



**PRESIDENT'S LETTER**

*By Carmela Pérez, Ph.D.*

Dear Affiliates,

I look forward to serving you as your President these next two years, and I hope to meet and work with many of you during my term. I hope you enjoy this first issue of our revamped newsletter, *The Candidate Connection*. I want to thank Susan Flinders, PhD (Michigan), Editor, and Navah Kaplan, PhD (NY), Assistant Editor for all their hard work in bringing this project to fruition. I also want to thank all of you who contributed to this issue, and to encourage everyone to consider writing for our newsletter in the future. As you know, *The Candidate Connection* will be published twice a year, in June and January.

Before I share with you some thoughts on what issues I would like to focus on during my presidency, I would like to tell you a bit about the Affiliate Council officers, who will be serving with me in the Executive Committee. The President-elect is Hilli Dagony-Clark, PsyD. Hilli is a fourth year combined adult and child candidate at the NY Psychoanalytic Institute. Her child program is sponsored additionally by NYU and Columbia. Richard Grossberg, MD, is the treasurer, and he is a fourth year candidate from

Cleveland, OH. Richard was a pediatrician who came to training through COPAP, the Committee on Preparedness and Progress. Anne Malone, LCSW, is a senior adult candidate and a third year child candidate from Philadelphia, and she is the secretary. We have been hard at work since our meeting in January in New York, updating our rosters, and reaching out to many of you to get involved in APsaA. For example, we learned that out of the 103 new candidates that started training last fall 2008, 34 had not joined APsaA. The Affiliate Council Executive Committee followed up with these candidates, many of whom had forgotten to join APsaA with the early pressures and busyness of beginning analytic training. It seemed that candidates were often uncertain of where to get applications, and how to follow up with the application process. So, together with the National Office, we were able to put the APsaA Affiliate Membership application online. All new candidates can download the application at [www.apsa.org/joinapsa](http://www.apsa.org/joinapsa)—please share this information with other candidates and your institutes.

As you know, the demands of analytic training, which can challenge the balance between personal and professional lives, and the recent economic pressures, make this a particularly trying time for all us

who are beginning or developing our psychoanalytic practices. Throughout my training, both in psychology and psychoanalysis alike, I have been interested in how little attention is devoted to teaching the “business” aspects of running our practices. One gets the sense that discussions of promotional endeavors, marketing, and outreach are considered at the

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**ON PSYCHOANALYSIS**

**Interview with APsaA President Prudy Gourguechon, M.D.**

*By Navah Kaplan, Ph.D., Assistant Editor, The Candidate Connection*

Prudy Gourguechon, M.D., President of the American Psychoanalytic Association, shared her thoughts with me on how becoming involved in organizational activities at the affiliate's level works to build one's professional identity. Prudy was warm and informal on the phone as we settled into our interview, her relaxed manner suggesting there was no rush to cover everything we might like.

I asked Prudy for a brief biographical sketch of her own evolution into organizational involvement and leadership positions. Her early influence in the matter of proactive approaches to societal problems came from observing her mother's activism during the civil rights marches and anti-war protests of the 1960's and '70's. She identifies her own first leader-

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**APSAA**  
 American Psychoanalytic Association

**NEW YORK**

**National Meeting**  
*January 13-17*  
**Be sure to attend!**

*For more information about the Meeting, contact:*  
 Carolyn Gatto,  
 Scientific Program and Meetings Director  
 American Psychoanalytic Association  
 Phone: (212) 752-0450, x20  
 Fax: (212) 593-0571  
 Email: [cgatto@apsa.org](mailto:cgatto@apsa.org)

The Alternative Certification Process provides the applicant the opportunity to present his/her analytic work over time (about once/month over approximately 6 months) to two colleagues. The applicant prepares written summaries of approximately five to seven double-spaced pages for at least two analytic cases, one male and one female. If both of these cases are ongoing, the applicant should also prepare a written summary of a terminated case.

The applicant chooses the two interviewers from a national panel of certified and experienced analysts and arranges a

face-to-face first meeting with each. Although some subsequent meetings may be by telephone, it is recommended that at least half be in person. After about 6 months, the two interviewers will share the write-ups, interviews and assessments with the entire Certification Examination Committee (CEC); at this meeting, the applicant may be recommended for certification, or further interviews may be recommended, or the application may be continued.

Please note that this alternative pathway, being new, will require some flexibility and modification as we continue to

develop and implement it. Currently, there are two candidates going through this process, and we will know more as others choose this alternative certification exam.

