two people arranged in a room, alone together, focusing on the work of making the mind of one of them comprehensible? While my office does meet elements of that fantasy, there are important differences: technology has entered the scene and populated my space with things that never sat atop Freud's desk. Instead of ancient statuettes, I have a laptop with Skype capability. In a corner of the room sits, not Coptic jars, but a shredder. A printer on a

stand takes the place of Freud's cabinet of antiquities.

The technology we candidates take for granted today – the internet with its myriad functions, including listserves, blogs, websites, Skype and the Psychoanalytic Electronic Publishing (PEP) – was science fiction when many of our TAs and supervisors were in training. This may be why our institutes (Some? Most? All?) do not yet seem to have found their way to addressing the many issues related to the use of technology in our practices. That oversight seems poised for a change. For this article, I spoke with three senior analysts who have particular involvement with the use of technology in current analytic practice. Elise Snyder is the founder of the China American Psychoanalytic Alliance (CAPA), an organization that uses Skype and teleconferencing to conduct all aspects of training its geographically remote students in psychoanalytic psychotherapy; Paul Mosher, who has been a technology aficionado since his high school days, and is one of the founders of Psychoanalytic Electronic Publishing (PEP), that invaluable internet archive; and Stacey Keller, who is heading a subcommittee of COI (Committee on Institutes) to revisit the issue of phone analysis, last officially addressed in 2001.

#### **Psychoanalytic Electronic Publishing (PEP)**

As a third year candidate, I know PEP as the online archive of psychoanalytic publications, giving me instant access to my course readings and making my searches by author or key words effortless. Paul Mosher explained to me that PEP had its most primitive precursors in the 1970's, developing into its present structure and function only within the last four or five years. PEP began in the 1980's as a kind of bare bones project to create an index of the table of contents and, later, the book reviews for the five classical psychoanalytic journals: JAPA,

IJP, PSC, International Review of Psychoanalysis, and the Psychoanalytic Quarterly. Eventually, despite opposition from the orthodoxy, more journals of alternative theories were added. By the 1990's, Mosher felt ready to digitize the full texts of all the journals. In joint partnership, APsaA and The Institute for Psychoanalysis in London funded the expensive and risky project. Today, PEP is available to subscribers on-line and is also sold on discs. Mosher is proud of the additional features of the discs, which include the ability to highlight and write notes, as well as to conduct faster and more accurate searches.

#### **Revisiting educational standards for phone analyses**

Phone analysis has been going on for decades. Many analysts have conducted phone sessions as an emergency or stop gap measure when circumstances have precluded in-person meetings. Can an entire analysis reasonably take place by phone or Skype (an encrypted internet program combining sound and visuals)? What are the differences between being in-person, versus phone, versus Skype? Stacey Keller explained that the use of the phone during a training analysis requires a waiver and approval from APsaA with limits set on the time that the phone can substitute for in-person meetings. The major question of practical import to candidates to be addressed by Keller's COI Subcommittee on Telephone Analysis is under what circumstances would it be possible for a training analysis to be done by phone and for what proportion of the analysis. Another question of interest to candidates is whether they will be permitted to conduct phone analyses to count towards their graduation requirement. Implicit are many other questions: does use of the phone change anything about the analysis? Is there a particular type of patient more likely to seek a phone analysis and is

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there a particular analyst more open to it, as well? Practically speaking, if phone and Skype analyses are being widely done after graduation but not allowed during training, perhaps it should have a place in training. Keller foresees a possible recommendation for institutes to add some discussion about phone analysis to the curriculum.

### **Skype analysis and the China American Psychoanalytic Alliance.**

On an academic trip to China nine years ago, Elise Snyder was surprised to learn of an intense interest there in psychoanalysis, coupled with a hunger for foreign analysts to do the training; with few professional resources of their own, the Chinese required teachers, supervisors and analysts. Freud, in a 1921 letter to a Chinese professor, gave his blessing to develop psychoanalysis in China. Feeling thus supported in her enterprise, Snyder founded the China American Psychoanalytic Alliance (CAPA), now in its fifth year. This program is possible only because of the technological advances of the internet, which make Skype freely available across the globe. CAPA has accumulated extensive experience in the use of Skype and teleconferencing to conduct just about every aspect of training. Over three hundred analysts from several nations essentially donate their time to train students in ten cities within China. As it was in the United States during the 1950's and '60's, the demand for analysis in China is far outstripping the supply, while candidates here often struggle to find enough control cases to graduate. Noting that the three analytic cases required to graduate are a bare minimum for learning to be an analyst, Snyder said she would like to see the educational standards revised to allow an analysis conducted via Skype to count for at least one of them. Even if it does not count, Snyder believes that candidates should avail themselves of the opportunity to see more analytic patients, which

are readily available to them using Skype, because the only way to become an analyst is to see many patients in analysis. With the passion of a lifelong practitioner, Snyder emphasizes that, after all, "it is more important to become an analyst than to graduate."

