

## Theme: Creativity



### FROM THE PRESIDENT

Navah C. Kaplan, PhD

Dear Candidates,

Welcome to another edition, and the first of my presidency, of your Candidates'

Council's newsletter, *The Candidate Connection*. This issue is devoted to another kind of connection that has become a topic *du jour* in recent months, the connection between creativity and candidacy. Otto Kernberg, who presented at the Presidential Symposium at APsaA's 2013 National Meeting in NYC, has famously written and spoken about ways in which our institutes function to promote or impede creativity during candidacy. In another sighting, pointing to the timeliness of this topic, I recently attended a panel entitled "Candidates and Creativity." It was part of the Columbia University Center for Psychoanalytic Training and Research (Columbia) monthly scientific meetings and consisted of a panel of senior educators in our field who had been assembled by a Columbia candidate, Luke Hadge, to address this issue. At my own institute, The New York Psychoanalytic Society and Institute (NYPSI), our listserv was recently the stage for a lively exchange on creativity, candidacy, and how creatively our institute responds to candidate requests for inclusion in the decisions about how we are taught and integrated into our institute during candidacy.

What is meant by creativity during candidacy? I think we are all clear on what it means to be a candidate, but what does it mean to be a creative candidate? At the Columbia panel, a member of the audience posed the question by distinguishing two possible connotations. He pointed out that the panelists spoke

as if there was a single understanding and, therefore, they had not bothered to define creativity as applied to candidates' education and development. Was creativity to be understood as a basic requirement for developing an analytic mind? In this linkage, we must all be creative in order to graduate, pass certification exams, and demonstrate analytic proficiency if we want to become supervisors and training analysts. So, learning to think analytically is a *de facto* creative process. What about nurturing other creative expression that goes beyond learning to be competent analysts? What about opportunities to contribute to the field, to take one's work and find an outlet to share our ideas? Now the question is do our institutes provide enough opportunities for candidates to participate more broadly in their analytic institutes, offering them opportunities to present their work, serve on committees and organize scientific presentations with guest panelists of interest to the current candidate body.

The Candidates' Council (CC) addresses the second connotation of being creative during candidacy. We offer many opportunities for candidates to develop and express their creativity through participation on our various committees. In addition, involvement in the CC is a springboard for many opportunities candidates find once they begin to attend the APsaA meetings. President-elect Phoebe Cirio's recent publication in *JAPA* is a direct demonstration of the professional rewards that can come from participation in APsaA's Candidates' Council. Her 2011 proposal of a major panel was accepted and eventually took place during the 2012 National Meeting. It was entitled "Desire and

Being Desired." Phoebe was asked to be the reporter and her Panel Report was recently published.

The members of the Candidates' Council are working on various projects, administering the existing programs and also creating new opportunities for candidate participation in APsaA. Treasurer Jamie Cromer attends APsaA Finance Committee meetings as well as those of the American Psychoanalytic Foundation. At the latter, she learns what kind of proposals are likely to receive a grant, and she educates candidates who are interested in submitting a proposal for a project in need of funding.

Secretary Gennifer Lane Briggs is working on a proposal to help small institutes and classes make up for the difficulties that arise. She is also interested in exploring how to make the candidates' listserv more successful in promoting candidate engagement with each other.

The CC officers and I are working to construct a candidate survey which we hope you will complete when it arrives. We want to take the pulse of candidates' ideas about APsaA as a national, professional organization. This is a first mention of the project and more information will be given as it progresses.

I have been reviewing all the CC committees to determine the ongoing purpose of each. I have appointed new chairs, created two new committees,

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renamed one, and eliminated a few that had ceased to function and appeared to have lost relevancy. Most of the committees are open to new candidate involvement and all of the chairs welcome candidate inquiries. Following are the CC Committees and their chairs:

**Child and Adolescent Psychoanalysis** (Adam Libow):

Adam serves as candidate liaison to COCAA. You can read his article in this issue about his committee, and he welcomes interested candidates to join.

**Digital Media and Communications** (Anton Babushkin):

Anton has worked on creating a Facebook page for candidates at his institute (Michigan Psychoanalytic Institute) and is very interested in improving communication for candidates. He and the CC are in the process of identifying what those communication needs are. He is very happy for interested candidates to join him in this work.

**Education Committee**

(Navah C. Kaplan):

Due to a last minute need to replace the chair of this committee just prior to the January meeting, I was appointed by COPE chair Harriet Wolfe to chair our COPE Candidates' Study Group on Issues of Candidacy. We held our second meeting this past January, honing in on the broad topic of creativity and candidacy.

The Study Group is actively seeking new members as well as a new chair, since my present role is to bridge a gap.

**IPSO Liaison** (Deisy Cristina Boscan):

Deisy encourages candidates to make use of the Visiting Analyst Program which provides candidates the opportunity to visit institutes around the world and be hosted by local analysts, making the travel affordable. She encourages candidates to expand their analytic participation beyond North America to the world. The IPA meeting in Prague this July will have IPSO Pre-Congress events. I am told that, as lovely as our Candidate parties have been, we have not truly partied until we see how it is done IPSO-style.