Applications for the Alternative Certification Process can be requested from the National Office at 212-752-0450, Ext 26 or [dsteinke@apsa.org](mailto:dsteinke@apsa.org). More information can be found in the members section of the APsaA website ([www.apsa.org](http://www.apsa.org)). You can also contact Paul Holinger, MD, [paulholingermd@aol.com](mailto:paulholingermd@aol.com) with any questions.

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

very least distasteful, if not unnecessary. This may have been the case decades ago, when psychoanalysis was in its heyday, and there was no shortage of patients interested in and eager to engage in psychoanalytic treatment. However, as you well know, we live in a fast-paced world that relies more and more on technology as a way of communicating, where many, if not most, patients expect speedy results, and where we now compete in a vast marketplace of mental health treatments. The recent economic downturn is an additional important example of how we need to contend with realities that we might initially not have been prepared for.

Although these may sound as considerable challenges, they are certainly not insurmountable, and I believe that they offer us great opportunities to re-enliven and propel the field of psychoanalysis forward, as well as develop successful practices. During my term as president, I would like to try to help us focus on these precise issues—how to develop successful practices as psychoanalysts in our current world and our current economy, and how to promote ourselves and

psychoanalysis both in our local communities and nationally.

There is a lot for us to do, but there are simple steps we can begin to take. One is for us to better communicate with each other, and to use the resources we have in order to do so. This newsletter is one way in which we can keep each other updated not only about committee work and training issues at our institutes, but also about how we further develop our practices and ourselves as analysts. Another resource we have at our disposal is our affiliate email list-serve. Why is it so underutilized? Lastly, as some of you may have read in the minutes of our January meeting, Laura Jensen, PhD, our previous Affiliate Council President, is working on a candidate blog, [www.affiliatemember.wordpress.com](http://www.affiliatemember.wordpress.com), that will be up and running soon.

Another sure way to move forward in developing our practices and the field of psychoanalysis is to get involved, both locally at your institutes as well as within the communities where you practice, and nationally. The value and benefits of doing so cannot be stressed enough. I can tell you that from my own experience, being involved nationally at APsaA, and at my home institute (NYU), as well as participating in a variety of community endeavors, has allowed me to develop a network of colleagues and friends, which in turn has helped me build a more stable practice.

I want to end by briefly reviewing with you some of the ways in which you can get more involved nationally, and to emphasize that the commitment to participate in any of these does not require

endless hours of work. You will get out of it, as with many things, as much as you put into it. First of all, you can become an Affiliate Council delegate or alternate—would it surprise you to know that there are several institutes not currently represented?! The delegates are the most important part of the Affiliate Council, because they are the link between APsaA and its individual institutes. You can become a member of any of the existing Affiliate Council committees (Affiliate Participation, Candidate Organizations, LGBT Issues, IPSO Liaison, Racial and Ethnic Diversity, Scientific Paper Prize, TAP/Newsletter, and Scientific Programs and Training), or even develop and propose ideas for new committees. Finally, you can become a candidate member in many of APsaA's committees, where you can learn and join in the efforts the association is putting forth to restore and develop the place of psychoanalysis in today's world.

As you know, the Affiliate Council meets during the APsaA national meetings on Thursday morning, and this meeting is always open to all candidates. This summer, the Affiliate Council will meet during the IPSO/IPA Congress ([www.ipa.org.uk](http://www.ipa.org.uk)) on Wednesday July 29th at 9am. My plan is to devote a good portion of this meeting to a beginning discussion of the business of developing our psychoanalytic practices—what we do, how we do it, and how can we do it better! I hope to see many of you there. In the interim, if you have any questions, please feel free to contact me by email, [drperez@dynamicpsych.com](mailto:drperez@dynamicpsych.com), or phone 212.674.6444.

### APsaA Affiliate Council

Carmela Pérez, *President*  
 Hilli Dagony-Clark, *President-elect*  
 Anne Malone, *Secretary*  
 Richard Grossberg, *Treasurer*

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

Susan Flinders, *Editor*  
 Navah Kaplan, *Assistant Editor*  
 Bernadette Kovach, *Assistant Editor*

## AFFILIATE COUNCIL NEWS

### Summary of the Affiliate Council Winter Meeting

*(This article was prepared by Navah Kaplan, PhD, Assistant Editor of the Candidates Connection newsletter from the minutes submitted by Anne Malone, MSS, LCSW, Secretary of the Affiliate Council).*

On January 15 of this year, the Affiliate Council conducted its annual meeting during APsaA's Winter 2009 Meeting, noting that this would be the only such meeting this year since APsaA canceled its Spring meeting for 2009 in lieu of the IPA Congress which is taking place in Chicago. Delegates and officers from fourteen institutes and from the national as well as the international affiliate organizations attended.

