

the **AMERICAN**  
**PSYCHOANALYST**

SPRING/SUMMER 2010  
 Volume 44, No. 2

Quarterly Magazine of The American  
 Psychoanalytic Association

**Psychoanalysis and Sports**  
**Exercise, Mind, and Brain**

John Ratey

When I set out to write my latest book, *Spark: The Revolutionary New Science of Exercise and the Brain*, I knew exercise had a powerful effect on our brains, our biology, and our psychology. But after delving into the science, speaking to patients and peers, and looking at my own personal journey, I am convinced working up a sweat could very well be one of the most potent, underused prescriptions we have today to help ourselves, our patients, and ultimately our world.

I was a young, skinny kid in a Pennsylvania mill town when I first saw what magical properties exercise held. This was the real steel town area, mills running day and night up and down the Ohio and Beaver Rivers and the threat was that if you did not escape, you too would be working in the blast furnaces and having to shower well before you left work. Sport was the way out. While I came from a place where football ruled, churning out quarterback greats like Babe Parilli and Joe Namath, and five miles up the river from Joe Walton, Mike Ditka, and Tony Dorsett, my lack of girth led me to pick up a racket and make tennis my game. My best friend and I, both scrappers from the wrong side of the tracks, took on

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the country club set and achieved regional dominance, culminating in a trip to the Junior Nationals where we faced off with the best of the nationally ranked players. This led to a college scholarship. Bolstered by scholastic achievement, I had escaped. As an ADHD teen, brought up in a time before such a diagnosis, I now recognize how important exercise was in providing me with emotional equilibrium, steadying my focus to improve my grades, and helping manage my behavior.

CONNECTING BIOLOGY WITH  
 PSYCHOANALYTIC PRINCIPLES

This only became apparent later, when I was in medical school soon after antidepressants were discovered and I read about a psychiatric hospital in Norway that was offering depressed patients an option of the new wonder drugs or an exercise program along with psychotherapy. The initial reports were that the results were similar. This was mystifying to me. I was a beginning student of psychoanalysis, Freud, Ferenczi, Horney, Anna Freud, and many others.

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**THE AMERICAN PSYCHOANALYST**

*Magazine of the  
American Psychoanalytic Association*

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*The American Psychoanalyst* is published quarterly. Subscriptions are provided automatically to members of The American Psychoanalytic Association. For non-members, domestic and Canadian subscription rates are \$36 for individuals and \$80 for institutions. Outside the U.S. and Canada, rates are \$56 for individuals and \$100 for institutions. To subscribe to *The American Psychoanalyst*, visit <http://www.apsa.org/TAPSUB>, or write TAP Subscriptions, The American Psychoanalytic Association, 309 East 49th Street, New York, New York 10017; call 212-752-0450 x18 or e-mail [info@apsa.org](mailto:info@apsa.org).

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**ISSN 1052-7958**

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## Wrapping Up

Prudy Gourguechon

In a few weeks, I'll be finishing up my term as president of APsaA, and, in fact, concluding a decade-long period of my life singularly devoted to and preoccupied with our strange and wonderful organization: first as chair of the Fellowship Committee, then editor of *TAP*, secretary, president-elect, and finally president. I want to thank you, the members of APsaA, for giving me this extraordinary opportunity to do what I've learned I love best—break through impasses, find solutions for problems, and discover new ways to pursue our goals.

There are so many people I want to thank that I could go on for pages, but I am going to limit myself to two individuals and one group.

Dean Stein, APsaA's executive director, makes our organization run. His professional

psychoanalysis, though it is not his field, and that made me proud.

The one group I must single out for special thanks is the National Office staff. Most of you don't know them as individuals but they are an amazing bunch, and nothing I've done from the Fellowship Committee onward could have happened without them. So thank you: Chris Broughton, Brian Canty, Sherkima Edwards, Tina Faison, Diana Franklin, Carolyn Gatto, James Guimaraes, Jake Lynn, Johannes Neuer, Nerissa Steele, Debbie Steinke Wardell, and Niki Turner.



Prudy Gourguechon

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skills have brought APsaA to a new level of effectiveness and professionalism that is the bedrock of our significant successes. He is adept at taking a scrambled idea, question, or blurry vision and turning it into a logical series of actions that organizes the group involved. This down-to-earth approach led to the accomplishment of a great many things that would otherwise have foundered on the shoals of undirected thinking. To the extent that I was able to accomplish anything as president, much is owed to Dean.

The capacity of my husband Jacques Gourguechon to put up with the hours and hours I spent on organizational work astounds me, and he is the greatest container of distressing affect. In the process of watching me at work in the Association, I think he fell in love with

I would like to end my opportunity to use this "bully pulpit" to convey with some urgency a few wishes or recommendations or pleas that I have for the organization. These thoughts are based on what I hope is some wisdom I have attained about this organization after all these years immersed in its problems and potentials.

- APsaA must continue to pursue outreach, public information, and advocacy efforts, both nationally and locally, as vigorously as possible. Pushing psychoanalysis back into the realm of public discourse, education, the media, and culture is vital to our survival, and our voice within those realms enriches and deepens human understanding.
- We need to strengthen the connections between the national organization and its affiliated societies and institutes, and vice versa. The connections I am talking about are affiliative and communicative, not merely structural.

- We must not miss the opportunity to expand membership in meaningful ways. Remaining an alumni organization is neither smart nor viable in the long run. Approving the Expanded Pathway to Membership Bylaw currently awaiting your vote is a first step.
- With the greatest respect for our Executive Council, and with awareness that in some quarters this is a very unpopular notion, I strongly urge the organization, before too long, to regroup, depoliticize the issue, and *change the structure of our board of directors*. We could function much better and accomplish much more with a small, streamlined, modern board of directors—about 15 members, all elected by the membership at large, with room for a couple of experts from outside of psychoanalysis. A board of directors constructed by society representatives simply does not make sense and is too large and fluid to work well. My recommendation is that our current board of directors constitute a commission to propose two new structures—a modern, streamlined, democratically elected board, and a council of societies that would bridge the gap between members and the organization.
- The recent dramatic events in BOPS, which have led to a proposed revision of our standards for education and training, might well end decades of paralyzing conflict centered around certification and the TA system. I cannot overstate the importance of this revision of our standards. Without it, it is quite likely that the Association would have split. These changes, if approved, have dramatic implications and require widespread involvement, education, and cooperation.

I have always been interested in how career paths develop. The 10,000 Minds Initiative I started a few years ago began with the observation that many analysts say their interest in our field began with a teacher, class, or book they encountered as undergraduate students. Part of my motivation for organizing the Soldiers and Veterans Initiative came from my experience of helplessness as an 18-year-old college freshman observing the haunted eyes of Vietnam veterans.

*Continued on page 4*

Prudence L. Gourguechon, M.D., is president of the American Psychoanalytic Association.

## Wrapping Up

Continued from page 3

My own career in this organization began when I was a candidate, and I wrote Marvin Margolis that I was interested in a committee he had mentioned in one of his president's columns. Since then, I have made countless friends and colleagues around the country and the world, been tested in crises I never could have imagined, developed skills I was sure were beyond my capability. So I will close with an invitation—to Affiliate members especially but also to older members—become involved in this organization. Look for a committee or two that interest you and contact the chair, the president, or the president-elect about the possibility of your being appointed. Get to know people, run for office. Instead of thinking "somebody should do this," just go ahead and volunteer to do it. The rewards are tremendous.

Thanks and good-bye.

APSA

*Purdy*

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## Certification 2008-2009

	2008	2009
<b>Total Applications</b>	<b>23</b>	<b>29</b>
Certified	19	15
Continued	4	14
Certification Rate	83%	52%
<b>New Applications</b>	<b>15</b>	<b>22</b>
Certified	12	10
Continued	3	12
Certification Rate	80%	45%
<b>Continued Applications</b>	<b>8</b>	<b>7</b>
Certified	7	5
Continued	1	2
Certification Rate	88%	71%
<b>Female Applicants</b>	<b>19</b>	<b>24</b>
Certified	15	14
Continued	4	10
Certification Rate	79%	58%
<b>Male Applicants</b>	<b>4</b>	<b>5</b>
Certified	4	1
Continued	0	4
Certification Rate	100%	20%
<b>Degree Ph.D.</b>	<b>12</b>	<b>12</b>
Certified	9	7
Continued	3	5
Certification Rate	75%	58%
<b>Degree M.D.</b>	<b>8</b>	<b>16</b>
Certified	7	8
Continued	1	8
Certification Rate	88%	50%
<b>Degree M.D., Ph.D.</b>	<b>1</b>	<b>0</b>
Certified	1	0
Continued	0	0
Certification Rate	100%	N/A
<b>Degree M.S.W.</b>	<b>2</b>	<b>1</b>
Certified	2	0
Continued	0	1
Certification Rate	100%	0%
<b>Child Applications</b>	<b>3</b>	<b>3</b>
Certified	3	2
Continued	0	1
Certification Rate	100%	67%
<b>Alternative Certification Process Applications</b>	<b>N/A</b>	<b>2</b>
Certified	N/A	2
Continued	N/A	0
Certification Rate	N/A	100%

**Editor's Note:** To facilitate the Association's efforts toward transparency in the certification process, TAP will publish statistics and demographics annually. Questions and comments can be addressed to Paul Holinger at [paulholingermd@aol.com](mailto:paulholingermd@aol.com).

# Looking Towards the Future: BOPS's Committee on New Training Facilities

Beth J. Seelig

What is CNTF? It always surprises me to hear that question from my colleagues in the American Psychoanalytic Association, because CNTF, the Committee on New Training Facilities, is a long-established, hard working, committee of the Board on Professional Standards. Its mandate is to shepherd new psychoanalytic institutes through their developmental process, from the time of their founding, through their recognition as independent fully APsaA accredited institutes. In recognition of the importance of the work of CNTF and the relative anonymity of the committee, Cal Narcisi and Myrna Weiss have asked me, as chair of CNTF, to write this article.

In the midst of chronic and acute worries about the future of psychoanalysis in the United States and, indeed, throughout the entire world, we psychoanalysts have tended to look inward to find the source of our problems, rather than outward. In the consulting room introspection is essential to the practice of our profession. We listen. We wait patiently. However, this is not a good way to approach the task of insuring the long-term viability of our profession. To thrive and grow, we need to be active. We must demonstrate that our form of treatment works. We must educate the public about psychoanalysis through a variety of outreach programs. We must perform "inreach" to educate ourselves and develop our institutes so that they (and we) can be effective in attracting and educating the next generation of APsaA psychoanalysts. We also need to foster new APsaA institutes. The fostering of these new institutes is CNTF's task.

The work of CNTF is briefly outlined on the APsaA Web site, which explains that new training facilities (NTFs) are new institutes, usually

*Beth J. Seelig, M.D., is chair of CNTF, TA/SA and clinical professor of psychiatry, Columbia Center for Psychoanalytic Training & Research, professor emerita of psychiatry and past director, Emory University Psychoanalytic Institute. She's served as councilor-at-large, BOPS Fellow, and secretary.*



Beth J. Seelig

within a geographic area not currently represented among APsaA's existing accredited training institutes. An NTF can be sponsored directly by the Association or by an accredited institute. There is a liaison subcommittee from CNTF with which the NTF works until it has developed sufficiently to function independently. In addition, in the case of direct sponsorship by the Association, the NTF has a sponsoring team. The sponsoring team is a relatively new CNTF innovation, consisting of several experienced psychoanalytic educators from different institutes whose sole task it is to nurture the NTF. In contrast to the CNTF Subcommittee, which consults with and advises the NTF and also performs periodic site visits, the sponsoring team has an entirely supportive role and no evaluative function. This clear separation of the roles of subcommittee and sponsoring team has proved to be extremely useful in the process of fostering the ability of the NTF to achieve independent accredited institute status.

## DEVELOPMENTAL MILESTONES

For an NTF to function independently requires the development of a large enough faculty to carry out institute activities, a well-thought out curriculum, as well as functional admission, selection, and progression procedures, and the development of training and supervisory analyses for candidates. When it can demonstrate the ability to carry out all activities of an institute and to conduct a psychoanalytic training program consistent with the standards of the Board on Professional Standards, the NTF may be considered for the status of provisional institute (PI). A PI is ready to become an accredited institute once it has demonstrated its ability to function independently over time.