**New: Master Teacher Award**

(Valerie Golden):

This project under development will be an award for exceptional teaching as judged by candidates. Those who receive the award will be invited to have their teaching recorded. The plan is to create an archive available to future generations of candidates to experience the teaching style of the legendary Master Teachers.

**Newsletter** (Holly Crisp-Han

and Marian Wiener-Margulies):

Holly and Marian are beginning their term as co-editors of the newsletter with this edition. I will let them speak to you in their own words in this issue.

**Scientific Paper Prize and**

**Writing Workshop** (Sabina Preter):

This is Sabina's second year chairing this committee. I refer you to her article in this issue, and I encourage you to submit your work for consideration of the prize.

**Scientific Programs and Training**

(Sarah Lusk):

Sarah is working on the programming for the 2014 National Meeting in NYC. Anyone who is interested in submitting an idea, please contact Sarah.

**New: Social Issues Committee**

(Alexandria Sawicki):

Alexandria initiated this committee when she requested to become the candidate representative to Prudy Gourguechon's Social Issues Department. We hope to develop many opportunities for candidate participation on this committee. Prudy invites candidates to request a formal appointment to any of the committees within her department. Contact Alexandria to answer questions and for more information.

I look forward to working with all the enthusiastic, passionately involved and creatively productive candidates mentioned here. I invite all of you not yet involved to join us. The Candidates' Council needs your participation, and APsA needs an influx of present generation candidates who will become the next leaders and creative contributors to psychoanalysis. ❖

Navah C. Kaplan, PhD

President, Candidates' Council

**New: Policies and**

**Procedures** (Angela Retano):

This replaces the old By-Laws Committee, a misnomer the current title corrects. Angela has experience and interest in the structure and procedures used by organizations for the benefit of serving its members. Because the CC does not have legal standing and obligations, the rules we live by, unlike by-laws, are easily revised by the present leadership. Angela has undertaken a review of our current rules by which we govern the CC to see if they require change.



Save The Date:  
**2014**  
**NATIONAL**  
**MEETING**  
*January 14-19*  
WALDORF-ASTORIA  
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**APsA Candidates' Council**

Navah Kaplan, *President*  
Phoebe Cirio, *President-elect*  
Jennifer Lane Briggs, *Secretary*  
Jamie Cromer, *Treasurer*

**The Candidate Connection**

Newsletter of the APsA Candidates' Council

Holly Crisp-Han, *Co-Editor*  
Marian Wiener-Margulies, *Co-Editor*



Welcome to the Spring 2013 issue of *The Candidate Connection*. The theme of this issue, "Creativity," was inspired by Candidates' Council President Dr. Navah Kaplan's consideration of ideas of creativity and candidacy, as well as by a recent panel discussion developed and moderated by Luke Hadge, PhD, an advanced candidate at the Columbia University Center for Psychoanalytic Training & Research. The panel was entitled "Creativity During Candidacy: Revisiting Kernberg's '30' and Looking Forward" and was presented at the Association for Psychoanalytic Medicine. Panelists included Robert Glick, MD, Otto Kernberg, MD, Eric Marcus, MD, Robert Michels, MD, and the panel was moderated by Dr. Hadge. We thankfully credit Dr. Kaplan, Dr. Hadge and the panelists for their consideration of this topic, as well as thank all of the contributors to the newsletter for their thoughtful perspectives. It is our hope to encourage ideas about creativity and raise questions about how it is experienced in analytic training and in our analytic work. We all share a similar developmental path, though as trainees we are scattered throughout the country, and creativity is a constant aspect of our academic and clinical work.

As we focus on our own creative endeavors in our work and lives, we have several articles and poems, which represent multiple perspectives on the topic. Navah Kaplan, PhD, addresses issues of creativity in her opening address as the President of the Candidates' Council, and also brings to our

attention important issues facing psychoanalytic trainees and updates us on her work as President. Marian Wiener-Margulies, PhD, one of the co-editors of *The Candidate Connection*, interviewed candidates and faculty members at four New York institutes—New York Psychoanalytic Society and Institute, the Columbia University Center for Psychoanalytic Training & Research, the Institute for Psychoanalytic Education affiliated with NYU Medical School, and the William Alanson White Institute—for their perspectives on creativity. In this issue she writes the first part of a three-part series on her findings regarding creativity. In addition, Lynne Gillick, PhD, shares a poem entitled *Change*, a complex reflection of movement, pain, and change. Lucy Prager, LCSW describes her experience in a writing class at IPE that has spurred her development as an analytic writer.



In the time leading up to this Spring 2013 issue, our country has faced violence and uncertainty in the wake of the recent bombings at the Boston Marathon. We have wished for understanding and have grieved for those who were lost and injured. Our friends, colleagues, and families in Boston continue to mourn and heal.