From the International Psychoanalytical Studies Organization (IPSO), representatives Robin Deutsch, Kate Schechter and Luisa Marino highlighted the opportunities for participation at the international level. For one, they encouraged attendance at this year's 46th International Psychoanalytical Association (IPA) Congress taking place in Chicago from July 29 to August 1, 2009. IPSO will have a Pre-Congress in the two days preceding the IPA Congress, starting that Tuesday morning (07/28/09) at 8:30 a.m. with a plenary. There will be an IPSO free lunch that day for candidates. Supervisions will also take place between candidates and analysts from different regions, although these must be signed up for in advance (as of this printing, these sessions have been sold out). Beginning in July, several officer positions will become available in IPSO including the North American Vice President, Treasurer and Editor. The editor must be fluent in both Spanish and English. Contact Robin Deutsch for interest in these positions. Finally, the opportunity to be a visiting candidate at about 20 institutes around the world was described. Participating institutes agree to host a candidate for up to two weeks, providing room, board and attendance at classes and supervision. The candidate pays only for airfare. Those interested must check that their institute agrees to reciprocal hosting in order to be accepted.

Jill McElligott, delivered the Treasurer's report. The affiliate budget was

halved to reflect the fact that there is only one meeting this year. An additional note was that there are still no travel stipends available for candidates to defer the cost of attending the APsaA national meetings.

APsaA President Prudy Gourguchon, M.D. was regretfully unable to attend the affiliate meeting but sent two questions she wished to bring before the attention of the membership. Affiliate Council President Laura Jensen, Ph.D. led the roundtable discussion in her place. First, was there a need for a committee on women in psychoanalysis; second, what are the roles of candidates in their societies, and do candidates vote for councilors at their institutes? In regards to the first question, themes included the balance between work and life; authority issues in the usual sense of the male/female distribution of power common in our society and perhaps reflected in the power structure of our field; and succession planning for the next generation of analysts. In terms of the role of candidates in their societies, there were a range of answers: for the most part, candidates do vote for councilors and the structure of each society/institute/center varies considerably across the country.

Paul Holinger, M.D., Chair of the Certification Examination Committee (CEC), spoke about the recent developments regarding the certification process, specifically the "alternate pathway" for those who prefer to verbally discuss their cases rather than prepare a written report. As of the meeting, no candidate had chosen the verbal format. He also talked about two other supports offered by the CEC: one is a mentoring program pairing a candidate with someone who has served on the CEC to discuss the process and application; the other is a "blind reading of case write-ups" from someone with CEC experience to provide anonymous feedback regarding one's case write-up prior to its official submission.

The chair of the Affiliate Council Paper Prize Committee, Phoebe Cirio, LCSW, announced the winner of this year's paper prize. Robert Cohen, Ph.D. of the Michigan Psychoanalytic Institute

won with an excellent paper entitled "Working Through the Analyst's Contribution to the Patient's Creative Writing Process." All candidates are encouraged to consider submitting their own writing. The deadline for submissions is August 30. You may submit to the new chair, Navah Kaplan, PhD at [navahckaplan@gmail.com](mailto:navahckaplan@gmail.com).

Finally, incoming Affiliate Council President-Elect, Carmela Perez, Ph.D. presented outgoing President Laura Jensen, Ph.D. with a certificate for her service as President from 2007-2009 and thanked her for her leadership, support and service to the Affiliate Council and APsaA during her two year term. Dr. Jensen accepted her certificate and gave her farewell remarks. She also announced the creation of a new affiliates' blog at <http://affiliatemember.wordpress.com>.

Make your dream project come true!

### AMERICAN PSYCHOANALYTIC FOUNDATION GRANT PROPOSAL GUIDELINES

Grant applications are accepted on a rolling basis throughout the year. One or several of the following elements should be a part of the proposal in order to be considered:

- Community Outreach
- National Focus
- Fundraising Element- seeks co-funding, matching or other sources.
- Transportable- the program can serve as a model for other programs.
- Creative and original.