Obviously, all this takes a great deal of time and effort on the part of the dedicated psychoanalyst-educators comprising the faculty of the NTF and also those comprising the CNTF Subcommittees and sponsoring teams.

This is a good time to write about CNTF. In 2009, the Greater Kansas City Psychoanalytic Institute (GKCPI) became APsaA's first new fully accredited institute since the Florida Psychoanalytic Institute achieved its full accreditation in 1993. In addition, by the time this article is published, the CNTF-Committee on Institutes (COI) site visit to the Oregon Provisional Institute (OPI) will have been completed. It is almost certain that CNTF will have completed its task with respect to the OPI. This will leave only the Minnesota and Wisconsin Provisional Institutes and the Berkshires New Training Facility under the CNTF umbrella.

## NEW FRONTIERS

In our last CNTF meeting, members of our committee joked that we are in danger of working ourselves out of a job. However, we on CNTF are intimately aware of the challenges facing psychoanalysis today. Therefore, rather than resigning ourselves to having progressively less to do, we have decided to form two new subcommittees. One subcommittee will work on writing a manual for future CNTF site visits and collaborate with COI on a manual for joint CNTF-COI site visits. The second subcommittee will be working on an outreach project. This outreach subcommittee will do research to find psychoanalysts located in areas lacking an APsaA accredited institute. Their next steps will be to learn from them what their professional needs and aspirations are and to see if there might be a way in which input from our national organization could be helpful to them. This subcommittee hopes to be able to identify and encourage interested groups of psychoanalysts to embark on the lengthy, difficult but tremendously rewarding process of institute development. In this way, we hope that CNTF will be able to continue to contribute to the growth and development of psychoanalysis and psychoanalysts in the United States. 

*Beth J. Seelig is substituting for Myrna Weiss and Cal Narcisi.*

# 99th Annual Meeting

Dear Colleague:

Come to Washington, D.C., in June for beautiful, early summer weather and an exciting Scientific Program.

We have events designed especially with the nation's capital in mind: a "Symposium on Psychoanalysis and Health Care Reform," a visit to the Freud Archives at the Library of Congress, and an inside tour of the Washington Nationals Baseball Club.

## **TWO-DAY CLINICAL WORKSHOPS**

Our ever popular two-day clinical workshops will feature John Steiner from London, Anna Ornstein and Anton Kris from Boston, Shelley Orgel from New York, and Robert Galatzer-Levy from Chicago.

## **PANELS**

John Steiner will also present on two of our panels, focusing on specific problems in clinical listening: "Can the Analyst Think While Enacting?" chaired by Jennifer Stuart with Donald Moss and me; and "Clinical Challenges: How the People in the Patient's Life Inhabit Our Minds," which I will chair with Nancy Kulish and Shelley Orgel.

Our other clinical panels will focus on: "How Do Contemporary Analysts Treat the Past?" chaired by Joseph Lichtenberg with Darlene Ehrenberg, Glen Gabbard, and Alexandra Harrison; and "Psychoanalytically Informed Psychotherapy for Psychosis," chaired by Eric Marcus with Michael Garrett, Marlene Kocan, and Andrew Lotterman.

Our child and adolescent panel will explore "Psychoanalysis with Children and Adolescents Who Have a Chronic Physical Illness," chaired by Christine Kieffer. Helene Keable will present a clinical case, which will be discussed by Monisha Akhtar and Robert Galatzer-Levy.

## **TICHO MEMORIAL LECTURE**

Our Ticho Memorial Lecturer this June is Julie Jaffee Nagel, speaking on "Melodies in My Mind: The Polyphony of Mental Life." She will be introduced by Glen Gabbard.

## **PLENARY ADDRESS**

Vamik Volkan will give the plenary address, "Culture, International Relations, and Psychoanalysis." He will be introduced by Theodore Shapiro.

## **MEET THE AUTHOR**

Our featured author this June is Donnel Stern, discussing his new book, *Partners in Thought: Working in Unformulated Experience, Dissociation and Enactment*, with Bonnie Litowitz, Stanley Coen, and others.

With special programs for candidates, psychiatric residents, and psychology and social work students, not to mention a University Forum on Shakespeare's *King Lear* and 44 discussion groups, we hope you will challenge yourselves with new ideas, while you meet people, network, build your practice, and enjoy all that beautiful Washington, D.C., has to offer.

Please come and join us!

Cordially,

Henry F. Smith, M.D.  
*Chair, Program Committee*

## APsaA 2010 Annual Meeting Highlights

June 9-13

Gary Grossman

June is a beautiful time of year to visit Washington, D.C. and I hope these program highlights will entice members from around the country to travel to the capital for APsaA's 99th Annual Meeting.

### PANELS

Joseph Lichtenberg chairs the Friday afternoon panel, "How Do Contemporary Analysts Treat the Past?" Darlene Ehrenberg, Glen Gabbard, and Alexandra Harrison will each discuss the role of the past in their model of therapeutic action. Saturday morning's panel, "Clinical Challenges: How the People in the Patient's Life Inhabit Our Minds," explores the variety of experiences analysts have in relation to the patient's "objects." Chaired by Henry Smith, the panelists are John Steiner, Shelley Orgel, and Nancy Kulish. Dialogue between John Steiner and Henry Smith will continue Saturday afternoon, as they present their distinct approaches to enactment in the panel, "Thought, Word, and Action: Can the Analyst Think While Enacting?" Chaired by Jennifer Stuart with a discussion by Donald Moss, this will be a unique opportunity to learn about a current debate in psychoanalytic technique. Working psychoanalytically with severely disturbed patients presents clinicians with special challenges and, as Sunday morning's panelist will describe, significant rewards. Chaired by Eric Marcus, "Psychoanalytically Informed Psychotherapy for Psychosis," features Michael Garrett, Andrew Lotterman, and Marlene Kocan, all analysts who treat psychotic patients.

Clinicians treating patients with childhood onset medical illnesses will be especially interested in the child and adolescent panel, "Psychoanalysis with Children and Adolescents

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Gary Grossman, Ph.D., is a member and faculty at the San Francisco Center for Psychoanalysis, where he also serves as chair of the Community Education and Service Division, and is a member of APsaA's Program Committee.

Who Have a Chronic Physical Illness." Chaired by Christine Kieffer, this Saturday morning panel features a case presentation by Helene Keable of a teenage girl with juvenile diabetes, with discussions by Monisha Akhtar and Robert Galatzer-Levy.

### INTERDISCIPLINARY PROGRAMS

One of the highlights of an APsaA meeting is the opportunity to hear experts from other fields in dialogue with psychoanalysts. This annual meeting also features prominent psychoanalysts who draw on contributions from other fields and areas of interest in their professional endeavors.

### UNIVERSITY FORUM

Following up on the success of January's University Forum on Shakespeare's *Merchant of Venice*, June's University Forum will turn its attention to Shakespeare's *King Lear*. Meredith Skura, Libby Shearn Moody Professor of English at Rice University and author of *Shakespeare the Actor and the Purposes of Playing* (1993, University of Chicago Press), and Michael Mack, associate professor of English and director of the Honors Program at the Catholic University of America, are the celebrated Shakespeare scholars who will discuss the play. Henry Smith, who has a special interest in Shakespeare, and Paul Schwaber, professor of English at Wesleyan University, will provide psychoanalytic commentary.

### SYMPOSIUM

In the Symposium, "Psychoanalysis and Space," scholars from the social sciences and humanities who draw on psychoanalytic theory in their approach to literary theory, human geography, and sociology, will discuss the relationship between psychic and social space. Sheila Cavanagh, associate professor of sociology at York University in Toronto, with interests in gender, sexuality, transgender studies, and queer theory; Paul Kingsbury, associate professor of geography at Simon Fraser University



Gary Grossman

in Vancouver, whose interests include cultural geography, tourism and consumption, and aesthetics; and Heidi Nast, professor of international studies at DePaul University, a cultural geographer and author of *Concubines and Power: Five Hundred Years in a Northern Nigerian Palace* (2005, University of Minnesota Press) and co-editor of *Thresholds in Feminist Geography* (1997, Roman & Littlefield) will join chair Virginia Blum.

### TICHO LECTURE

The Gertrude and Ernst Ticho Memorial Lecture is given by an early to mid-career analyst who is currently making contributions to psychoanalysis and shows promise of making significant future contributions. Julie Jaffee Nagel will give this year's lecture, "Melodies in My Mind: The Polyphony of Mental Life." Prior to becoming a psychoanalyst, Nagel, a Juilliard graduate, spent many years as a concert pianist and music educator. In this lecture Nagel merges her passions and professions as she uses the "Tonight Ensemble" from *West Side Story*, to explore the complex interplay of music and psychoanalysis.

### PLENARY ADDRESS

Vamik Volkan, emeritus professor of psychiatry at the University of Virginia School of Medicine and emeritus training and supervising analyst at the Washington Psychoanalytic Institute, has devoted a significant portion of his career to the study of international relations and working with diverse cultural groups in times of conflict and peace. In his plenary address, "Culture, International Relations and Psychoanalysis," Volkan will describe his work with an interdisciplinary team that brought enemy representatives together for long-term dialogues, and the role of culture and history in international relations.

Continued on page 28

# Resilience, Mourning, and Reparation

Bruce H. Sklarew

*Precious*: Based on the novel "Push" by Sapphire presents the story of a poor and illiterate teen who is twice impregnated by her father and abused by her mother as a rival and as an object of compensation for her own deep narcissistic injury. Sandra Walker, Carlotta Miles, and Annelle Primm will engage the audience in a discussion about whether and/or how psychodynamic perspectives can make a difference in work with people who share the experience of Precious and her mother. The opportunities and obstacles involved when working with people from America's underclass who are experiencing intergenerational trauma will be discussed.

Walker says that *Precious* vividly portrays the multiple traumas inflicted on an adolescent girl by her family and community. Precious Jones takes refuge in her fantasies, and somehow manages to engage the interest and compassion of adults who are in the helping professions—teachers, nurses, and social workers.

How do we, as psychodynamic clinicians, understand her resilience? How equipped are we to help young people in our inner cities to heal from trauma and transform their experiences into more hopeful lives? How equipped are we to understand those family members and peers who commit acts of brutality?



*Precious*

This film discussion will embrace these questions and others from the audience.

## TRAUMA, LOSS, AND PATHOLOGICAL GRIEF

Other significant films depicting trauma, loss, and difficulty in mourning include *The Kid* (1921, Charlie Chaplin), *Blackboard Jungle* (1955, Richard Brooks), *Forbidden Games* (1952, René Clément), *Pixot* (1983, Hector Babenco), *Salaam Bombay!* (1988, Mira Nair), *Menace II Society* (1993, Allen and Albert Hughes), and the two discussed in this article, *Los Olvidados*, *The Young and the Damned* (1950, Luis Bunuel), and *Boyz 'N the Hood* (1991, John Singleton).

In 1950, the renowned Spanish director Luis Bunuel burst onto the international scene with a film combining neo-realistic and surrealist images and ideas—*Los Olvidados*, translated as *The Young and the Damned* or *The Forgotten*. This harsh, somber, and painful film is replete with unrelenting and retaliatory violence like John Singleton's *Boyz 'N the Hood*. Except for the shooting of Jaibo by the police, many boys—as well as chickens and roosters—are gruelingly bludgeoned to injury and death by sticks and stones, and others are threatened. Bunuel links this Mexico City street life of over-stimulation, deprivation, and violent trauma with dissolving images of other cities: New York, Paris, and London.

The primary characters, including the rooster-like Jaibo, just escaped from a reform school; Pedro, whose mother identifies him with his deserting father, deprives him of food and is excessively blaming; and a peasant boy, Little Eyes, who was told by his father to endlessly wait at a given spot in the market until his return, are all deprived of fathering. The only character with a father, Julian, regularly retrieves him from his bar.