Oren Messeri, MD, a candidate in New York at the Columbia Center for Psychoanalytic Training and Research, shares some of his poems, both in a collection of poetry in response to the Boston Marathon, and a reflection about his analytic work, in the poem *Silence*.

Included in this edition of *The Candidate Connection* are updates and perspectives from several institutes around the country, including a diverse range of news and personal perspectives, along with current educational and training opportunities. You will find contributions from Jesse A. Goodman, MD of the Berkshire Psychoanalytic Institute, M. Carole Drago, LICSW of PINE Psychoanalytic Center in Boston, Lucy Prager, LCSW of the Institute for Psychoanalytic Education in New York, and Holly Crisp-Han, MD of the Center for Psychoanalytic Studies in Houston. In addition, committees of the Candidates' Council have share their reports, including news from the Committee on Child and Adolescent Analysis by Adam Libow, MD, the Scientific Program and Training Committee by Sarah Lusk, PhD, and the APsAA Candidates' Council Scientific Paper Prize by Sabina E. Preter, MD, PhD. Dr.

Navah Kaplan also presents an update regarding the work of COPE.

Finally, we would like to introduce ourselves as the co-editors of *The Candidate Connection*. Marian Wiener-Margulies, PhD is a candidate at the Institute for Psychoanalytic Education (IPE) in New York, New York, and Holly Crisp-Han, MD is a candidate at the Center for Psychoanalytic Studies (CFPS) in Houston, Texas. We invite your ideas and articles for future issues, and we hope to work with all of you to generate a newsletter that can encourage collaboration and sharing amongst candidates across the organization. ❖

**CALL FOR PAPERS**

**\$1,000 CANDIDATES' COUNCIL SCIENTIFIC PAPER PRIZE**

The Candidates' Council awards this annual prize, on the basis of peer review, to the Candidate Member who submits the most outstanding scientific paper on a psychoanalytic subject. **A \$500 honorarium will be awarded to the semi-finalist.** The winning author will present his/her paper at APsAA's National Meeting in New York (January). The winner is also required to present his/her paper at a local venue. The winner and semi-finalist may submit their papers for review by *JAPA*, and if accepted, the paper will be published as the winner or semi-finalist of the Candidates' Council Paper Prize.

**Submission Guidelines:** In order for a manuscript to qualify, it must be submitted by an APsAA Candidate Member and it must be unpublished and not submitted for publication although it can be based on a paper that was presented at professional meetings. Each manuscript must conform to the *Preparation of Manuscripts* guidelines outlined by *JAPA*, with the exception that the length should not exceed 30 double-spaced, typed pages. **Entries must be submitted electronically no later than August 1, 2013.** Email one **Word document** containing the manuscript **with all references to the author deleted** and email **another Word document** containing the author's name, email address, address, phone number, and Institute affiliation to:

Sabina E. Preter, M.D., Ph.D.  
Chair, Candidates' Council Scientific Paper Prize  
(E) sepreter@gmail.com

Supported by grants from the American Psychoanalytic Foundation Committee and APsAA

## Creativity During Candidacy

*Marian Wiener-Margulies, PhD*

Creativity can mean many things to many different people. For Phyllis Greenacre, MD, creativity is “the capacity for or activity of making something new, original or inventive, no matter in what field.” In her classic 1959 paper, “Play in Relation to Creative Imagination” she stresses that creativity is not just the making of a product, but a product that has the characteristic of originality. As a candidate, and as someone who has interviewed several fellow candidates and senior analysts, I have come to find that the training process for candidates inspires creativity, laying a foundation for further creative growth. While some emphasize the importance of mastering the discipline first before candidates can express much in the way of creativity, others find that many candidates begin to express themselves creatively from the very start. This article is the first in a three-part series on creativity and candidacy. In this first part, I explore the question, What is creativity during candidacy? In part two, I will explore the similarities between play and creativity, and in the third and final part, I will focus on factors that either foster or inhibit creativity.

thought about this topic which, after all, focused on them. I was not alone. Columbia psychoanalytic director Marcus pointed out to candidates present that the senior analysts and educators on the panel should really be the ones in the audience while the panel itself should be filled with candidates talking about their ideas about creativity. “Candidates are the future, and you need to let us know what you need,” and, he added, “you need to let yourselves know what you need.”

Creativity during candidacy, in my mind, begins with one’s own training analysis, where you dare to delve deeply, where you embark on a voyage that collapses past, present and future, and you have no idea, really, where you’ll end up. Being in my own analysis, with a few years under my belt, I’ve felt a growing sense of freedom to share my innermost thoughts and feelings. Analysis provides this wonderful invitation to express oneself as freely as possible with the hope and expectation that something good will come of it. This freedom to express oneself opens windows for creativity. I believe a good analysis provides the foundation for creative expression. While

this process where two minds meet, almost daily, facing demons and ghosts from one’s past, occasional intruders into the present, with the intent of examining, understanding, and expanding one’s mind, to describe just some of what goes on in the analytic endeavor. And where else can one be on both sides of the couch but in a training analysis?