Go to [www.apsa.org](http://www.apsa.org) to find guidelines for submitting an application. Questions? Email Dean Stein, Director, American Psychoanalytic Association, at [deankstein@apsa.org](mailto:deankstein@apsa.org).

american psychoanalytic foundation

## COMMITTEE REPORTS

### Paper Prize Committee Report

The Affiliate Council Paper Prize Committee sponsors a paper prize each year funded by APsaA and the American Psychoanalytic Foundation. The paper is anything written by an Affiliate member on a topic of psychoanalytic interest. The Paper Prize Committee assumes the duties of advertising for paper submissions, getting volunteers to read the submissions and selecting the prize winner(s). Substantial money prizes are provided with the winner receiving one thousand dollars and the runner up five

hundred. In any given year, there may be up to two prizes awarded or none, depending on the number and quality of the submissions. The winner gets to present his or her paper at the winter National APsaA Meeting. The deadline for submissions this year is August 30. Anyone wishing to submit or to volunteer to be a reader should contact me by email: [navahckaplan@gmail.com](mailto:navahckaplan@gmail.com).

Respectfully submitted,  
Navah Kaplan, Ph.D.  
Chair, Paper Prize Committee

### Program Committee Report for Affiliate Council Newsletter

The Program Committee of the Affiliate Council is the committee in which decisions are made about the programming offered at APsaA's meetings which concern issues of interest to candidates. We have several programs that are directed at candidates. At each meeting, we have a panel discussion with formal presentations and then a discussant who is usually a senior analyst. Tentatively planned for January 2010 is a panel on money issues where a paper about a very low fee case will be presented and discussed. These panel discussions have the advantage of being hosted and presented by candidates, for candidates, and about matters that directly pertain to issues associated with candidacy and training. I believe all of us have had the experience of going to an interesting panel presented at the meetings but feeling intimidated to stand up and ask a question when some of the people asking questions have published papers we are reading in classes. At the candidate programming we are the audience to whom the programming is directed, and so there is a greater sense of freedom to talk about the subject and ask questions

There is also a program called Candidate-to-Candidate which is a more informal discussion about a subject of interest to candidates. For January 2011, which is the 100th anniversary of the founding of APsaA, we are thinking of a program where a current candidate and recent graduates read short papers about subjects of interest to candidates such as progression, supervision, graduation and other topics.

Finally we are proposing to add an ongoing informal discussion group for candidates on the topic of supervision, to be lead by a senior analyst. All such changes to programs for the APsaA meetings have to be approved by APsaA's Program Committee. We are currently attempting to get this proposal included in the agenda for the next Program Committee meeting which will take place in Chicago in July, just before the beginning of the meetings of the International Psychoanalytical Association.

*Continued*

## NATIONAL CASE REVIEW

### The National Case Review Program

The National Case Review (NCR) is a new APsaA educational program for candidates and recent graduates to have the opportunity to have their written case reports reviewed in a blind process by readers from outside their local Institute. The program, part of the Committee on Institutes, is purely educational and has no formal evaluative function. It entails the writer's sending a 10-20 page case write-up to the National Office where it will be anonymously sent out for review to a psychoanalytic reader from outside the writer's city. This voluntary program offers the writer an opportunity to have his or her clinical thinking critiqued from a fresh national perspective. The reader will return a review to the writer within four weeks. At that time, if the two parties wish, they can break the blind and make direct contact with each other.

The process is simple as outlined below. It entails simply sending three copies of your case write-up to the address below (two copies are for the administrator's files). It will then be forwarded to the alphabetically next available reader from outside your city.

If you have any questions feel free to contact either Mel Schoenfeld, M.D. or Harvey Schwartz, M.D.

Mel Schoenfeld (212) 243-5512,  
[mssmd7@aol.com](mailto:mssmd7@aol.com)

Harvey Schwartz (215) 925-6022,  
[Schwartz336@comcast.net](mailto:Schwartz336@comcast.net)

Guidelines for National Case Review write-ups:

- 10–20 double-spaced pages
- Brief relevant history
- Analyzability considerations
- Opening themes and their evolution
- Transference-countertransference entanglements
- Deepening of the treatment
- Termination as it is applicable

Please do not send identifying information on the write-up itself but limit it to the cover letter.

Please send three copies to:

National Case Review  
c/o American Psychoanalytic Association  
309 East 49th Street  
New York, NY 10017

Anyone interested in being involved in program planning or having ideas for panels or candidate-to-candidate discussions please contact me to discuss your ideas.

Phoebe A. Cirio, MSW  
Phoebe777@aol.com  
314-862-0345  
141 No. Meramec Ave.  
Ste. 304  
St. Louis, MO 63105

### **Committee on Racial and Ethnic Diversity of the Affiliates Council Report**

We are delighted to be the new co-chairs and would like to invite all those interested in the topic to join us. Our overarching goal is to motivate members to become familiar with issues of culture in psychoanalytic treatment as well as to become curious about how our own cultural identity may influence how we practice.