*Continued on page 30*



*Precious*

Bruce H. Sklarew, M.D., *editor and co-founder of the award-winning Projections: The Journal for Movies and Mind, organizes the film programs at meetings of the American Psychoanalytic Association and has co-edited two books on psychoanalysis and film.*

## Film Program at 99th Annual Meeting

### ***Precious: Inner-City Trauma*** Thursday, June 10, 7:30 p.m.



Sandra Walker, Carlotta Miles, and Annelle Primm will focus the discussion on the opportunities and obstacles encountered in working with people from America's underclass who are experiencing intergenerational trauma.

### **Faith and Faithlessness: The Role of the Erotic Imagination** Thursday, June 10, 4:45-7:15 p.m.



The issues of loss, mourning, and reparation as represented in the films *Love*, *Faithless*, and others are included in the presentation by Lissa Weinstein and Diana Diamond in a Thursday evening discussion group.

## Shakespeare at the American Psychoanalytic Association

Stan Coen



Stan Coen

"Brush up your Shakespeare," read the relevant play and come prepared to join Henry (Harry) Smith, Paul Schwaber, and two outstanding Shakespearean scholars during

the meetings of the American Psychoanalytic Association. Three University Forums—which bring together psychoanalysis and academia—are being devoted to Shakespeare. We had a wonderful turnout for our inaugural run with *The Merchant of Venice* this past January in New York City. Colleagues were enthusiastic and excited. Some of us felt we were back in college or in the graduate school we never attended, so that a former college classmate who came to sit next to me, noted that, listening to Shakespeare, we belonged together. The rest of you belong with us too. And you can invite your friends who are not psychoanalysts to attend the University Forums, which are open to the public without fee or registration (only the University Forums).

Smith and Schwaber did and will do a wonderful job of framing and discussing the talks by our Shakespearean scholars. But more than that, both are capable of their own outstanding scholarship. You all know Harry Smith through his wonderful writings, his chairing the Program Committee of APsA, and his editorship of *The Psychoanalytic Quarterly*. If you haven't yet heard him read Shakespeare, come prepared for a great treat. Paul Schwaber is a practicing psychoanalyst and a Professor of Letters at

Stanley Coen, M.D., chairs the subcommittee of the APsA Program Committee on University Forum. He is training and supervising analyst, Columbia University Center for Psychoanalytic Training and Research.

Wesleyan College. He is the author of many works including *The Cast of Characters*, a study of James Joyce's *Ulysses*. Remarkable for a psychoanalytically oriented book, *The New York Times* raved about it. He led a memorable "Interdisciplinary Colloquium on Psychoanalysis and Literary Criticism" at APsA on *Ulysses*, with special mention for Molly Bloom. At the January 2010 University Forum, Shakespeareans Maurice Charney (Rutgers, emeritus) and Peter Platt, chair of the English department at Barnard were great. The discussions of revenge and forgiveness, of paradox and contradiction, and of the historical setting of *The Merchant of Venice* by both the Shakespeareans and the psychoanalysts, including colleagues from the audience, were outstanding.



Engraving depicting Ludwig Devrient as *King Lear*, probably from Jean-François Ducis' production.

### SHAKESPEAREANS AND ANALYSTS DISCUSS LEAR

On Friday, June 11, from 2:00 p.m. until 5:00 p.m. during the APsA Annual Meeting in Washington, D.C., the University Forum will focus on *King Lear*. Our Shakespeareans will be Meredith Skura and Michael Mack. She is Libby Shearn Moody Professor of English at Rice and the author of *The Literary Uses of the Psychoanalytic Process*, which is first-rate. Skura led a terrific "Interdisciplinary Colloquium on Psychoanalysis and Literary Criticism" at APsA on a female contemporary of Shakespeare, Elizabeth (Tanfield) Carey (Lady Falkland) and her play, *Mariam, The Fair Queen of Jewry*. Mack is associate professor of English and director of the University Honors Program at Catholic University of America in Washington, D.C.

In January 2011 our final "University Forum on Shakespeare" (if that can be) will be on *Antony and Cleopatra*. Shakespeareans Leonard Barkan and Edward Tayler will join us. Barkan is Arthur W. Marks '19 Professor of Comparative Literature and director of the Society of Fellows in the Liberal Arts at Princeton. Tayler is Lionel Trilling Professor in the Humanities, emeritus at Columbia. Our scouting reports on those Shakespeareans have been glowing. A psychoanalyst friend swears that Ted Tayler is the best teacher he has ever had. 

**On Friday, June 11, 2010,  
from 2:00 p.m. to 5:00 p.m.  
the University Forum will  
focus on *King Lear*.**

**The University Forums  
are open to the public  
without registration.  
*Invite your friends!***



## Washington, D.C.: Sights and Reflections, Part II

Michael Slevin

**Editor's Note:** In the previous issue of TAP, Michael Slevin walked readers through a varied choice of museums, church, history, and theater—all within walking distance of the APsA 99th Annual Meeting hotel. In this issue, he guides you to even more American treasures.



Michael Slevin

As part of the Smithsonian-wide celebration of the 200th anniversary of Abraham Lincoln's birth, at the Museum of American History, "a focused selection of nationally important Lincoln artifacts" is being presented, "augmented with personal stories told by Lincoln and the people who knew him best." Across the street from the newly designed but not yet built Museum of African American History and Culture, the Museum of American History displays diverse U.S. historical artifacts and curated exhibits, including flags, locomotives, Julia Child's actual kitchen, and a 40-foot stretch of Highway 66.

MEMORIALS: PRESIDENTS AND WARS  
Now we are in the territory of memorials. Rising highest, at the west end of the grassy stretch of Mall and due south of the White House, is the monument shaped like an Egyptian obelisk honoring General and President George Washington. It is the setting for the Fourth of July fireworks in the city. In its environs

### MEMORIALS: PRESIDENTS AND WARS

are the Jefferson Memorial, on the edge of the Tidal Basin, and the Lincoln Memorial.

Michael Slevin, while working on a Ph.D. in literature, graduated as an academic Associate from the Baltimore Washington Institute for Psychoanalysis. A clinical social worker finishing the Adult Psychotherapy Training Program at the Institute, he is former editor of TAP.



Washington Monument

are the Jefferson Memorial, on the edge of the Tidal Basin, and the Lincoln Memorial.

Jefferson played classical music and designed his ingenious and graceful Virginia home, Monticello, and the nearby classically articulated University of Virginia. He drafted the Declaration of Independence. His memorial is graced by ceremonial cherry trees presented to the American people by the government of Japan in 1912. Jefferson held slaves. One of his Monticello slaves, Sally Hemings, conceived children whose DNA-certified descendants are now acknowledged as part of the Jefferson family tree.



Jefferson Memorial



Lincoln Memorial

A solitary Lincoln, sculpted following the model of Daniel Chester French, sits in a great chair in contemplation in the central hall of his memorial, facing, past the Washington Monument, the Capitol. Marian Anderson sang from its steps in 1939 at the invitation of Eleanor Roosevelt. She had been denied permission, because her skin was black, to sing in Constitution Hall, owned by the Daughters of the American Revolution. Martin Luther King proclaimed, "I have a dream" from its steps. But Frederick Douglass, freed slave, writer, diplomat, and politician, who knew Lincoln, wrote: "Viewed from the genuine abolition ground, Mr. Lincoln seemed tardy, cold, dull, and indifferent; but measuring him by the sentiment of his country, a sentiment he was bound as a statesman to consult, he was swift, zealous, radical, and determined." Lincoln's journey was arduous and speaks of the limits and possibilities of the political world.

New memorials honor Franklin Delano Roosevelt, World War II veterans, and Korean War veterans. The Roosevelt site is located on the western edge of the Tidal Basin. This is a memorial to FDR and his era, traced through a sequence of four outdoor rooms, each one devoted to a term of office. In a "prologue room" there is a statue with FDR seated in a wheelchair much like the one he actually used. He went to great lengths during his tenure not to be seen that way, and there was a dispute when the memorial was built as to whether that part of his life should be acknowledged and celebrated, or remain hidden. To which era are we beholden in our representations: The time in which Roosevelt lived or our present?

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# 99th Annual Meeting



Franklin Roosevelt Memorial

Nearby, on the Mall's central axis, at the foot of the rectangular Reflecting Pool, between the Lincoln Memorial and the Washington Monument, sits an oval pool, with encircling pillars, a memorial to veterans of World War II. On the Western Front, Europe was liberated; on the Far Eastern Front, Asia. Sixteen million Americans served. Over 400,000 died.



National World War II Memorial

Then there is Maya Lin's somber black granite Vietnam Memorial. It is a trench in the earth into which the viewer disappears and from which she rises. On its walls are inscribed a changing chronology listing 58,261 men and women, dead or missing. "The first American soldier killed in the Vietnam War was Air Force T-Sgt. Richard B. Fitzgibbon Jr.



Vietnam Veterans Memorial

He is listed by the U.S. Department of Defense as having a casualty date of June 8, 1956. His name was added to the Wall on Memorial Day 1999....The last American soldier killed in the Vietnam War was Kelton Rena Turner, an 18-year-old Marine. He was killed in action on May 15, 1975, two weeks after the evacuation of Saigon, in what became known as the Mayaguez incident." There is a kiosk where you can look up the names of your neighbors, and be directed to their place on the memorial wall.

Across the Reflecting Pool from the Vietnam Memorial is the Korean War Memorial. In it realism has a different cast: Seven-foot figures emerging from a wood; again, a pool. And a Mural Wall, "for which over 15,000 photographs of the Korean War were obtained from the National Archives. ... The photographs were enhanced by computer to develop a uniform lighting effect and size, and to create a mural with over 2,400 images."



Korean War Veterans Memorial

Then south on 14th Street. The United States Holocaust Memorial Museum. There, expect to breathe in grief and loss, outrage and witness. Expect to see items, from among those collected and sorted in untold numbers by the German Nazis, that belonged to ones who perished. And, there, the "Tower of Faces: This three-story tower displays photographs from the Yaffa Eliach Shtetl Collection. Taken between 1890 and 1941 in Eishishok, a small town in what is now Lithuania, they describe a vibrant Jewish community that existed for 900 years. In 1941, an SS mobile killing squad entered the village and within two days massacred the Jewish population." See a reconstructed Auschwitz barracks, a railroad boxcar. And texts. Six million men, women, and children died.

Just northwest of the museum—you can walk there—is the White House. Roosevelt did little to allow Jewish refugees from Europe into the United States; yet, through the intercession of Ambassador William Bullitt, he helped Sigmund Freud escape Nazi-controlled Vienna in 1938. At the other end of Pennsylvania

Readers may be interested in visiting [www.audisseyguides.com](http://www.audisseyguides.com) to find three in-depth, offbeat narrated D.C. walking tours by Robert F. Pyles, son of APSaA president-elect Bob Pyles.

Avenue, on the other side of the Capitol, selections from the Freud Archives are on current display at the Library of Congress. Now one of the world's great research libraries, it was founded with Thomas Jefferson's personal

collection of books. The library is across the street from the Capitol, to the west, the Supreme Court, to the north and the Folger Shakespeare Library, to the east. Is our political system flexible enough to meet its current demands? Can the Western culture of *The Tempest*

adapt creatively to the spiraling pressures, demands, and exigencies of our time?

And, our third branch of government. Walk around the White House. See the South Lawn where the helicopter sets down, the Truman Porch, where Roosevelt's successor sat on summer evenings. On around, see the ceremonial North Portico. The White House has an East Wing and a West Wing. Note that this is a residence. In it resides our first African-American president. He spent early years in Indonesia; his father, a Muslim, had returned to his birth country, Kenya. Our First Lady's ancestors were slaves. Have we come far enough, fast enough? Will our country, will our diverse globe, succeed?

APSaA

All quotations are from the respective Web sites with the exception of the quotation from Frederick Douglass, which is from an article by Garry Wills, "Lincoln's Black History" in *The New York Review of Books*.