But what do others think? To explore the topic of creativity further, I decided to talk to the analytic community of candidates and seasoned analysts. I contacted candidates and senior analysts from four leading NYC institutes: Columbia University Center for Psychoanalytic Training and Research (Columbia), Institute for Psychoanalytic Education affiliated with NYU School of Medicine (IPE), New York Psychoanalytic Society & Institute (NYPSI) and the William Alanson White Institute of Psychiatry, Psychoanalysis & Psychology (WAWI).

Richard Weiss, MD, dean at NYPSI, is one of the many analysts who holds the belief that it is difficult for most analytic candidates to be creative until they’ve been doing analysis for some time. “Only then are they comfortable enough in the analytic setting to do the work in a less self-conscious way and have the intellectual space to think about their own ideas.” Likewise, Anne Erreich, PhD, training and supervising analyst at IPE, agreed that learning the discipline is a necessary prerequisite. She said candidates need to have a “deep appreciation of the subject matter of psychoanalysis to be creative.” Seasoned analysts are not alone in this belief. Dan Zimmerman, MD, third year candidate at Columbia, agrees with this view. He sees creativity during candidacy as “somewhat premature” given that “the candidate needs to first absorb so much during training with its many requirements.” Alphonse Osinski, MD, a third year candidate at IPE, has a similar take on the timing of creativity. Grateful for the “many experienced minds” he’s been privileged to sit with

***Creativity during candidacy, in my mind, begins with one’s own training analysis, where you dare to delve deeply, where you embark on a voyage that collapses past, present and future, and you have no idea, really, where you’ll end up.***

This article was inspired by a recent panel discussion entitled “Creativity during Candidacy: Revisiting Kernberg’s ‘30’ and Looking Forward.” Luke Hadge, PhD, an advanced candidate at the Columbia University Center for Psychoanalytic Training and Research (Columbia) conceptualized and moderated the panel of prominent analysts from Columbia which included Otto Kernberg, MD, Robert Glick, MD, Eric Marcus, MD and Robert Michels, MD. I felt stimulated by the panel discussion but left wanting to hear from candidates what they

creativity lies within, one’s analysis helps bring it out. Accompanying this candidate on her never-ending journey to know herself is her fellow journey-man-wise-elder-analyst. His curiosity, interest, rapt attention, and nonjudgmental stance provide the necessary fuel for this voyage inward. The analyst might say things the candidate’s family and friends will not, and he will not say things they will. He will never take sides, remain always on the sideline but is ever present, sometimes in view, mostly not. What, then, could be more creative than

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for the past several years, he's content for now "to take in what they have to tell me." In that sense, he said, "the question of my creativity is premature."

Theodore Jacobs, MD, training and supervising analyst at NYPSI and IPE, has learned from personal experience just how creativity can be sparked during candidacy. In his case, necessity was the mother of invention. Jacobs recalls the intensity of his struggle to understand his own countertransference feelings with his patients. At the time, no-one could help him make sense of his feelings so "left to my own devices, I had to think deeply about what came up, especially memories of mine that were evoked by patients' material and that helped elucidate their communications." He said people were too afraid back then to acknowledge their countertransference feelings. "If they did, they'd be told, 'it's a personal problem; take it up with your analyst!'" Jacobs defines creativity as "making use of the known to arrive at the novel." He finds that "Models of people who think out of the box and don't follow standard formulations and ways of thinking typify creative people."

Edgar Levenson, MD, training and supervising analyst at the WAWI, considers "the analytic process to be an extreme example of creativity contained by the frame. You create an atmosphere of genuine exchange." In fact, he likens the analytic process to one of the most creative processes of all: writing. "The goal of therapy," he said, "is not to get things clear but rather to unpack the patient's story by free association and inquiry. Make it unclear and some clarity emerges from that." Similarly, in the writing process, "The writer might struggle for a while, then put his piece away for a few days and when he returns to it, his head puts it together." Another part of the creative process is being able to sit with uncertainty, to be open to not knowing and letting things unfold in due course. Levenson believes that an essential ingredient "is the capacity to hold onto things that don't fit together and tolerate non-closure." Continuing, he said, "Something emerges on its own. This will allow something to pop into

your head like when you're having an Aha! moment."

For Navah Kaplan, PhD, a fifth year candidate at NYPSI, "Creativity is only possible when I give myself permission to speak." Creativity does not take hold of her immediately, but rather unfolds in a progression. She first allows her thoughts to speak to her. She then shares her thoughts with friendly others (supervisors, classmates, etc.), then discloses them in a broader arena, perhaps asking a question or making a comment at a symposium, and finally, "I throw caution to the wind and speak in print." Reflecting some more, Kaplan added, "Being creative in the world requires some degree of bravery, being willing to risk negative feedback, and to survive to try again." Susan Fine, PsyD, an advanced candidate at IPE, views creativity during candidacy as "the freedom to develop my own style and voice as an analyst." Fine said that "creativity is enhanced when one's mind is open, so that one can think about one's own work with patients and about themselves as an evolving analyst." Philip Rosenbaum, PhD, a second year candidate at WAWI also finds this to be the case. He said, "It's about listening to and creating your own voice within the context of all the other voices," He has found that creativity has to do with "coming up with your own way of thinking about things and creating your own synthesis of ideas both in terms of theory and practice."