### **Websites**

The internet has become the place to locate information and services of all kinds. Many psychotherapists belong to listserves such as Psychology Today as a way of attracting patients to their practices. Beyond that, many of us candidates or newly graduated analysts are creating personal websites to market ourselves more fully. Mention this in a room of the most senior analysts and you can observe facial muscles contracting into grimaces. How undignified it must seem to them! While I think all psychoanalysts draw the line at following lawyers and certain physicians onto the IRT subway cars to claim an advertising spot, we candidates do wonder about how to fill our practices. Given the ease with which anyone can be Googled, a website seems like a controlled expression of who one is as a professional.

### **Compromise and practicality**

How effectively can Skype, offering visual and auditory sensory input, substitute for the intimacy of the two-person meetings in the consulting room? What is preserved and what foregone which might limit the experience for the patient and constitute an intolerable compromise of the therapeutic result? Not sharing the breath, the smells, the atmosphere and room temperature, the small intrusive sounds of footsteps overhead, a siren outdoors, the rustle of the analyst's movements from time to time. These are part of the nonverbal sensory experience, betimes provoking and resonating with old memories of intense being-in-a-space together with a singularly important object hovering within

the same ether of subjective presence. As noted above, telephone analyses have been conducted for decades. The phone is distancing, of course, but in some ways perhaps even more intimate as every auditory communication is experienced as a breathing whispering murmuring shouting speaking crooning croaking coughing directly into the ear.

Can a phone or Skype analysis be "good enough" for those whose only choice is something compromised or nothing at all? Should Skype analyses count towards fulfilling candidate control case requirements for graduation? Are there certain types of people more likely to want a technologically mediated analysis, who do not think they are missing out on anything substantive by not being in the room with their analyst? In just such cases, is agreeing to a phone or Skype long distance analysis colluding with the resistance, along the lines of a long distance love affair that only works so long as the participants live far apart and the majority of their communicating takes place by phone? Is there a generational difference in the types of people who will want a phone analysis, i.e., twenty-somethings who grew up with the internet and Facebook, instant messaging and hours of virtual relating in place of face time? It would seem to me just such people are in need of a corrective experience to be intimate in person.

Technology has entered psychoanalytic practice, in some ways seamlessly, already taken for granted in the way we effortlessly communicate among colleagues, research our papers using PEP, or perhaps make appointments with patients by email. However, the impact of inserting a virtual component between analyst and analysand demands much more thought and study.

Comments? Here's my email: navahckaplan@gmail.com

*The deadline for the June newsletter is April 15, 2011.*

## MEMBERS IN THE NEWS

### On Writing

By Robin Gomolin, Psy.D.

Winner of the Affiliate Council Scientific Paper Prize  
Candidate at PINE

As the recipient of this year's Affiliate Council Scientific Paper Prize, I have been asked by Navah Kaplan, Chair of the Paper Prize, to reflect upon the writing process. Before doing so, I would like to acknowledge Navah's commitment to our community and her efforts to foster our growth as writers. I suspect that what motivates Navah's activism in this area is her implicit understanding that writing represents the future of our discipline. It is our experiences, thoughts and observations that will extend the discourse of psychoanalytic theory. Candidates are the next generation of writers. I must confess that when Navah asked me to write this piece for the newsletter, my immediate response was one of negation as I thought to myself, "How can I do that? I am not a writer." I share with you the basis of this disclaimer. My earliest education (through high school), was in a trilingual Jewish day school where there was no opportunity to learn to write. With a subsequent university education in social work that emphasized clinical practice, it was only when I returned to graduate school at the age of 38 that I faced for the first time, the challenge of writing. In the next several paragraphs I disclose what enabled me to meet this challenge and write this paper, as well as several others. In the course of my studies at a psychoanalytic degree-granting institute in Boston between 1996 and 2004, I received three degrees, each of which required a thesis of increasing academic/research substance. Each project included the conceptualization of a formal research question, the creation of a methodology, a literature review and a presentation of my findings followed by a thorough discussion section.

I spent eight years immersed in my topics during which I discovered that reading and thinking were the central components of writing. Writing (at least

in these 3 projects) was the end rather than the means. Writing had to reflect what I had learned about what I had been studying and thinking about. Thinking and learning were the challenging tasks. Writing was simply the process that brought forth my thoughts and identity as a psychoanalytic thinker.