## Collaboration between the Couch and the Concert Hall

Julie Jaffee Nagel

Joseph Polisi is the president of the Juilliard School, a scholar, author of two books (*The Artist as Citizen, 2005* and *American Muse: The Life and Times of William Schuman, 2008*.) A performing bassoonist, and a visionary/catalyst who turns challenge into opportunity, Polisi became the sixth president of the Juilliard School in 1984, at the ripe young age of 36. Previously, he had been dean of the University of Cincinnati College-Conservatory for Music, dean of faculty at the Manhattan School of Music, and executive director of the Yale University School of Music. He holds a doctorate of musical arts degree from Yale, and degrees in political science from the University of Connecticut and international relations from the Fletcher School of Law and Diplomacy at Tufts University. As a bassoonist, Polisi has performed throughout the United States, including the major concert halls of New York.

place at the APsA National Meeting in New York. Atlanta-based psychoanalyst Steven Levy provided a stimulating discussion.

At Juilliard, Polisi has established innovative programs in student services and revised the curriculum with emphasis on the value of the humanities in promoting quality of life and social responsibility. Of significance was his creation of the counseling services in 1984 which, according to Polisi, is highly utilized and has become a "trusted part of the Juilliard community." He has been instrumental in the long-range plan for Juilliard, which includes increasing student financial aid and faculty compensation, launching a major building renovation, and developing creative programs to prepare students for careers in the 21st century as leaders and communicators of human values.



Julie Jaffee Nagel, Steven Levy, and Joseph Polisi

As a psychoanalyst, I believe that a Juilliard education shares attributes similar to analytic training.

He has produced recordings, and has recorded a solo album of 20th century-bassoon music. He is the author of numerous articles in scholarly and educational journals and is a passionate writer and speaker about the arts and education. With these credentials, he is more than qualified to speak about the challenges and opportunities that face the musician in the 21st century, which is exactly what he did at the 2010 Discussion Group entitled "Psychoanalytic Perspectives on Music" which took

### THE TRIPARTITE MODEL

As chair of the discussion group, "Psychoanalytic Perspectives on Music," and in reflecting upon Polisi's comments, I cannot help but reminisce about my own experience as a piano major at Juilliard many years ago. My professional identity and personal sensitivities were shaped mightily by my experience at the school, although at that time it was impossible to

imagine how my Juilliard education would become internalized and integrated post-graduation. As a psychoanalyst, I believe that a Juilliard education shares attributes similar to analytic training. The comparison of intense immersion at Juilliard with the tripartite model of psychoanalytic training (i.e., analytic training, didactic classes, and supervision of clinical cases) comes to my mind as I reflect on my intense relationship with my piano teacher (my "musical analyst"), the didactic classes in music and academic subjects, and the performance requirements and opportunities (somewhat analogous to clinical work), where performing in recitals allowed for self-reflection, deepening artistic skills, and communicating musically with audiences. One can graduate from Juilliard, as one can terminate an analysis, but musical and emotional immersion at Juilliard has had long-lasting effects, similar to analytic post-termination.

Sometimes I observe that I graduated from Juilliard with a major in piano and a minor in stage fright. To know there is a counseling service that is a "trusted part of the Juilliard community" is nothing less than spectacular. I also recall the stresses I experienced in finding a compatible roommate and place to live in New York City. That the Meredith Wilson Residence Hall opened in 1990 replete with support systems that build community at Juilliard is significant in the development of a community of artists as citizens. I find it interesting that Polisi's name has its root in the Greek word, "polis," which means "city" or

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Julie Jaffee Nagel, Ph.D., graduated from Juilliard, earned psychology and social work degrees at the University of Michigan, co-chairs APsA's Committee on Psychoanalysis and the Arts, is faculty at the Michigan Psychoanalytic Institute, and in private practice in Ann Arbor.

The APsA Ticho Memorial Lecturer this June is Julie Jaffee Nagel, speaking on "Melodies In My Mind: The Polyphony of Mental Life." She will be introduced by Glen Gabbard.

## APsaA Discussion Group on Psychoanalysis and Sport

James Hansell

When colleagues first hear about the APsaA Discussion Group on Psychoanalysis and Sport, which has been running for many years at APsaA meetings, they often respond with a puzzled look. I assume that this reaction stems from the impression that "psychoanalysis" and "sport" don't seem to belong in the same sentence; perhaps these colleagues assume that the Discussion Group on Psychoanalysis and Sport is just a venue for jocks, former jocks, and sports fans within APsaA to get together to schmooze. I must admit that the group does serve that function—but it is also much more. Consider the following topics, all of which have been a focus of earnest and lively discussion in recent years: What is the role of athletic competition and physical competence in normal and pathological development? How do psychodynamic conflicts affect the performances of individual athletes and teams? What is the psychodynamic meaning of being a passionate sports fan? How can we understand the deep importance and persistent place of sport in most human cultures?

The discussion group has been ongoing for many years. Originally developed by Sandy Abend, Bob Pyles, Howard Katz, and others, the group has evolved over time and is currently coordinated by Katz, Dick Roskos, and me.

James Hansell, Ph.D., is lecturer in psychology at the University of Michigan and director, philosophy of science in clinical psychology lab. He is a training and supervising analyst, Michigan Psychoanalytic Institute, and co-chairs APsaA's "Psychoanalysis and Sport" discussion group.



James Hansell

Finding topics for our meetings and presenters has been surprisingly easy. First of all, several members of APsaA have served as mental health and/or performance consultants to a number of professional teams in football, baseball, basketball, and hockey. (We have had some of these members present to the group; their stories are just as fascinating as one would imagine.) In addition to consulting to individual athletes and teams, numerous members of APsaA have written and spoken on topics related to sport, performance, and the role of athletics in individual and cultural lives. A partial list of some of the recent presentations to our group includes the following:

- Joshua Ehrlich, "The Psychology of the Sports Fan: What Can Psychoanalysts Add to the Conversation"
- Howard Katz, "Escaping Gravity: Movie Magic and Dreams of Flying"
- Paula Hamm, "Gender Conflicts in an Elite Tennis Player"
- Irwin Hirsch, "Sport as a Vehicle for Unconscious Homoerotic Bonding among Men"
- Julie Nagel and James Hansell, "Relationships between Athletic and Musical Performance"

### Washington Nationals Baseball Game

See Discussion Group 35 at  
2:00 p.m. for details.

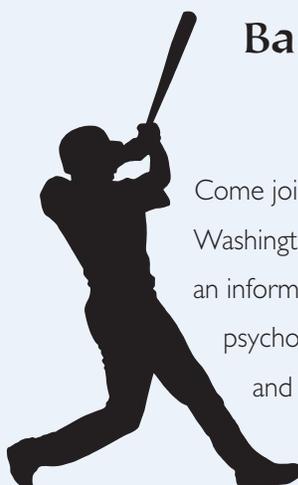
You do not have to register  
for DG 35 to purchase tickets  
for the game and tour.

Register online or on the  
Sessions Registration form for the  
additional cost of \$50.00.



- Deborah Barchat, "Two Cases of Oedipal Conflicts Inhibiting Athletic Performance"
- Howard Katz, "The Athlete's Dream"

This list highlights the wide range of clinically relevant and vital topics that have captured the interest of those attending the discussion group in recent years. Our discussion group is quite informal and we welcome newcomers and anyone curious and interested in the psychology of sport and performance. [APSA](#)



### Baseball and Psychoanalysis

Thursday, 2:00-4:30 p.m.

Come join Robert Pyles and Stan H. Kasten, president, Washington Nationals Major League Baseball Team for an informative and interesting session on baseball and psychoanalysis, followed by a private tour of the ballpark and terrific seats to the Washington Nationals vs. Pittsburgh Pirates game.

# Psychoanalytic Consultation in Sports

Bob Pyles



Bob Pyles

I have been working with various professional and serious amateur athletes and performing artists for some 25 years. Like many situations that lead us to our

psychoanalytic understanding, mine began with a personal trauma. I had been an athlete in high school and college, playing football, track, and fencing. But like most of my generation, once I graduated from college and went into medical and analytic training, I considered my athletic career to be over.

When I first began to run, I found I had allowed myself to lapse into terrible physical condition. I could barely go a half-mile without stopping. But I kept at it, eventually running a total of 47 marathons, including 27 Boston Marathons, one in Dublin, and a most memorable marathon in Greece, which covered the original route run by Pheidippides in 490 BC: starting at the site of the Battle of Marathon and ending in the 1897 stadium in Athens, built for the first modern Olympics.

## INSIGHT FROM ORTHOPEDISTS

Running sometimes 1500-2000 miles per year; I ultimately lost 40 pounds, and became a complete vegetarian. Over a seven-year period, my illnesses disappeared and I began to feel pretty invulnerable. As I increased my mileage

The two primary themes that emerge almost every year in every group are concerns about performance and relationships.

In my early thirties I developed several life-threatening illnesses. These were diseases for which no medical treatment was available at the time. The usual course was gradual decline and eventual death. As a way of dealing with the physical and psychological stress of these very serious personal crises, and not knowing what else to do to cope with my sense of personal helplessness, I began to run.

At about that time, in 1972, Frank Shorter had won the Olympic Marathon for the United States, the first time an American had won this event. This set off a running boom, which has continued more or less unabated.

*Bob Pyles, M.D., is president-elect of the American Psychoanalytic Association. He has served as a consultant to the Major League Baseball Rookie Development Program. He discussed the psychoanalytic treatment of athletes in Barcelona at the 2008 European Psychoanalytical Federation.*

and began to train for my first Boston Marathon, I broke my foot two weeks before the race. To my astonishment, I became literally clinically depressed. I discussed this with the sports medicine orthopedic group that I consulted. They explained to me that this reaction to sports injuries was common. In fact, one of the worst problems they had to deal with in treating injured athletes, was that the athlete would return to activity much too soon, often exacerbating injuries and complicating recovery. They could not understand why these athletes would not follow orders and go through an orderly rehabilitation.

Intrigued, I began talking to marathoners, many of whom were my friends. I found that everyone had a particular personal story in which endurance running became an adaptive measure for dealing with some crisis or difficulty in their physical or emotional lives. As I began to understand it in myself, I also began to understand in others the central role of

athletic activity to psychic equilibrium. This seemed to be particularly true of those who had experienced some success in sports.

## INJURED ATHLETES, WOUNDED EGOS

I began to develop ways of teaching my orthopedic colleagues basic psychoanalytic evaluation techniques to deal with their patients. I later carried this on to working with coaches and trainers of sports teams. Using case examples, I explained the adaptive value of the sense of mastery in dealing with feelings of helplessness, depression, and anxiety. They began to appreciate the symbolic meaning for each individual of his or her particular sport. For example, there was a young woman who used what she referred to as "conversations with God" as a means to deal with her depression. She could only have these conversations while she was running, for reasons connected to early experiences with parent figures. Only when this was interpreted was she able to stop her exercise long enough to heal.

Further, I explained the concept of the sense of self and the sense of personal identity that is often embodied in the person's ability to perform in his sport or activity. They were especially interested in the effect of injury on the sense of self, and how injury threatened the sense of omnipotence and resulted in narcissistic regression. They were fascinated by the concept of internalized objects and transference. Talented athletes have often been mentored and more or less adopted early in life by coaches and trainers, and also have received enormous gratification from proud parents. An injured athlete loses all of these benefits, and many of them therefore cannot forego their sport. As one described how he felt when injured, "I am a wounded animal. Approach me at your peril!"

## ROOKIES, FREE ASSOCIATION, AND INTERNALIZED OBJECTS

For 12 years now, I have been involved in the Major League Baseball Rookie Development Program, which is jointly sponsored by Major League Baseball owners and the Players Association. Each of the 30 major league teams is entitled to send its three best rookies. The program offers a thorough grounding in issues that the first-year players will face: dealing

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# Sports Psychology: Applied Psychoanalysis

Howard M. Katz

About 15 years ago, I began to learn about the practice of sport psychology. I had long been interested in how deeply sports mattered to many people—family, friends, and patients. I had always felt great pleasure in the feeling of running or swimming, dribbling, passing and shooting a basketball, or making the swing that sent a golf ball right to a target. Reaching middle age, slowing down a bit and looking ahead, I was more than casually interested in how it goes when images of oneself as an athlete are discrepant with performance. My identification with my father surely played a role. He had been an intensely competitive and successful athlete who had a serious injury at about the same age. Back then, when I was in college, I did not have to be a psychoanalyst to see that the threat to his athletic pursuits was a crisis for a man so defined by his image as an athlete.