Candidates and analysts, alike, have found their creativity with their patients unleashed by a supportive and creative supervisor. Michels recalls an experience with a supervisor while training as a psychotherapist. "I had a seriously disturbed patient whom I was seeing in psychotherapy and who wanted to lie on the couch. I said 'no,' thinking that should be for psychoanalytic patients only. As she was insistent, I brought this up with my supervisor. He said, 'let her lie on the couch. It will make her feel important and special.' He added, 'you can always talk about what it means to her, what does she want.'" Michels remarked, "I found what my supervisor said was eminently reasonable and that I was being unreasonably rigid."

Marianne Goldberger, MD, a training and supervising analyst at NYPSI and IPE, also recalls an important lesson she learned from her supervisor Paul Gray, MD. "During one session, I said to him, I can't imagine saying this...His response was, 'How come there's anything you can't imagine?'" Goldberger continued, "At the moment, I felt stupid, but ultimately, what he said has been very helpful." "That's creativity!"

While some analysts and candidates expressed their belief that creativity is not in much evidence during training but more likely to be expressed after one has mastered the discipline and has been doing analysis for some time, other analysts are quick to point out the many ways that candidates express creativity. They publish original papers, present cases at local and national meetings, participate in candidate committees and organize candidate-run meetings. In spite of these different views, I think all would agree that whatever creative sparks get set off during one's candidacy, continued investment in the work and in the field will foster greater creativity over time. One never stops learning and as long as one has a sense of wonder and curiosity, is imaginative, willing to try new things, and think out of the box—to name just a few of the qualities of a creative mind, creativity will continue to unfold and flower.

As we, as candidates, knit together our own clinical and training experiences, I hope we continue to be creative in our work and in our lives. We are on this shared journey of discovering what's within ourselves and how to use it in creative and caring ways to help our patients find their individual voice and their own creative sparks. I look forward to sharing with you in part two of this article how play and creativity are intimately connected during candidacy—and beyond—and in part three, ways that might foster or inhibit creativity during candidacy. I invite both candidates and graduate analysts to share your thoughts on this next topic. Feel free to write me at [marian6225@gmail.com](mailto:marian6225@gmail.com) (by August 1 for part two). ❖

March 19, 2013

## Change

Change is hard; the wheels start turning.  
Movement taking me somewhere new.  
Where will I go; where will I be;  
What is my destiny?

Many unknowns, too many to count, fear is dancing about.  
I see it out there, when it's lurking in here; Closer than I would like.  
I put it out there as though something to fear when nothing is really there.  
My mind is amiss with sadness so deep, close to despair I feel.

No one knows the pain I hold; Pain I cannot control.  
Change is so foreign; what are you saying?  
I wish it a simple hand.  
Complex it is, with numerous shades, many of them not even gray.

Color abound eases the dark, and reveals a path with light;  
I see a way, now that it's day to travel and find what is there.  
Lonely at heart with these moments apart knowing you are no longer there.  
What should I do? A good place to start, a question to open a gate.

A feeling of calm; not so bad;  
Looking around like an owl so still.  
Reflection of light, reveals my plight so dear, the one I did not want near.  
Have a nice day, he always would say, tomorrow's another day.

Change is good, it helps you to grow;  
Outside and inside meet.  
First they greet, maybe not so sweet, but down the street they go.  
Found each other like old friends, a moment of truth prevails.

*Lynne Gillick, PhD*  
*Denver Institute for Psychoanalysis*  
*Colorado Springs, Colorado*

## Analytic Writing

*Lucy Prager, LCSW*  
*Institute for Psychoanalytic Education*  
*New York*

The Institute for Psychoanalytic Education affiliated with NYU School of Medicine (IPE), located in New York City, has a large number of wonderful faculty and candidates. This spring, I was fortunate to take a course on clinical case writing for second year candidates which was launched for the first time this year.

For this class, students were asked to bring to the first meeting a written description of a clinical moment of interest to us. We were asked to make our classmates feel as if they were there with us in the room, to bring to life both our patient's experience and our own. Each week we would read the current draft of our vignettes to our teachers and peers and get wonderful critiques which greatly enriched our work. In conjunction with our writing assignment, we were given reading assignments that contained ideas as to how to improve our clinical writing.

Our teachers, Jenny Stuart, PhD, and Marty Silverman, MD, two of the finest IPE faculty members worked long hours editing our drafts to provide very helpful feedback. This feedback not only allowed our writing to improve but also gave us great insight into our clinical cases. One article we read was Susan Furman's *The Write Of Passage From Candidate to Analyst: The Experience of Writing Analytic Process*. Furman describes how the writing process helped consolidate her analytic training by adding a depth of understanding of the analytic process.