According to census data, the USA is experiencing the biggest influx of immigrants since the end of the 19th century. This trend is likely to impact our work. Mental health researchers report that cultural issues prevent some patients from seeking adequate mental health services, and lead others to premature treatment termination.

With the goal of expanding the lens used to look at this topic, we plan to update the bibliography prepared several years ago by Salman Akhtar and Enrico Jones, available to the APsaA membership. In the bibliography we would like to include a selection of articles, publications, or other works that you find particularly interesting and useful.

Please contact us with feedback and ideas and send us any material you would like us to include in the bibliography. We are both candidates from NYUPI.

Looking forward to seeing all of you during the Winter Meetings in New York City.

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## **INSTITUTE NEWS**

*By Susan Flinders, Ph.D.*

### **The Michigan Psychoanalytic Institute News**

As the State of Michigan continues to endure economic hardship, candidates remain actively engaged in pursuing analytic educations and networks. I will only highlight some 2009 activities which includes a week of activities in which Robert Galatzer-Levy, M.D. stimulated all of our minds as the Institute's 23rd Visiting Professor. On Monday evening, he engaged candidates and faculty with a talk about psychoanalytic education which contrasted and compared the concepts of "training" and "education." The next morning Meryl Berlin, Ph.D. presented a child case to Dr. Galatzer-Levy and all the candidates which generated a lively discussion and thoughts about the complexity of development and its relevance to analytic work. There were also many other talks and discussions with Dr. Galatzer-Levy which were given rave reviews, but which I did not have the opportunity to attend. The long week, however, ended with a Scientific Paper presentation by Dr. Galatzer-Levy entitled "The Non-Linear Psychoanalyst: How Chaos and Complexity Theory Can Inform Psychoanalytic Technique." This wonderfully stimulating and thought provoking talk was followed by a Dinner for Dr. Galatzer-Levy with MPI faculty and candidates at the home of Jack and Kerry Novick.

## **COMMITTEE NEWS**

### **Affiliate Participation Committee Report**

Dear Fellow Delegates and Candidates,

This is an opportunity now that it's spring for new beginnings. For many of us we're looking forward to a summer break of no classes but we still have an opportunity to stay involved or get involved for the first time. There are many ways to participate on a national level. You can contribute to the Affiliate newsletter (posting the latest presenters or upcoming local scientific meetings can be of interest to those wanting to travel), volunteer on a committee, and attend national meetings.

Many of our candidates have never applied to be members of APsaA, a FREE membership the first year that includes a free subscription to JAPA for the first year. This is one way to participate and the only effort is to sign up. I encourage all delegates to follow up with those candidates who have never become APsaA Affiliate Members to take advantage of this great offer.

As the Chair of the Affiliate Participation Committee, I plan to do what I can to get more candidates involved and feeling connected. First, I will keep an ongoing list of all candidates and designated delegates. I will keep a list of all committees with the names of all those involved including the description and what the needs are of the committees and all contact information. I plan to have a posting

of this information for easy access to all candidates for networking, volunteering opportunities, and for general information for available resources. We are strong in number and our input is valuable to APsaA. As a group we have resources to offer each other. For very little time commitment there are huge benefits.

The APsaA national meetings in spring and fall as well as the International Psychoanalytic meetings give more opportunities to connect with fellow candidates. We are a diverse and interesting group. We have support and insight to offer each other at our various levels of experience and training, especially useful for those in smaller institutes or centers. The meetings offer social dinners and lunches as well as scientific presentations geared specifically to candidates.

I encourage all of you to consider what you may need or want from fellow candidates. Consider volunteering. If you want additional information you can contact me at 504-866-8222.

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Psychoanalytic Center  
2nd Year Candidate

ship position as that of Chief Resident. At that time, she was not yet fully aware of how strongly her natural talents for organizational work would lead her into active leadership roles. The next opportunity she took was in her third year of candidacy when she became President of her local candidate's organization. She was also appointed as one of two candidates to sit on her local Board. Far from assuming a passive role, she identified an issue pertaining to advancement for all the candidates at her institute and sought to change the established way; to her surprise, she succeeded. While not all of her initiatives took hold on the local level, she looked to broaden her involvement on the national level.