I was interested in the feeling of doing sports and ways that the experience common to average children and adults was like or unlike those of elite athletes. I began with particular attention to youth sports and the role of sports in development. I offered pro bono services to coaches and teams in the Boston area, learning from them as I offered them my perspectives. Consulting with educators and youth sports organizations, I have contributed to programs that aim to foster healthier development and broader, more sustained participation in sports.

Sometimes my work with an athlete or a team takes me out to a gym or playing field. Or, in a meeting at my office with individual athletes, we work to boost performance with practiced mental skills, to overcome anxiety and inhibition, or to cope with injury.

Howard M. Katz, M.D., is president of and training and supervising analyst at Boston Psychoanalytic Society and Institute, on the faculty of Harvard Medical School at McLean Hospital, and consults with athletes and coaches at New England Sport Psychiatry.

Not infrequently, these individual consultations lead to psychoanalytic therapies, as well, both short and long term. While I have spent time working with all kinds of athletes, from young children to seniors, from average recreational athletes to pros and world champions, I most often see talented adolescents, many of whom have considerable success and big ambitions. Their aims and energies can lead to great accomplishment and strong pleasures, but they may also engender strong conflict, internal and interpersonal. Often their stories illustrate paradigms that are central to the issues at every other stage of development.



Howard M. Katz

If being an athlete touches such a strong chord of the experience of self, it is easy to see why narcissistic challenges can adhere so deeply to one's striving in sport.

## A CLINICAL VIGNETTE

It was midway through the Dragons' basketball season. The team was ahead, but they put away the game when Danny, the team's star forward, pulled down a rebound, bolted down the floor, soared beyond two defenders, and jammed the ball through the hoop. The crowd exploded.

No one was more excited than Coach Jones. I knew he was intensely involved with this player, having talked with both of them earlier in the season. Danny had put himself and his team at risk, losing his temper and drawing technical fouls in two games. A third technical would end his season. He had to contain himself, but this was not easy. He proudly told me how he felt and likened his

unfettered expressiveness to the assertiveness of his physical play. Could he contain his reaction to frustrations in the course of the game without losing the capacity to be loose and free in his play? He worried that the fire was already going out of his game.

Coach Jones worked well with all his athletes, but he particularly admired a passionate kid like Danny. This coach played with similar intensity in high school and college. We both knew he had struggled with similar conflicts.

The words "transference" and "countertransference" were never used, but they were part of the consultation, as I helped this young player and his coach manage conflicts within themselves and with each other. The coach knew they were at a critical juncture with both opportunities and dangers. He was angry with Danny and felt he should not be. Knowing that I understood his commitment to the boys as players and as people, privately he could safely vent his frustrations regarding Danny. He could also remind himself, as he told me, of his understanding of what was at stake for Danny, knowing his family background. Talking it through, separately and together, both the boy and the man could see both

sides of the conflict, acknowledge the tension, and move forward.

Refracted through the separate perspectives appropriate to their different stages of development, the passion that Danny and his coach felt fueled ambition as well as conflict. In adolescence, the personal meaning of athletic striving is consolidated in a way likely to persist through life, but the core motivation toward athletic pursuit is rooted in the earliest phases of development.

## EVERY BABY IS AN ATHLETE

Psychoanalytic perspectives on the body trace back to the beginning of our field, but attention to the muscular use of the body as it

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## Consultation in Sports

*Continued from page 14*

with the media, drugs and alcohol (particularly steroids and performance-enhancing drugs), financial scams, and temptations of various sorts the players will meet on the road, including encounters with women.

Over the years, psychotherapists, mostly psychoanalysts, have worked with *Second City*, a famous comedy acting group, to prepare relevant brief scenarios which enact situations the players will face. The actors use the technique of spontaneous "improvisation," basically free association on stage, and encourage the players to do the same. On one level the program is designed to help with practical advice on how to deal with difficult situations, but on another level the purpose is to stimulate thinking and questions for later consideration in small discussion groups.

Issues that are brought up within the scenarios include sexual harassment, rookies dealing with veteran players, cultural differences between players of different races, prejudice, poor athletic performance, provocative media situations, and difficulties with relationships with family and loved ones, particularly wives and girlfriends.

Four or five scenarios are played out. The players then adjourn to small discussion groups of eight to ten, with one veteran retired player and one psychotherapist. The importance of the veterans cannot be overestimated because these are quite often famous and legendary players, who act as role models and begin discussions for each of the groups.

The two primary themes that emerge almost every year in every group are concerns about performance and relationships. The pressures on these young men to perform are enormous. The difference between a beginning player and one who has established himself in the league for several years is, quite literally, millions of dollars. As we discuss various psychological performance-enhancing approaches, it is interesting to see how behavioral techniques such as "visualization" have a psychoanalytic underpinning. For example, in visualization one normally imagines oneself playing or running in an idealized way. This is a way of putting the player in touch with various

positive internalized objects. As that connection is strengthened through repetition, the connection with a positive internal world, mentors and parents, is strengthened.

The life that professional athletes live is quite abnormal compared to the ordinary life that most of us are familiar with. For example, the pattern of their earning capacity is upside down. Ordinarily, we begin a career and gradually gain skills, and then financial rewards increase in proportion over the years. This allows time to understand how to handle one's finances and the pressures of dealing with financial decisions. In contrast, the young athlete often comes into a great deal of money right at the beginning, before maturity is developed to deal with it. In addition, the sense of omnipotence and narcissistic gratification that many of these young men have experienced throughout their careers has a tendency to lead them into mistakes of excess, in terms of poor judgment, and compulsive and sometimes violent behavior. The normal checks and balances on behavior for many of them have not been present. They have been coddled, nurtured, and encouraged, but often not disciplined. The discussions emphasize the importance of internal discipline in ensuring a long career.

The stresses on relationships are also abnormal. These young men spend a great deal of time traveling in strange cities, often subject to blandishments from various con men and admiring women. It is interesting to hear the anguish with which these young men speak of how one can determine whether the interest that a woman might have for them is genuine or hero worship. The importance of maintaining a primary relationship with a wife or a girlfriend, and the utilization of that stability in enhancing ultimate success in sport, is a frequent topic.

The small groups often become solid bonding experiences for these young men. Similarly, solid relationships often develop between the rookies and the veteran players and psychiatrists. They become accustomed to talking to psychotherapists and begin to understand the value of the use of psychological techniques as well as psychotherapy in their sport and in their lives. They learn that action is not always the answer. At the end, I give them my card and also articles I have written on the psychological effects of sports injuries. It is fascinating to follow



Bob Pyles as a "Black Knight"

the careers of these young men as they develop into veteran players, and to see how issues first discussed in the group often blossom as they mature.

I have been interviewed many times by the media for psychoanalytic aspects of sports issues. For example, two players were competing several years ago for the home run title. In particular, they were seeking to break the legendary Babe Ruth's record for total home runs in a season, which had stood for many years at 60. I was asked by a reporter whether I thought it was very difficult for these two men to be competing with each other so closely. I explained that, on the contrary, it was much easier for them to compete with each other and to have each other to focus on, because it was easier to compete in a sibling relationship than it was to compete with a legendary and giant father, as with the figure of Babe Ruth.

Psychoanalytic consultation in sports is not only interesting and enjoyable, but it presents psychoanalysis in a positive and modern light. So often psychoanalysis has an image of being something antiquated, something that takes place only on the couch and in the consulting room. For people to see psychoanalytic principles in action, operating and valued by famous and talented people, presents psychoanalysis as the vibrant force of life that it really is. 

## Sports Psychology

*Continued from page 15*

contributes to identity and self-structure has been limited. Child observation and neurobiological studies suggest the significant degree to which the driving force of early development is grounded in physical activity. Moving, perceiving, and remembering are unified activities in early development. The baby, at the onset of life, needs to map the world. In the service of that need, the baby is supplied with an urge to explore the world physically and to expand that exploration continuously as development proceeds. The first bases of self-feeling emerge as the child combines kinesthetic, tactile, visual, and olfactory sensations with motor activity and recognition memory in an early form of synthesizing, integrative ego functioning. Those action patterns of early childhood are intrinsic elements of the child's seeking connection, sustenance, and affective experience in relation to others. In time, these physical templates can form the basis for corporeal metaphors for affectively charged experiences of self in relation to others.



In a sense, then, every baby is an athlete, expanding and refining the repertoire of motor capability in a way that is intimately intertwined with his or her growing sense of self in the world of inanimate and living objects. The continuing resonance of this early experience is the most basic underpinning of the widespread continued interest in athletic quests throughout life, both as we ourselves run, jump, throw, and catch, *and* as we admire and applaud accomplished heroes of elite and professional sports. It is also the seed from which grows an unfolding element of identity as "an athlete," which many young people develop in childhood and adolescence. For some, that identity element remains central all the way through life.

### TOWARD AN INTEGRATED ATHLETIC IDENTITY

If being an athlete touches such a strong chord of the experience of self, it is easy to see why narcissistic challenges can adhere so deeply to one's striving in sport. Of the athletes I have seen, more than a few feel the weight of pressure they or those around them put on competitive success in some sport. Often, great fragility lies just beneath a shiny veneer of confidence.

Adolescent conflicts over ambition are likely to stimulate or re-awaken conflicts in parents. The parents' images of success and failure may be very particular and overlap with those of the child, as in a pressured young man I saw, whose parents had both been champions in his sport, as had been the maternal grandfather. Or the issues may be experienced more generally, as when a family's broad concerns about status and wishes to be special are played out in relation to a child identified as a prodigy, as "something special."

The social construct of sport in today's world contributes to the challenge faced by young athletes. Contemporary sports culture emphasizes a star system and pushes for super-specialization. Children are now guided into specialized programs for one sport or another at ever-earlier ages, with an idea that to succeed in today's competitive world you have to make your choice early and make an all-out commitment. Often, this gives less room for the child's experimentation and open creative play.



Howard Katz on the golf course

The workmanlike attitude I see in some children may lead to enhanced skill development, but I see also a lot of confusion in the self-sense of some of the children who become monomaniacal about achievement in sport. Furthermore, when a child with excellent athletic ability is even modestly challenged in other areas, for example by a learning disability or attention deficit, the child and family may imagine athletic success is the singular ticket to an intangible feeling of accomplishment or more tangible rewards like college admission or financial support.

Sometimes when conflicts in young athletes are particularly sharp and disavowed, they become manifest in action. This can be played out in ways that turn the athlete away from the sport, like rejecting coaching or the demands of training, getting involved with substance abuse or dropping out of sports. On the other hand, some may act out through over-training, inviting injury. In some more troubled young athletes, more general social isolation and body dysmorphic problems may arise.

Both in consultation work with coaches, teams, and organizations, and in the setting of interventions and therapies with athletic individuals, I am impressed that the positive forces that are so compelling about sport can usually be harnessed in the interest of handling inevitable pressures and conflicts. That engagement with a powerfully motivating and gratifying pursuit is one of the reasons that sport psychology consultation to me is a particularly enjoyable area of applied psychoanalysis.

APSA

## Exercise, Mind, and Brain

*Continued from page 1*



John Ratey

My goal was to come back to the Massachusetts Mental Health Center where I felt I was in the midst of ancient Athens. Here I was blown away with the knowledge

and learning that permeated the cockroach-infested halls, though no one seemed to notice. The richness of the teaching and the hunger for learning from the wise men and women who carried the secrets of the universe made the surroundings seem heavenly to those captured by the desire to take it all in.

Like most of my colleagues, I wanted to become a psychoanalyst and was a control analyst in medical school and started my own analysis when returning to Mass Mental. I was captivated by Freud's Project of a Scientific Psychology and a colleague and I had a paper presented at the 100th anniversary at the New York Academy of Science Celebration. My interest has always been to try to make clear the connection between biology and psychoanalytic principles that with our tools we could now begin to explore. The question in the '70s was whether or not to use drugs; to think of exercise as a way to help out

therapy was beyond anyone's wildest proposals. It was truly something akin to Esalen and Aldous Huxley and the California crew to pop LSD, which had been ruled out a decade earlier at Mass Mental, Columbia, and Stanford. But exercise, this was seen as ridiculous.