I watched my peers and myself struggle as we were required to write draft after draft and read aloud our work. Knowing we needed to present in class Saturday morning led me on more than one occasion to spend long hours Friday night preparing a draft that would make my experience with my patient come alive for my classmates. It was a labor of love and I one of the most valuable experiences I have had thus far in a first rate program. ❖

**SILENCE,  
a countertransference poem**

silence  
in the silence  
my mind wanders  
away

quiet  
in the quiet  
my heart yearns for  
a ray

empty  
desolation  
I cannot feel  
the heat

frigid  
awful coldness  
from my head down to  
my feet

patient  
at long distance  
she is still so  
far away

inside  
something stirring  
then that something  
gives away

alive  
I can feel it  
my mind bathed in  
deep blue sea

bion  
klein and ogden  
look inside  
ah reverie

*oren messeri*

**boston marathon 2013**

rippling muscles  
fast beating heart  
blood flowing sweetly  
a perfectly running system

muscles torn  
heart broken  
losing blood quickly  
perfection gone in an instant

*oren messeri*

**bombs in boston**

bombs in boston  
not revolution  
april fifteen  
twenty thirteen

blue and green shoes  
yellow shirt, orange shorts  
sweaty  
from a fight well fought

but then come the sounds  
unexpected  
unimaginable  
though by now nothing is

shrapnel through flesh  
even these muscles  
can't withstand  
this kind of assault

blue, green, yellow, orange  
once vibrant colors  
overwhelmed  
by dark red and blackness

*oren messeri*

**living through history**

living through history  
we who survive  
the story is ours to see  
if we're alive

chechen brothers in USA  
came here for a life  
did you see the news today  
boys caused much strife

lock down suburbia  
anxiety grips  
here comes disturbia  
hope nobody flips

law enforcement says captured  
the manhunt is done  
watch tvs enraptured  
for now we have won

living through history  
there's no time to rest  
this story is ours you see  
stay tuned for the rest

*oren messeri*

**same as it ever was**

It is as it has always been  
Same as it ever was  
Violence enters into peace  
And the world turns upside down

*oren messeri*

### Child and Adolescent Analysis Committee

*Adam Libow, MD*

*Chair, Child and Adolescent Analysis Committee, APsaA Candidates' Council  
New York Psychoanalytic Institute*

The Child and Adolescent Analysis Committee is looking to expand its role within the candidate organization with an increased emphasis on outreach and program development. Over the past two years, the chair of this committee has had the opportunity to serve on APsaA's Committee on Child and Adolescent Analysis (COCAA) and thereby learn about child analytic training and initiatives across the country and within APsaA. This year the committee is hoping to develop a cohort of candidates who are currently enrolled or about to begin child analytic training. Potential projects include developing social outreach and educational programming around the APsaA summer and winter meetings specifically geared toward child candidates and those considering child analytic training. Please contact the committee chair at [adam.libow.md@libow.net](mailto:adam.libow.md@libow.net) should you be interested in further involvement.

### Scientific Programs and Training Committee

*Sarah Lusk, PhD*

*Chair, Scientific Programs and Training Committee, APsaA Candidates' Council  
PINE Psychoanalytic Center  
Boston, MA*

The Scientific Programs and Training Committee for the APsaA Candidates' Council works to develop and implement programming for the APsaA winter meetings in January. At this point, ideas for the January 2014 meeting are in development. The committee would welcome suggestions for topics of interest. The working idea right now is a Panel on Supervision: How we use it and what is useful. Another idea in consideration is a Panel on Working with Transference. There is also a Candidate to Candidate Discussion Group, in which a Candidate presents clinical material and invites group participation and discussion.

Please contact Sarah Lusk at 617-999-8078 or [sllusk8@gmail.com](mailto:sllusk8@gmail.com) if you would like to contribute ideas to the programming.

### APsaA Candidates' Council Scientific Paper Prize—A Dual Opportunity: Win a Prize and Improve your Psychoanalytic Writing, Creatively!

*Sabina E. Preter MD, PhD*

*Chair, APsaA Candidates' Council  
Scientific Paper Prize*

We are fortunate to have another year ahead of us where we are able to offer the Candidates' Council Scientific Paper Prize, funded with a generous contribution of the American Psychoanalytic Foundation. The author of the winning paper will be awarded a prize of \$1000, and the semi-finalist an honorarium of \$500.

The 2012 paper prize competition showed a significant surge in quality and quantity of submissions: while the previous year there were no submissions meriting the prize, in 2012 there were seven submissions, all of excellent quality. The award winner was Alison Phillips, MD with her intriguing paper "A Path to No," in which Dr. Phillips examines the beneficial paternal "No" implicit in Freud's 1915 paper "Observations on Transference-Love" and she frames her discussion with clinical material from her first analytic control case. The semi-finalist was A. Chris Heath, MD with his interesting paper "On the therapeutic action of Placebo." Dr. Heath postulates in his paper that placebo responses are a type of conversion reaction and he frames his discussion with psychoanalytic case material. Dr. Heath has since submitted his paper to *JAPA* and describes ample and generous help by the journal editors in reworking his paper. He describes the feedback as "challenging and encouraging"—could there be a better learning experience?