Prudy cites past APsaA President, Marvin Margolis, M.D., Ph.D., as a mentor who deeply influenced her thinking about the role of psychoanalysis in the world. She credits Dr. Margolis with transforming American psychoanalysis with his vision for a far reaching approach for linking psychoanalysis with the communities in which we work in a wide range of ways, including outreach work to schools, psychologists, psychiatrists and many others. Dr. Margolis established 30 or so committees and projects. One of these was the Committee on Foundations, intended to help engage analysts in local area foundations that had the primary goal of community outreach in whatever way they could devise. Prudy was invited to attend a weekend meeting away from the National meeting. Her enthusiasm, coupled with signs of a highly energetic activity level, caught the attention of the APsaA leadership who were eager to enlist willing players into

the work. At that weekend meeting, she fell in love with the people and the vision for psychoanalysis in the world, to make it relevant to all forms of human endeavor. As an example of such radical openness to new efforts, and with only a slightly self-conscious laugh, Prudy recalls how a memo was drawn up recommending email as a novel, community-linking device. Another example of community outreach was when, in San Francisco, a psychoanalyst met with judges to help them process their troubling cases.

Combining a healthy awareness of her talent for organizational work with the willingness to work hard, Prudy volunteered to be on a Committee for Psychotherapy initiated by then President Marvin Margolis. She later found out it was rare for anyone at her level to volunteer by calling the President directly, which she had done.

Our final topic was the feminization of the field, the fact that more women are entering training than men, with many as yet unexplored implications. Prudy is investigating the value of a committee on women's issues in the profession.

Prudy stressed the importance of becoming involved, not only for the benefit of the profession, but for personal professional development and the opportunity for expanded identifications offered by participation beyond local institutes and societies to the national and international levels. Candidates are charged with leadership of the next generation. We must get involved to ensure the continued growth and relevance of our discipline to the greater community. When I asked about efforts to raise awareness of the benefits of psychoanalysis as a

treatment in order to increase patient demand, Prudy disagreed with so limited a goal. We require a broader vision of where we are in the world and what we have to offer. The touchstone of her Presidency is "Outreach," for by reaching beyond our small professional community, we teach the world what psychoanalysis has to offer. People will naturally turn to our discipline to help in understanding many of the complexities of human life and relations. Prudy is a big believer in engaging with the world, such as writing letters to the editor on topics of national concern, specifically as a psychoanalyst offering a professional policy position.

Prudy encourages candidates to attend the APsaA 2010 National Meeting in January 2010, to read *The American Psychoanalyst* (TAP) newsletter, and the monthly President's electronic communication, as well as our own affiliate council newsletter, *The Candidate Connection*. Affiliates should also read the APsaA Homepage periodically ([www.apsa.org](http://www.apsa.org)) as well as the Members' Section of the website (you need a password, easily gotten). There are many committees at the national level, as well as the affiliate level, welcoming candidate participation. I have found it is as easy as saying "I'll do it" to join or even chair a committee. Involvement on the international level adds a dimension of knowledge and personal expansion that is well worth the time and effort. All affiliates are invited to attend the International Psychoanalytic Association (IPA) Congress in Chicago this July.

## EDITORIAL COMMENTS

*By Susan Flinders, Ph.D., Editor, The Candidate Connection*

### The Birth of the New Name for the Affiliate Council Newsletter

Well, I know it seems hokey or even somewhat scandalous, but yes, the Editor of the newsletter created the new name that was chosen from a panel of independent judges. And you say, "Sure, it was independent!" Anyway it was independent from me as I sent all the entries, including my own, to the judges who were blind to the authors of all the title entries. There you have it! Given my love for this position, I felt passion-

ately moved to create some titles, all on my own and enter them into the mix and removed myself from the judging process. Now you ask, how did I come up with the title of "Candidate Connection?" Here it is very simply. First, I looked for the dictionary definition of "affiliate." The definition read "1.vti to come, or bring a person or group, into a close relationship with another, usually larger, group 2.vt to determine the origin of something." Words like "link" and "connection" came to my mind. Then I thought about how the Newsletter was

not only connecting our group of Candidates to the bigger group of the American Psychoanalytic Association, but also to each other. I also thought about how the word "Affiliate" might not catch the attention of Candidates as readily as the word "Candidate." I also thought how the two words of "Candidate" and "connection" both beginning with a "k" sound created assonance quite nicely and poetically. Therefore, "Voila!", "Candidate Connection" was given birth as a title suggestion for the Affiliate Council Newsletter.