Candace Pert discovered the endorphin receptor in 1972, and the nirvana syndrome experienced by marathoners was studied and linked to high levels of these internal morphines and thus the "endorphin rush" was born. So common in use, these terms have made their way into the vernacular, and today people say they need to get back to exercising to get their endorphins up when they are feeling down or lethargic. Although not quite scientifically inaccurate, the endorphin high has the connotation that exercising does change the mood chemically, much like our vaunted antidepressants.

our psychiatric drugs: norepinephrine, dopamine, and serotonin. These neurochemicals are immediately, then chronically, changed to help mood, anxiety, hostility, ADHD, stress, and even addictions.

### SELF-EFFICACY VS. PSYCHIC PARALYSIS

Duke, University of Texas, and medical schools in Germany began to plumb the effects of exercise on mood, anxiety, and, later, on intellectual capacities. Exercising groups fared better overall. The components of self-mastery and the sense of accomplishment were attributed to the success. In 1999, Duke conducted the seminal research, comparing a group of sedentary depressed patients who were given increasing doses of sertraline and a group who were started on an exercise program four times per week for 40 minutes. After four weeks, the resulting changes in

As their neurochemistry changed, their sense of being masters of their own fate was challenged.

In the '80s, my own patients presented dramatic supportive evidence. Runners who stopped due to injury fell into depression, dampening their self-esteem, motivation, and confidence. As their neurochemistry changed, their sense of being masters of their own fate was challenged. Chemically, we now know that exercise does not just alter the endorphins but also raises the more familiar targets of

depression scores were similar and again, after four months, there was no difference. Long-term follow up, however, showed that those who continued exercising at 10 months were significantly more improved than those on medication. Self-efficacy, a key factor for positive feelings generated by exercise, enabled patients to triumph over their depressed moods and cementing their gains, gave them tools to help prevent the recurrence in the future. They had learned the important lesson: One's actions can help regulate one's emotional life. Today many studies document that exercise can prevent the fall into "learned helplessness" and exercise triggers the release and emergence from this psychic paralyzed state.

More recently, new body and brain factors stimulated by exercise have been identified as essential to correct and maintain our psychic equilibrium. The endocannabinoids (our bodies' own marijuana), like the endorphins, reduce pain sensation, help make our mood positive, and improve our sense of contentment. Also, atrial natriuretic peptide (ANP), a substance that is made with each heartbeat, that among

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other duties travels up to the brain, is a necessary factor in controlling stress, anxiety, and panic. ANP attaches to receptors in the hypothalamus to modulate its activity, and it is the only peptide that inhibits fight or flight activity in people at all levels of the system. I think it is one of the key reasons that people are more able to do the psychic digging that psychotherapy demands. Hippocrates and psychoanalysis had it right: The heart does play a key role in our emotional regulation and ANP is one of the markers of exercise contribution.

almost magical properties that promote cell growth and development and is a key to learning. It adds resilience, keeping our neurons young and perky, and is necessary for a newly discovered process called neurogenesis, or the growth of new neurons in the brain from our own innate stem cells. As well, this mother of all brain growth factors helps us fight stress, has antidepressant and anti-anxiety properties, and has been the center of interest in efforts to beat the clock in keeping cognitive decline and Alzheimer's from our doors.

“In order for man to succeed in life, God provided us with two means, learning and physical activity.”

—Plato

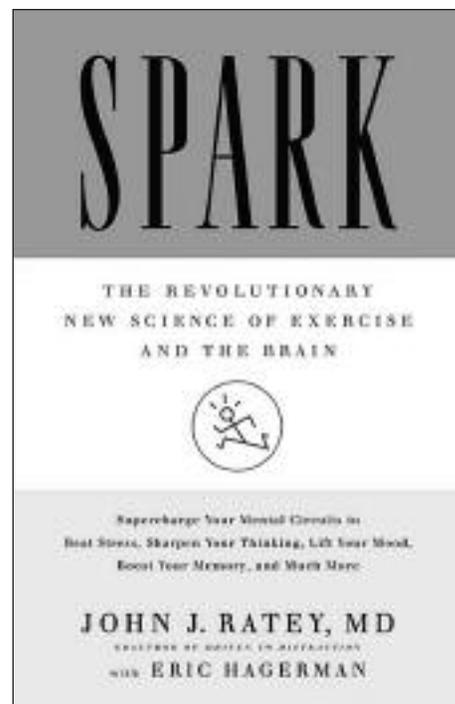
#### BDNF: MIRACLE GRO FOR THE BRAIN

The interest in the neuroscience of exercise surged in 1995 after a large MacArthur study looking at the activities that prevented the onset of Alzheimer's showed exercise to be the strongest variable. Carl Cotman, at UC Irvine, began to look at what was really going on in the brains of running mice versus sedentary mice that allowed them to be 20-30 percent quicker on some tests of intelligence. He discovered that they had thicker brain cells and more of them in the hippocampus. This correlated with a tremendous increase in a newly identified substance called brain derived neurotrophic factor (BDNF)—our brains' fertilizer—made when exercise or learning causes our brain cells to fire and produce what I see as one of the many gifts of evolution. Brain Miracle Gro or BDNF has



From this study onward, there has been an avalanche of studies looking at how exercise affects the brain, both clinically and physiologically, and now I receive at least 40 new abstracts per week on exercise's effects on the brain and psyche from the National Library of Medicine up from about 2 to 10 per month prior to this seminal work.

Another key area that is just as dramatic occurs when programs that offer vigorous daily exercise are brought into an inner-city school; there is an immediate and persistent rise in attendance and drop in discipline problems. An inner-city charter school in Charleston, South Carolina, started just 30 minutes of active participatory games in the morning for 125 children in grades 4 to 8 and found an amazing 82 percent drop in discipline referrals compared to the previous year. Another school in Colorado has been using a “time in” procedure of vigorous exercising for their out-of-control elementary school students rather than the classic “time out” and they have found much better results. Now the children are being taught that they can do something to bring their impulsivity under control.



They can be the agent of change and this has helped the program gain national attention. Many studies are now showing that physical exercise is a causal agent in increasing human brains to think better and more clearly; in the schools this leads to better test scores as well as an improvement in emotional regulation.

I think it is high time that all of us recognize and pass on to our patients the benefits of Plato's wisdom: “In order for man to succeed in life, God provided us with two means, learning and physical activity. Not separately, one for the soul and one for the body, but for the two together. With these two means, man can attain perfection.”

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# From Psychoanalyst to Psychoanalyst/Researcher: A Personal Journey

Ira Lable

I was asked to share my recent journey as an evidence-based researcher and practicing psychoanalyst. I have had a hidden demon in my unconscious for a very long time, inaccessible to me over the last 25 years. Having worked hard at my institute and at the American Psychoanalytic Association as a teacher, administrator, and supervisor of candidates while serving as a training analyst, there remained part of me that envied the empirical researcher. The world of research grants, statistical analysis, and evidence-based treatment was essentially off limits to most analysts due to a culture of relative isolation from typical scientific methods thought not to apply to our field. There was a feeling, I believe, that only someone analytically trained could understand psychoanalysis, thus we could not trust others to explore aspects of our realm. These issues were addressed by thoughtful and creative thinkers in the area of psychotherapy and psychoanalytic research, but I did not have the tools to understand their efforts nor the encouragement to learn them. Then I joined the Psychotherapy Research Program at the Massachusetts General Hospital Department of Psychiatry.



Ira Lable

process. I have become aware of a dedicated group of psychotherapists and psychoanalysts who hope to add answers to important questions through innovative evidenced-based research. One of my wishes in this regard is that psychoanalytic institutes, both faculty and candidates, have access to this kind of creative exploration of our work. Several psychoanalytic institutes have included the study of psychoanalysis through process and outcome research courses. I have learned how essential it is for the beginning researcher to have a knowledgeable group of collaborators to guide one through the maze of research administration and development.

## MASTERS OF CHANGE

Psychoanalysts are missing a wonderful piece of the larger intellectual community, which includes empirical researchers. Psychoanalysis can be studied empirically and not destroyed in its essence, which is what I suspect is the fear. We may even get closer to defining what psychoanalysis is through these studies. I emphasize that I see empirical research as an addition to the larger psychoanalytic debate, not a replacement. I do not feel this is necessary for psychoanalysis to survive, but rather to thrive. There is a fear among some analysts that the truth of the unique and irreplaceable psychoanalytic treatment experience, which is a shared experience of being known by another and that one is knowable, cannot be studied empirically. The shared experience of being open to one's unconscious liberates and educates one's core self, and the chance that the many routes to that experience would be lost is almost unthinkable. Thus, it is guarded sometimes by the fiercest attitudes, including a kind of solipsistic isolation. I do not feel that the inclusion of forms of empirical research, with its enormous creative thrust will injure psychoanalysis but rather enlighten all of us to the unique clinical and theoretical urgency of psychoanalysis. Analysts are the masters of change and the owners of a burgeoning literature of how people

Psychoanalysis can be studied empirically and not destroyed in its essence...

## THE BEGINNING

When I began, I never thought I would become more than an analyst consultant, probably expecting to tell the group that what they did was inherently misleading and misguided. Instead I have opened up a new way of thinking about being an analyst and being true to my patients by adding another form of inquiry besides inductive reasoning to explore the dynamic unconscious and psychoanalytic

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The excitement that I have experienced with empirical research at the Psychotherapy Research Program and continue to enjoy is the sense of discovery of a different kind than the therapeutic adventure of clinical psychoanalytic discovery and immersion. Some similarities exist, like the sense of the unknown, the struggle to understand the "data," and the immersion in a process of discovery. One of the most rewarding aspects of the researcher is the camaraderie and group development, which is "organic" in its growth. People are always interested in exploring new and old ideas and how they can be studied. This delight with the opening up of new ideas to study with ever changing methods is a joy to behold.

change, now from both theoretical and research perspectives. It is another essence of psychoanalysis that there is meaningful change for those stuck in the mire of symptomatic repetition. Yet we are all in the position of being alienated from the kind of change that might emerge from research of all kinds.

The use of the couch and the frequency of sessions are obvious researchable questions though there are also less obvious questions to study. The whole debate about self-disclosure versus neutrality or the "blank screen" could be studied. Instead of listing the myriad possibilities for study, I wonder more how to develop a climate in our institutes and professional

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## Imaging Attachment

Andrew J. Gerber

Bowlby's theory of attachment has been a productive source of empirically-testable psychoanalytic theories. For more than 30 years, attachment researchers, led by Mary Ainsworth and her successors have demonstrated that the descriptively unconscious strategies that a child uses to regulate emotional reactions to separation from a caregiver are related to (a) the ability of that child to adapt to his or her environment and (b) the strategies that his or her caregiver used in constructing his or her own narrative of early-life significant relationships. The empirical evidence overwhelmingly has supported the notion that these attributes of a child cannot be reduced to simpler traits of personality or temperament nor can their cross-generational transmission be attributed solely to genetic factors. Thus, the data from attachment research have supported a central tenet of psychoanalytic work, namely that early relationships have an important and irreducible role in shaping descriptively unconscious emotional strategies that in turn influence later behavior and symptomatology.

Research in attachment is keeping pace with the latest advances in how to study the brain and its development. In March 2010, Markus Quirin and colleagues in Germany, Montreal, and Kansas published in the journal *Social Cognitive and Affective Neuroscience* results of a study that used magnetic resonance imaging (MRI) to explore brain differences in individuals with different attachment styles. They measured the density of cells in the hippocampus of 22 healthy young adults without psychopathology and looked for an association between these

observations and two measures of attachment security. Instead of using Mary Main's four-way adult attachment classification system (secure, dismissing, entangled-preoccupied, and unresolved with respect to trauma or loss), they used a newer system of measuring attachment based on the work of Phil Shaver. In this system, a 36-item questionnaire, completed by the study subject, is used to calculate two scores: attachment anxiety and attachment avoidance. Researchers have found that attachment anxiety, which is associated with continuous worries about rejection and abandonment, is related to emotional reactivity and psychopathology associated with the inability to down-regulate physiological arousal. Meanwhile, attachment avoidance, the reluctance to get close or intimate with a relationship partner, is associated with the overzealous use of suppression and repression to avoid emotionally dangerous situations. As psychoanalytic theory would predict, however, the strategies of attachment avoidant individuals frequently fail in difficult situations, resulting in the same level of physiological stress as individuals who show attachment anxiety, despite their superficially different appearance.