The Scientific Paper Prize Session at the 2013 National Meeting was conceptualized as a combined presentation and discussion of Dr. Phillip's award winning paper, as well as a discussion of the writing process and how to write for publication. Alfred Margulies, MD, a senior

analyst who is an experienced writer and author, was the discussant. In addition to discussing the prize-winning paper, Dr. Margulies aimed his remarks on how to prepare a paper for publication. With over 45 participants, the session had increased attendance from previous years and the audience made excellent use of the time allotted for discussion.

Plans for 2014 is to have the presentation and discussion of the 2013 award-winning paper in January and to conduct a writing workshop at the Spring 2014 meeting in Chicago. Both sessions will have senior analysts who are experienced writers and editors available for discussion.

The Candidates' Council Scientific Paper Prize is a prime example of a program that encourages, fosters, and supports candidates' creativity. We hope you are inspired to submit your paper for this year's prize. Any candidate member of APsaA is eligible to apply. Please submit your paper, not published or submitted for publication, and no longer than 30 double-spaced pages. Please email it to [sepreter@gmail.com](mailto:sepreter@gmail.com), no later than August 1, 2013.

### Candidates' COPE Study Group: Challenges of Training

*Navah C. Kaplan, PhD*

*Chair, Challenges of Training Study Group*

This is COPE's (Committee on Psychoanalytic Education) first Study Group to be run by candidates. A Study Group is composed of a limited number of members, in our case 12, each of whom makes a longitudinal commitment to attend group meetings and contribute to the work. Each group is centered on a psychoanalytic topic of interest with the aim of making a contribution to our field, either as a publication or in some teaching format. In the past, such groups could run for years. Harriet Wolfe, the current COPE chair, says groups may currently have much shorter lifespans. We had our second meeting this past January 2013 during APsaA's 2013 National Meeting at the Waldorf Astoria. Six candidate members of the group met, less than the twelve we started

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with last June. Needless to say, we have openings for interested candidates who want to commit their time and energy to this study group.

In writing this article, I am indebted to Barbara Mosbacher for her summation of the meeting, which I have drawn upon in addition to my own notes. We began our meeting by brainstorming for ideas inspired by the title of our group. Specifically, what did we think were the “challenges of training” faced by candidates today? Some ideas we generated included studying the impact of age at entering candidacy; the pursuit of omnipotence, or becoming an analyst to

overcome childhood moments of uncontainment by a needed parent; the use of supervision, including impasses and the variety of supervisory experiences; the experience of and impact of boundary violations and boundary crossings in our development as analysts; how we chose our training analyst; the complexities of our relationships with our fellow candidates; and psychoanalysis as a Jewish way of thinking including making meaning from miniscule bits of information. The idea of studying the development/acquisition of an analytic mind garnered the most enthusiasm among the group members. We considered which senior

analysts we might call upon in doing our research.

Candidate members of the study group must make a commitment to attend when it meets during the APsaA national meetings, usually twice a year—in January in NYC and in June in changing locations across the United States (except this year when there will be no scientific meetings in June). In addition, there may be scheduled conference calls during the year in the interest of exchanging ideas and progressing with the project. Any candidate interested in joining, chairing or learning more may contact me at [navahekplan@gmail.com](mailto:navahekplan@gmail.com). ❖

## INSTITUTE NEWS AND UPDATES

### The Berkshire Psychoanalytic Institute (BPI)

*Jesse A. Goodman, MD  
Lenox, Massachusetts*

The Berkshire Psychoanalytic Institute (BPI) is a New Training Facility that matriculated its first candidates into training in 2003. We are unique among institutes for two reasons. First, the BPI is located in a rural area, and providing analysis in a rural area brings up unique issues related to confidentiality that are not relevant in urban areas. Second, the BPI provides an eclectic education because the faculty have been trained from a variety of institutes, including Chicago, Boston, and the New York Psychoanalytic and Columbia Psychoanalytic in New York. This Fall, candidate Anne Rocheleau, PhD, and faculty member Susan Sherkow, MD, created an Outreach Committee, and developed a Saturday morning conference series for local clinicians. The first conference on the intergenerational transmission of eating disorders, was very successful, and our second conference in May addresses sadomasochism in *50 Shades of Grey*. These conferences, we hope, will help introduce local clinicians to psychoanalytic thinking.

### PINE Psychoanalytic Center

*M. Carole Drago, LICSW  
Boston, Massachusetts*

There have been several changes this year in our candidate group at PINE Psychoanalytic Center. In June, 2012, Robin Gomolin, PsyD and Ned Graham, PhD, completed their requirements for graduation and will continue at PINE as faculty members. A second change is the welcome addition of Michele Deneys, MD, as a first year candidate.