While some of us may tackle the challenge of writing with greater ease than others, I want to emphasize my belief that when one can learn to view writing as the formal expression of thoughts and observations (as opposed to an ability we may or may not possess), the writing process begins to lose its daunting glare. Once writing is reconceived as a process of thinking it can then assume a research model. The approach changes from what do I want to write about, to what do I want to know about and how best can I speak about this to my reader. This applies to any psychoanalytic topic including our case write-ups.

In 2003 (as a requirement for graduation from a previous psychoanalytic training program), I had to undertake a single case study of a patient in control analysis. A very simple observation of how my patient interrupted his associative process, led to the formulation of a research question and method of study. Hundreds of hours spent reading, thinking and analyzing my data (process notes from 13 sessions) culminated in a deep meta-psychological understanding of the phenomena I had observed, leading to a much deeper level of therapeutic engagement with my patient. A paper based upon this dissertation was awarded a research prize from the International Psychoanalytical Association in 2003.

The paper that has been awarded the Affiliate Council Scientific Paper Prize was based upon research conducted for my doctoral dissertation. It was an analysis of the psychoanalytic theory (The Intergenerational Transmission of Holocaust Trauma) through a systematic examination of 55 case descriptions of

children of Holocaust survivors found in psychoanalytic journals. While numerous psychological studies claim that the children of survivors are a well-adapted group, the psychoanalytic literature was committed to a discourse of trauma about the survivors' children. Two competing bodies of literature about the same population puzzled me. How could this be? One argued for adaptation and resilience – the other pathology and enactment. Ultimately, it was the claim by some psychoanalysts that the symptoms and unconscious repetitions of the survivors' children were uniquely structured by the Holocaust that caught my research eye. What was in the clinical presentation of the survivors' children that led some psychoanalysts to believe that their psychopathology was qualitatively different from other patients suffering from neurotic, borderline and psychotic pathologies? What had they experienced that impassioned this conviction?

My research methodology sought to answer these central questions. An elaboration of this design and my findings is beyond the scope of this brief communication, however with regard to the writing process, what is essential to keep in mind is that this writing was a consequence of curiosity followed by thought. I embarked upon the project as a thinker rather than a writer. The thought process I engage in when I write is very different from the one available to me as an analytic listener. During the analytic hour, the active researcher in me is contained as I assume my place as the guardian of the patient's associative process. Numerous thoughts, observations and questions are sequestered within the margins of my notebook, awaiting later study. I eagerly anticipate the opportunity to write a case report as I know this active exercise of solitude and thought will yield novel understandings about myself, the patient and our previous months of work to-

*"writing was a consequence of curiosity followed by thought"*

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gether. In these hours my identity is again that of a thinker as I bring forth in language an expression that both reflects and conveys this very deep process.

Though we are very curious thinkers with regard to what our patients bring to the analytic hour, this energy does not seem to inspire an adequate segue into the writing process. I have found that when the emphasis changes from writing to thinking within a more formal model (i.e. research), writing is its spontaneous by product. I feel certain that if this change in self-perception is applied to our thoughts as they pertain to our ana-

lytic work, many more writers will begin to assume a significant presence. I hope this brief communication emboldens you to write and submit a paper to this competition in 2011. I have begun thinking about my topic and challenge you to do the same. Thank you again, Navah, for your dedication to the writing process.

*Editor's note: Robin will present her winning paper at the APsaA National Meeting, Friday January 14, 2011 at 11:30 a.m.*

*The Affiliate Council's*

## **Annual Winter Bash**

*(& farewell party for outgoing AC President,  
Carmela Pérez)*

**Thursday, January 13<sup>th</sup>, 2011  
8-11 pm**

*Cinema Brasserie  
2 East 45<sup>th</sup> Street  
(5<sup>th</sup> Avenue cross street)  
New York, NY 10017  
212.949.0600*

*Meet old and new colleagues, network, and  
socialize in the heart of Midtown, NYC!*

*All APsaA members are invited  
\$75 per person  
(Wine, beer, & light dinner fare included)*

*Please RSVP to Hilli Dagony-Clark at [Hilli@dagony-clark.com](mailto:Hilli@dagony-clark.com)  
or call 917.723.5841*

*Carmela Pérez, President  
Hilli Dagony-Clark, President-Elect  
Richard Grossberg, Treasurer  
Jamie Cromer, Secretary*

## **Interest-free Loans for Training**

*Applications due May 2, 2011*

**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 Affiliate Members in good standing are eligible to apply to the Fund.
- Affiliate 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](http://www.apsa.org)) or email Dean Stein, APsaA's Executive Director, for an application form at [deankstein@apsa.org](mailto:deankstein@apsa.org).

### **Application Deadline**

Fund loan applications need to be received at the APsaA offices by May 2, 2011.