### ATTACHMENT ANXIETY, ATTACHMENT AVOIDANCE AND THE HIPPOCAMPUS

Quirin and colleagues found that both attachment avoidance and attachment anxiety were related to a reduced concentration of cells in the hippocampus. By also measuring "neuroticism" (a widely measured personality trait that reflects an overall negative perception of the world across relational and non-relational situations) in their subjects and then statistically removing the effect of neuroticism from the analysis of hippocampal density, they were able



Andrew J. Gerber

to say with some confidence that attachment security brings a unique and relevant perspective to understanding the relationship between structure and function of the brain. However, because the brain measurements were only taken at a single point in time, they were unable to conclude whether it was the reduced volume of the hippocampus that led individuals to be more susceptible to attachment insecurity (i.e., avoidance or anxiety) or whether attachment insecurity and the emotional stress it brings leads to changes in the hippocampus.

The findings of another recent study have been relevant to the question of the causal link between attachment and brain structure. In 2006, Marinus van IJzendoorn and Marian Bakermans-Kranenburg in Leiden, themselves early pioneers in attachment research, published the results of a study that looked for a genetic moderator between maternal unresolved loss and infant disorganized attachment style (a situation in which attachment patterns are so disrupted that the infant cannot settle on either a predominantly avoidant or anxious attachment and is predictive of the highest levels of psychopathology). They found that a change in the gene for the dopamine receptor (DRD4 7-repeat polymorphism) made an infant far more susceptible to the effect of an unresolved mother, than an infant without this genetic makeup and the same early childhood experience.

Taken together, these findings suggest that a combination of a genetic susceptibility (which is probably linked to differences in infant brain structure or function) and early experience may lead to a style of regulating relationships and emotion that is in turn linked to later distress and psychopathology. It is hardly surprising then that no single area of research—whether it be brain imaging, genetics, or attachment behavior—alone can tell a conclusive story about the way a child develops either an effective emotional style or one that results in symptoms at some point in their lives. What is becoming clear, though, is that the role of unconscious emotion and relationship patterns, so central to psychoanalytic theory and practice, in this transmission is crucial. Psychoanalytic theorists and practitioners have much to add to this discussion as they explore the interplay of these factors and perhaps someday apply the findings to their own work.

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# From the Unconscious

Sheri Butler Hunt



I had the pleasure of introducing Aisha Abbasi's poetry with this paragraph once before in TAP and am pleased to be able to do so again. Aisha Abbasi, training and supervising analyst at the Michigan Psychoanalytic Institute, wrote her poems originally in Urdu, which is her native language. Abbasi trained as a physician at Fatima Jinnah Medical College in Lahore, Pakistan. She did her psychiatric residency at Henry Ford Hospital in Detroit. Her Urdu poetry has been published in *Takhleeq (Creation)*, which is a literary magazine in Lahore. She regularly presents her work at *Mushairas* (Urdu poetry readings), which are held in Michigan yearly and are attended by Urdu poets from India, Pakistan, and Canada.

Abbasi collaborated on the translation of her poetry with Carlo Coppola. Coppola earned a Ph.D. degree from the University of Chicago, where he studied Urdu, Hindi, Sanskrit, Persian, and Pali. He cofounded and then for 39 years functioned as the coeditor of the *Journal of South Asian Literature*. He is active in organizing and participating in programs on applied psychoanalysis. He was named Distinguished Friend of Psychoanalysis by the Michigan Psychoanalytic Institute in 2002. He currently teaches at Oakland University where he is professor of modern languages and literatures and professor of linguistics.

Coppola remarks that every translator knows/should know:

Translation is utterly impossible, but...one does it anyway. One does not merely translate words, phrases, sentences, etc.; one translates cultures, world views, belief systems... Translation is a thankless task; not everyone will be pleased with the results, especially the author, if s/he is totally honest with the translator. Generally, the most effective and affective translations have been collaborative; the author working with a translator (preferably a person of letters him/herself) whom the author respects. The Italian expression *Traduttore traditore* (Translators [are] traitors!) is true. Every act of translation is essentially an act of betrayal of one language to another; the justification is, if one is lucky, a glimpse of the original in the target language.

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## SADNESS (Udasi)

Sadness,  
A soul-stinging serpent,  
Spews black venom inside me—  
Clasps me close  
Like an old friend,  
So that its sharp dagger fangs  
Moisten with my blood.  
I had never imagined  
Being away from you would give such pain;  
I feel as if a black sky has burst within me  
And a few of its stars  
Descended into my eyes  
And glittered on my cheek  
As tears.  
This must be an old, old pain  
From a previous separation—  
You \* could not yet mean so much to me.

*\*The speaker uses the formal Urdu second-person pronoun, ap, here rather than the informal tum.*

## IF ONLY (Kas)

If only he were here  
Life would improve;  
Throughout the darkness of my being  
Light would spread  
And for a moment, into my eyes,  
Moonlight would descend.

Merely from his being  
The atmosphere/expanse/plain/courtyard  
(faza) would be intoxicated/giddy;  
In the love-magic,  
The air itself would be lost—  
If he were here,  
Who knows what I'd be—  
If only he were here  
If only he were here.

—Aisha Abbasi  
(Translated from the Urdu by  
the author and Carlo Coppola)

# Peter Loewenberg Receives Nevitt Sanford Award

Joshua Hoffs

*The Nevitt Sanford Award is a career achievement award of the International Society for Political Psychology (ISPP) conferred for applying psychodynamic theory and political psychology to "practical applications that make a positive difference" in the world. Sanford (1909-1995) was a UC Berkeley psychologist who was co-author of *The Authoritarian Personality* and the founder of the Wright Institute which trains clinical psychologists, emphasizing the application of psychodynamics to social and political problems.*

Peter Loewenberg, the 2010 Sanford awardee, is a psychoanalyst and a UCLA historian and political psychologist. His publications include over 100 research papers and books, including *Decoding the Past* and *Fantasy and Reality in History*. Loewenberg applies developmental generational cohort analysis to explain the emotional appeal of Nazism, demonstrating the psychodynamic case that the deprivation and trauma of World War I in central Europe directly created the conditions for Adolf Hitler and World War II.

## FROM CREATIVE GROUPS TO DESTRUCTIVE NATIONALISM

Loewenberg explores the functioning of creative groups, especially the therapeutic excitement created by Ernst Bleuler from 1902 to 1912 at the Burghölzli Cantonal Hospital in Zürich, where the pioneer psychoanalysts in the new century, (e.g., C.G. Jung, Karl Abraham, A.A. Brill, L. Binswanger, and Sabine Spielrein) were first exposed to psychoanalysis. Another study interprets the Bauhaus, center of modern architecture, design, art

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education, painting, city planning, and theater in Weimar, Dessau, and Berlin, 1919-1933, as a secure Winnicottian creative play space. Brilliant innovators such as Walter Gropius, Mies van der Rohe, Marcel Breuer, Wassily Kandinsky, and Paul Klee worked and taught together to revolutionize building, design, and living.

Loewenberg views the Austro-Marxist concepts advanced by Karl Renner and Otto Bauer of personal ethnic identity and cultural sovereignty as syntonically with psychoanalytic understandings of identity and selfhood. He is impressed by the creative Swiss polity that builds in at every level of political decision making the protection of minority ethnic, linguistic, religious, and cultural group interests.

## LOCAL POLITICS: LOBBYING AND MENDING A SPLIT

Loewenberg, with Martin Levine, chaired the committee that fought to pass the California Research Psychoanalyst Law of 1977, which places academic analysts under the California Medical Board to permit university faculty to acquire full psychoanalytic training and legally practice as psychoanalysts.

Loewenberg applies developmental generational cohort analysis to explain the emotional appeal of Nazism... the deprivation and trauma of World War I...created the conditions for Adolf Hitler and World War II.

The law names the four California institutes in the American Psychoanalytic Association (Southern California, Los Angeles, San Francisco, and San Diego) as authorized to train academics in psychoanalysis. Anna Freud wrote, "I think this legal decision is a wonderful thing and will mark an important development in the history of psychoanalysis in America." Loewenberg says, "I am impressed by how in our political system a very small group of neither rich nor influential citizens could seek and successfully



Peter Loewenberg

obtain a hearing and a law they needed on a complex legal and professional issue."

The University of California Interdisciplinary Psychoanalytic Consortium (UCIPC) was founded in 1993 by Loewenberg, Nancy Chododrow, and Robert Nemiroff to bring together academics who are psychoanalysts from humanistic, social science, and mental health disciplines from the 10 campuses of the University of California to dialogue and exchange viewpoints in stimulating discourse across disciplines. The UCIPC is no longer restricted to UC members and is now administered by the New Center for Psychoanalysis (NCP), Los Angeles. As part of his dedication

to bring academia to psychoanalysis and analytic perspectives to teaching, Loewenberg chaired CORST from 1998 to 2001, during the fight to keep CORST APsaA members in the mental health lobbying consortium.

A major achievement of the past decade was the repair of an institutional split in Southern California psychoanalysis. Loewenberg, as SCPI dean and Mark Thompson, LAPSI dean, led the successful effort to reunite the

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# The Battle of the Sexes Isn't Over: An Analyst's Point of View

Wendy Jacobson

The “battle of the sexes is over,” declares a groundbreaking report, “A Woman’s Nation Changes Everything,” published recently by Maria Shriver and the Center for American Progress. The report claims it has been replaced by “negotiations” between the sexes over work, family, home management, child care, and elder care. This report focuses on how government, business, and society must change to catch up with the gender transformation of the American workforce now that “women are half of all U.S. workers and mothers are the primary breadwinners or co-breadwinners in nearly two-thirds of American families.”

From that vantage, yes, the battle of the sexes is over. In our country, at least, there no longer is question about women working outside the home. Frequently it is an economic necessity. But the notion that there is no battle of the sexes over division of labor within the home?

PC nonsense. When the issue is division of labor between dual career couples, often it’s all out war. In fact, this subject may have surpassed other major sources of marital strife—infidelity, addiction, abuse, emotional inaccessibility. It also may help explain recent poll results indicating that women find themselves more powerful but less happy.

The battle results from a confluence of factors. First, the typical dual career family has too much to do and too little time to do it—even when blessed with hired or family help. Second, women are biologically destined and sociologically primed to carry more of the load at home. The situation once was, “men go to war; women have babies.” Now men and women alike go to war both on the battlefield and in the boardroom. But only women can have babies, and this sacred capacity is far

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Wendy Jacobson

more life changing for women than for men. It takes experiencing the intensity of pregnancy, childbirth, and nursing to know this—just like it takes going to

war to know its impact (here men are the authorities since their superior physical strength usually means they’re the warriors).

At first, career women and men both tend to embrace the tilted situation at home. After all, it is nature’s way. But this embrace is also a setup for the imbalance to continue longer than necessary. When this happens, women start to feel something is wrong—often vaguely, at first, but with growing strength. If the imbalance persists, over time women may reach a breaking point as they find themselves overwhelmed by the kids/work/home juggling act. Concomitantly, they feel caught between guilt over wanting to be “good enough” wives and mothers versus resentment over carrying more than their fair share.

Meanwhile, men typically feel fierce pressure to “make it” career-wise in a highly competitive world—arguably a societal pressure still more pronounced for men than for women despite cultural shifts. Compared to their tethered wives, men have had relatively more freedom to pursue their careers. But their load too has vastly increased with the advent of family responsibilities. When wives complain about the imbalance at home, they object, pointing to their unique pressures. They also may view women as bringing misery upon themselves by trying to do too much or being too particular about how things get done. Who cares if we use Christmas napkins in July?

The process is subtle, but its corrosive effects are real. The script, whether expressed or not, goes something like this. Husband: “I’ve got a



career to develop for the sake of this family, and you don’t give me credit for what it takes. And compared to other men, I do so much more at home.” Wife: “Wait a second. You’ve had tons more protected time at work than me. And it’s not fair to compare yourself to what other men do at home. What about other women?”