Additional candidate news is that Sarah Lusk, PhD was named as the Chair of the Candidate Program Committee for the APsaA meetings. She created and chaired Discussion Group 38, titled, “Flying the Coop and Feeling Cooped Up: How to Establish an Analytic Process When There is Tension Between Reluctance and Engagement in the Dyad.” Senior candidate Donna Mathias, MD, presented case material and Warren Poland, MD, acted as discussant. Sarah also generated the idea for the Candidates Forum, called, “Challenges in Getting Control Cases: It Only Feels Impossible”. Lena Erlich, PsyD, was the chair of the forum where senior candidate M. Carole Drago, LICSW,

presented clinical material. Aisha Abbasi, MD, was the discussant.

This year PINE faculty member, Sarah Ackerman, Ph.D., received certification from The American Psychoanalytic Association. We look forward to her ongoing contributions.

In addition to analytic training, PINE continues to offer training in its Clinical Fellowship Program. This program is a unique psychotherapy training that offers thirty weeks of evening seminars and weekly supervision with PINE faculty. PINE fellows also receive membership in the PINE Society and can access PEP Web through PINE’S affiliation. In addition to providing excellent training this popular program helps to disseminate analytic thinking to a wider range of mental health professionals and academics.

Through the Scientific Meeting Program PINE continues to offer original and engaging topics of psychoanalytic interest to the larger community. For a full listing of recent and upcoming meetings, please consult PINE’S website at [www.pineanalysis.org](http://www.pineanalysis.org).

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## Center for Psychoanalytic Studies (Houston)

*Holly Crisp-Han, MD  
Houston, Texas*

The Center for Psychoanalytic Studies (CFPS), formerly the Houston-Galveston Psychoanalytic Institute, has a wide range of educational opportunities for learning psychoanalytic concepts, theory, and practice. As stated in the mission statement, "The Center for Psychoanalytic Studies is dedicated to educating clinicians in psychoanalysis and psychodynamic psychotherapy and is committed to providing affordable mental health treatment to individuals in the wider community." The CFPS offers several different training programs, all of which have multiple seminars per week covering psychoanalytic theory and technique, with an effort to integrate contemporary, historical and developmental perspectives. At this point, we have an active and diverse group of candidates and fellows in our different training programs.

The CFPS offers analytic training programs for clinicians in both adult and child psychoanalysis, including a four-year comprehensive curriculum of seminars, supervised clinical work in psychoanalysis, and training analysis. The Center has developed and piloted a program called Studies in Adult Psychoanalytic Thinking for trainees interested in understanding the theoretical foundation of psychoanalysis but who do not wish to undertake clinical training. This track is a 4-year program in which seminars are taken with the adult psychoanalytic clinical candidates. However, the candidates in the didactic program are not required to undergo

personal analysis, nor do they analyze patients under supervision.

The fellowship program in adult psychodynamic psychotherapy is a two-year comprehensive program for mental health professionals, which offers supervised clinical work in psychoanalytic psychotherapy. For professionals interested in work with children, a similar fellowship in child psychodynamic psychotherapy is offered, with a three year duration. Our center has a vibrant collaboration amongst various trainees and faculty, and we look forward to ongoing development of our clinical and academic work.

## Institute for Psychoanalytic Education

*Lucy Prager, LCSW  
New York, NY*

Psychoanalytic training is alive and well as the Institute of Psychoanalytic Education affiliated with NYU Medical School

in New York City. The institute is in the process of launching a full training program for commuters in which travelers can come to NYC from Thursday through Saturday and have a full four days of analysis plus supervision and classes in a 72 hour time frame.

In addition, the fellowship in psychoanalysis, which offers clinically relevant exposure to the psychoanalytic viewpoint to professionals in all fields, features an unprecedented large group of fellows this year. Many past fellows have gone on to become psychoanalytic candidates. Enrollment in IPE's two year psychodynamic psychotherapy training program is also on the upsurge this year with 13 candidates starting in 2012-2013.

With a visit from Graciela Hoyos IPE hosted a visit by a senior candidate from the Colombian Institute of Psychoanalysis through the IPSO (International Psychoanalytic Studies Organization)

Visiting Candidate Program. Ms. Hoyos reports she was happy to realize there are more similarities than differences in the training programs among institutes from different countries. IPE candidates who were fortunate to meet Ms. Hoyos commented that they benefited by learning about how psychoanalysis is viewed from another perspective and culture. The visit was hosted by senior candidate Susan Fine, PsyD.

Lastly, senior candidate Cora Johnson, MD, was clinical presenter at the Richard L. Scharf Memorial Lecture. IPE was fortunate to have guest Warren Poland, MD, comment on Johnson's clinical material. Both clinical presentation and comments offered stimulating material and discussion. ❖

### APsaA Raises its Profile in the World of Social Media



Join the stimulating discussions going on in APsaA's **LinkedIn** Group. Or start your own conversation to receive input from other professionals

*([www.apsa.org/LinkedIn](http://www.apsa.org/LinkedIn))*



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Please contact Geralyn Lederman, Director of Public Affairs, with any questions ([glederman@apsa.org](mailto:glederman@apsa.org) / 212-752-0450 ext. 29).