## CANDIDATES IN THE NEWS

### Writing a Graduation Paper

*By Robert Cohen, Ph.D. (Winner of the 2009 Affiliate Council Paper Prize)  
Associate Faculty, Michigan Psychoanalytic Institute  
Associate Professor of Psychology  
Madonna University*

Is what I am about to describe a familiar spot for you? Juggling practice responsibilities, your three analytic cases—including the care and feeding of supervisors—your own analysis, classes, and the ever present deadlines for written summaries of analytic process material, it suddenly hits you: in order to get through with this endeavor, you're going to have to write an original scholarly paper.

Some of us may have never written a paper in such a style, or if we did, it was years ago. Even if we are inclined to scholarly writing, analytic training tends to focus many of us on our clinical practices and doesn't provide time for scholarship. Thus, the experience of the paper is daunting. And often there is little training or guidance on how to go about it (though some Institutes do provide classes where candidates can develop ideas and "workshop" their beginning drafts). At Michigan, we have writing classes that focus on summarizing analytic process with an eye to certification. But aside from the supportive help from graduated analysts, who are available for consultation on an individual basis as needed, there is no formal structure to help you get the thing done.

In a way that's fortunate, because I found that having such freedom provides you the opportunity to make the paper project something especially your own. My experience writing my paper, "Working Through the Analyst's Contribution to the Patient's Creative Inhibition" turned out to be a revelation, in which I learned something about a new and exciting area of analytic thinking, revisited some of my own inclinations and interests from my pre-professional days, and managed to help my case move along as well. And the paper turned out to be a success: it won the Nathan G. Segel Award for the best paper by a candidate at the Michigan Psychoanalytic Institute, and later, the Affiliate Council Scientific Paper Prize for the best paper by an APsaA Affiliate Member. I present-

ed the paper locally to my own Society, and as an honor associated with the Affiliate Council prize, at APsaA's Winter 2009 Meeting.

The most difficult thing, for me, was settling on a suitable idea. In this regard, I encourage those struggling with the problem to open themselves up to the part of the creative process Ernest Kris termed "inspiration." This is where the creative individual taps the associative, primary process links that allow serendipitous connections to occur among disparate ideas, or, as I found in my case, to recognize links that I had been unable to make using the more rationally secondary process thinking we often use when attempting to work on an intellectual endeavor.

When I thought about the paper, I had few well-formed ideas about what to write about. But I had been asked by a psychologist colleague and friend to speak to his class on creativity at the University of Michigan. Knowing my analytic background, he asked me to speak on Freud's contributions to the understanding of creativity. Though I had no special knowledge in this area, I had always been intrigued by the topic. While taking classes in a master's degree program more than 10 years ago, I had written a seminar paper on Van Gogh's use of his art as a transitional phenomena to facilitate self-soothing in the face of psychological disintegration in his most productive period. I had done little with the paper, and never returned to the topic. But while preparing for the class, I became intrigued with the creative process all over again, and then it hit me: one of my control patients was a very creative individual who had been struggling with a major creative inhibition in his writing. Of course, this had been clinically of interest, but until I was asked to speak in the class, it had never occurred to me that this might be a special area of interest. Yet, somehow it all came together, and I began going over process notes looking for special instances in which the patients' creative difficulties came to light in the analysis. I began to recognize the way my own countertransference vulnerabilities—touching on my previous career as a journalist—had been influencing the work. The process of writing the paper allowed me to work through for

myself my own complicated thoughts and feelings about the process of writing, based on my own history and the way the patient's work touched on my own "blocks," which, of course, became something to grapple with as I wrote the paper.

Fortunately, a supervisor who was part of the committee reading the paper for the Institute recommended that I submit the paper for the prizes. As a result of writing this paper, I have found myself newly energized by the study of the creative process and I have already had a chance to offer a class at the Extension Division on Psychoanalysis and Creativity.

I would encourage those struggling with this task to be open to hints for their topics in places they least expect to find them, since the paper may be laying dormant within you without you realizing it, the way a sculptor finds his subject in seemingly ordinary block of marble. As analysts we should be aware that unconscious connections are always brewing and the opportunity to write the paper should provide you with a terrific opportunity to discover something new and exciting that already percolates within.

And finally, do something with your paper once you finish it. I especially recommend submission for the Affiliate Council Scientific Paper Prize which includes a cash award and opportunity for national attention. Somehow, in spite of its benefits, the prize is not as well-known as it should be amongst candidates.

Those with questions about this article, the creative process, or the paper described in it are welcome to contact Dr. Cohen at [rcohen1101@gmail.com](mailto:rcohen1101@gmail.com).

### Reflections on Conducting Psychoanalysis via Internet to China

*By Rebecca A. Mair, Ph.D.*

The China American Psychoanalytic Alliance (CAPA) is a non-profit organization that was established in 2007 to promote psychoanalysis, psychoanalytic psychotherapy and psychotherapy in China. Members of the APsaA and the IPA make up significant portions of those who are treating patients and supervising mental health professionals in China.

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Treatment is conducted over the internet via Skype, a live audio/video connection. Psychoanalysis in the age of computers is expanding its boundaries to reach remote areas of the world. Conducting analyses in China presents an opportunity to reflect upon the psychoanalytic process beyond the consulting room. When I came upon a request through APsA to provide analysis for someone in China it intrigued me on many levels.

Late in the fall of 2007, we began with all the uncertainties inherent in the early stages of an analysis along with the added elements of cultural differences and 6000 miles between us. I had no knowledge of Skype and precious little knowledge of Chinese language or culture as I ventured into this unknown territory with my analytic skills, computer, and technical assistance. Surprisingly, much of what has occurred over time has been a rather standard analytic encounter.

A number of technical problems would intermittently arise including poor quality of voice transmission and even disconnection while in session. The disruption in the analytic session paralleled the history of traumatic loss and disruptions in the analysand's life. Thinking about this analytic moment in time and space allowed for rendering a new experience that could be put into words in a meaningful way. In essence, the breaks in the relationship created an opening to find words and meaning related to those experiences that could now be

talked about analytically and which ultimately led to deepening the analytic relationship.

Prior to the first scheduled break in treatment last fall, the analysand's anxiety expressed itself around the differences between the analyst and analysand and fear of our not having much in common. As we talked about those fears, Skype was intermittently breaking up. Despite that disruption, we were able to elucidate her concerns about my difficulty understanding "her language," even in English. This concern about the lack of similarity and our ability to communicate was understood as reflecting both a concern about cultural differences and as a developing transference. Ongoing communication was facilitated by some emails during the break. Multilayered transference themes involving differences and separation were heightened and articulated. In this analytic relationship, I found an affective flow much like with other analysands that allowed us to communicate and deepen the process. This transcends ordinary communication and speaks to one's deepest longings, and fears in a lyrical way. The psychoanalytic frame takes shape and form with the ebb and flow of these differences. This facilitated the creation of ways to communicate and understand one another. Alongside the transference themes, conflicts, and repetitions there is an unconscious process that is creating a language to negotiate

the differences. A narrative is developed from within as the analysand makes use of the analyst to bear witness upon their experience. The language and cultural differences themselves become the building blocks of multiple meanings in the analytic space. The use of the internet and web cam creates an almost eerie space, a remoteness that paradoxically can create closeness within private spaces where the deepest and most intimate parts of oneself can emerge. The analytic process unfolds as two people negotiate a way to communicate and to connect at a deep level that speaks to the universal language of emotions.

With the communication breaking up at a critical point in the developing therapeutic relationship, I corresponded with my supervisor, Melvin Bornstein, M.D., via email. This parallel process created a bridge to understanding how disruptions were reflective of the discontinuities in the analysand's early life. This allowed words to be put to her experience creating continuity in the analysis wherein the depth of communication was palpable. This was evident recently in the wake of the Myanmar earthquake. The direct impact on the analyst and analysand was akin to living through a facsimile of trauma and loss that was intercultural, international, and personal and played out in the analysis.

**For further information on CAPA, contact [www.capachina.org](http://www.capachina.org)**

## MEMBERS CORNER

### A Child's Prayer

*By Linda Gold (Michigan Candidate)*

Mother please hold me in your mind  
or I may cease to be,  
my soul a phantom which you weave  
from unformed threads of me.

Mother create me from your thoughts  
that I may come to be,  
this self a canvas you create,  
to be transformed by me.

### This Life

*By Linda Gold (Michigan Candidate)*

This life is the only life we know.  
Each moment a universe unique;  
Complete and infinite.

Does meaning flow through falling drops  
of rain?  
Complexity in pleasure and in pain.  
If I reveal myself what will you know  
Can you love the mystery of a melting  
flake of snow?

### An Intimate Connection

*By Susan Flinders (Michigan Candidate)*

a thought is short  
yet it may report  
through words conveyed  
a complex meaning  
from mind to mind  
from heart to heart  
souls transduce  
to simple metaphor  
a string of sounds  
with no clear bounds  
isomorphically evolving  
we are implored  
together, to explore  
the space between us  
and within us