In essence, women feel they’ve hit a “glass ceiling” in the home, pulling for an adversarial instead of a collaborative relationship over collective aspirations, goals, and principles. To men’s bewilderment and dismay, women’s anger over the impasse may prove a complete libido killer—sex becomes one more burdensome “task” instead of a loving source of emotional and physical replenishment (i.e., it’s not as simple as, “Honey, I’m too tired”).

Danger lurks if couples don’t find a way to wage this battle well. The solution to these inevitable conflicts is not easy, even if social policies improve as advocated by the Shriver report. A few brief suggestions. Women, make a “honey-do” list, and stick to it. Take the extra time to delegate. Or, better still, keep both parties honest by composing the to-do list together; then divide and conquer. Men, have empathy for the challenges career women face, and recognize it is in everyone’s best interest to achieve an equitable distribution of labor at home.

Fight fair in the battle of the sexes on the home front, and you’ll reap plenty of rewards—including good sex between the battles. [APSA](#)

This piece was written for the Huffington Post and reprinted with permission.

# Psychoanalysis and the Far Corners of the World: Four Recent Tour Guides

Jennifer Bonovitz

Culturally derived proscriptions and prohibitions usher us into the world, give shape and texture to our development, guide us through everyday life, and preside over how and when we leave it. Yet psychoanalytic institute curricula, clinical conferences, and analysts in their consulting rooms are curiously reluctant to explore how culture seeps into the pores of our unconscious, infiltrating our wishes, conflicts, representations of self and other, and self with other, as well as representations of the world at large. This is surprising since Freud was an astute observer of sociocultural and political phenomena. In *Civilization and Its Discontents*, he warned that “we are in danger of forgetting how variegated the human world and its mental life are” and emphasized culture’s defensive function in instinctual life by noting that sublimation of instinct is an especially conspicuous feature of cultural development. And yet, his model of the mind had no place for the anchoring, refueling, nurturing, motivating, and pleasure producing functions of our cultural surround. With the notable exception of Fromm, Horney, Erikson, and Winnicott, subsequent analysts perpetuated Freud’s neglect.

This trend is now showing a reversal. There have been number of important books over the past 15 years, including *The Analyst in the Inner City* by Neil Altman, *Reaching Across Boundaries of Culture and Class* by Rose Marie Perez Foster et al, *Colors of Childhood* by Salman Akhtar and Selma Kramer, *Immigration and Identity* by Salman Akhtar, and *Analysts in the Trenches: Streets, Schools, War Zones* by Bruce Sklarew, Stuart Twemlow, and Sallye Wilkinson. These texts have brought the knowledge of

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cultural, ethnic, racial, and class differences within the United States population into the clinical domain of psychoanalysis while also raising important questions about its theoretical assumptions.

A wider net has been cast by four recent books edited by Salman Akhtar. These are *Freud along the Ganges*, *The Geography of Meanings*, *The Crescent and the Couch*, and *Freud and the Far East*. As might be evident from their titles, these books pertain to the peoples and culture of India, Australia, and New Zealand, the Islamic world, and the Far East, including China, Japan, and Korea. Each contains a wide-ranging introductory essay by Akhtar which highlights the terrain—both literal and metaphorical—that the reader is about to encounter.

## INDIA

*Freud Along the Ganges* (2005) begins with an overview of the history of psychoanalysis in India. Akhtar reminds us that the crosscurrents between psychoanalysis and India began with Girindrashekar Bose’s correspondence with Freud in the 1920s. Bose’s book *Concept of Repression* made a significant, but largely unrecognized, contribution to psychoanalytic theory presaging the concepts of projective identification and intersubjectivity later developed in the West. The stultifying influence of two analysts, Owen Berkely-Hill and Claude Daly, who came to India as British army officers, is grim evidence of the profound damage which can result from the oppression of cultural prejudice and attitudes of superiority. Subsequent chapters contribute to our understanding of the long-term effects of India’s partition, the pervasive role of religion in the

life of Indian people, and the unconscious forces contributing to the popularity of Bollywood movies. A significant portion of the book is dedicated to matters of spirituality and Hindu mysticism. The spiritual realm is often neglected by Western psychoanalysts and this may be one factor accounting for the reluctance of those who value spiritual life to engage in psychoanalysis.

## AUSTRALIA

*The Geography of Meanings* (2007) is co-edited with Maria Teresa Savio Hooke, a distinguished psychoanalyst based in Sydney. This book is an IPA sponsored volume that pioneers an attempt to understand the psychological significance of land, space, indigenous cultures, and geographic dislocations. The book grew out of the Australian Psychoanalytic Society’s 2000 Conference in Uluru, Central Australia, described as “a place of profound spiritual and cultural significance for both Indigenous and Australian culture.”

The spiritual realm is often neglected by Western psychoanalysts and this may be one factor accounting for the reluctance of those who value spiritual life to engage in psychoanalysis.

Although it focuses on the Aboriginal culture which goes back at least 40,000 years, this book offers astonishing insights into both the rich heritage and the heartbreaking plight of all indigenous peoples who have been robbed of their land, painfully dislocated, and marginalized, even murdered, by foreign settlers. It challenges us to rethink some of the “institutionalized assumptions about the causes and cures of contemporary psychic ills.” One of the contributors, Craig San Roque, is critical of psychoanalysis for becoming “the handmaiden of the Caucasian psyche.” Referencing Freud’s *Remembering, Repeating and Working Through*, co-editor Hooke, cautions, “With silence, secrecy, and lack of awareness, there will be both repetition and the passing on of depriving experiences and brutalities from one generation to another.”

Continued on page 27

## Psychoanalysis and Government: Why the FIPA Credential Is Important for You

Fredric T. Perlman and Bob Pyles

To most of our members, the role and relevance of the IPA seems vague and undefined. Particularly at dues-paying time, we often hear the refrain, "What does the IPA do for us?" In fact, the IPA does a great deal that is indirectly important to us, such as representing psychoanalysis in Europe, Latin America, and in other developing regions. Perhaps most importantly, the IPA sets minimal international standards for psychoanalytic education. In our case, these responsibilities are carried out by our own Association in cooperation with the IPA.

In many cases, the IPA does help us more directly. There is no better example of that than how it worked with us to establish the FIPA credential for North America.

The Fellow of the IPA credential, or FIPA, was established by the IPA in 2004, following its development in a succession of CIPS, APsA, and North American Psychoanalytic Confederation (NAPsAC) committees, to promote public awareness of the IPA while enabling IPA analysts to identify themselves to the public through the use of a special designation: the letters "F.I.P.A." after their names. It was noted

that the American Psychiatric Association, the American Academy of Psychoanalysis and Dynamic Psychotherapy, and the American College of Psychoanalysis have such fellowship designations. In fact, most specialty societies offer a fellowship designation to their membership.

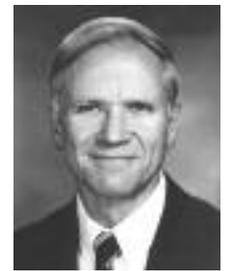
### BIRTH OF FIPA—SETTING A PROFESSIONAL STANDARD

The immediate occasion for the FIPA was the passage of a New York state law creating a license for psychoanalysts. The law, promoted by the National Association for the Advancement of Psychoanalysis (NAAP), was enacted in order to regulate otherwise unlicensed practitioners and featured minimal criteria for licensure. These criteria, based on NAAP educational standards, define licensure-eligible analytic training as comparable to "a master's degree in a mental health field" and include no frequency standards for training and control analysis. The New York law was the third such law passed in the United States, following passage of similar laws in Vermont and New Jersey.

Passage of the New York licensing law has resulted in the licensure of about 850 practitioners as "licensed psychoanalysts" or "LPs" and the accreditation of 15 licensure-eligible psychoanalytic institutes, including the Blanton-Peale Institute (established by Smiley Blanton and Norman Vincent Peale), the Gestalt Associates for Psychotherapy (providing licensure-eligible training in Gestalt psychoanalysis), and the C.G. Jung Institute, to name a few. A particular difficulty associated with the New York law has been that psychoanalysts licensed in traditional mental health professions cannot take the new license without sacrificing professional privileges (e.g., independent treatment of persons with severe disorders). If the



Fredric T. Perlman



Bob Pyles

law had been implemented without any action by the community of IPA analysts, it would have left the vast majority of IPA analysts with no widely recognizable credential in psychoanalysis, while the newly licensed practitioners, typically with far less training, would hold a very official state license in psychoanalysis!

### INHERITING TRUST

It was clear that the new law would create a confusion of identities, giving rise to two very different communities of psychoanalysts, leaving the public without a means to differentiate between them. A particular concern was that the newly licensed practitioners would inherit the reputation achieved by IPA-level analysts, and, moreover, be credited with the superior outcomes now being documented by our research.

Every committee that addressed this issue agreed that we needed to differentiate ourselves from the growing number of practitioners in New York and elsewhere, who utilize the professional designation "psychoanalyst" but do not represent our training or practice standards. In order to achieve this goal, we needed, as a start, a designation by which to identify ourselves. After considering many options, all our committees concluded that the IPA membership of North America, representing 4,000 members and an international standard for training, constituted an ideal community to share this new designation.

The IPA board, recognizing the challenges we face, voted to create the FIPA for North American members of the IPA, with an option for other regions to create a similar credential utilizing terminology appropriate to their own linguistic traditions. With the implementation of the FIPA by the IPA in 2004, responsibility for exploiting its potential fell to us, the IPA analysts of North America.

*Continued on page 27*

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Robert Pyles, M.D., FIPA, *president-elect of APsA, is chair of the Committee on Government Relations and Insurance. As former chair of the IPA Credentialing Committee, he supported and implemented the FIPA.*

Fredric T. Perlman, Ph.D., FIPA, *is past president of CIPS and a member of the Committee on Government Relations and Insurance. He was formerly co-chair of the CIPS, APsA-CIPS, and NAPsAC committees that developed the FIPA proposal.*

## MARKETING OUR PRACTICES AND PROFESSION

A growing number of our members are now utilizing the FIPA designation on business cards and other public representations, and some societies and institutes feature the FIPA on Web sites, bulletins, and in recruitment efforts. The FIPA is also publicized on the new NAPsaC "Find An Analyst" Web site ([www.findananalyst.org](http://www.findananalyst.org)) along with other information about psychoanalytic training and outcome research. This Web site, which markets all our practices, will soon be promoted through Google advertisements, courtesy of an IPA grant. While FIPA usage is increasing, we have still not reached a "tipping point" that moves everyone to use it. We are trying to reach this level and urge every one of our members to use this designation. Every individual who uses the FIPA is promoting not only himself but our whole profession.

While the FIPA is intended to promote professional representations of individual practitioners, the long-term objective of the FIPA

project is collective not individual. Every profession must establish a unique identity in order to promote its social standing, including its credibility as a community of experts and the social value of its specialized expertise. This status is pivotal, not only to the marketing of professional services but to its efforts in promoting favorable social conditions for practice. Every profession devotes a measure of its capital, often a significant proportion of its treasury, to public policy initiatives.

APsaA has long been committed to a vigorous program of advocacy to protect and preserve professional privileges and patient rights, such as confidentiality, the privacy of patient health records, and the right to private practice. The Committee on Government Relations and Insurance (CGRI) is the expression of this commitment. The FIPA is a tool that will facilitate and strengthen these efforts on Capitol Hill and in the capitals of each state in which we pursue these efforts.

As this article goes to press, we are confronted with yet another licensing challenge,

this time in Massachusetts, where a growing NAAP community is sponsoring legislation that would create licenses in "autonomous psychoanalysis" and "autonomous psychoanalytic psychotherapy," again based on NAAP training standards. The passage of this legislation would further erode the meaning of the terms by which we define ourselves and our profession. A fuller and bolder utilization of the FIPA designation by IPA members in Massachusetts and elsewhere in North America will help us communicate our collective identity as founding stakeholders in the profession of psychoanalysis and thus strengthen our efforts to preserve psychoanalysis as a learned profession in Massachusetts and elsewhere in the United States.

APsaA

*The health care bill, which was finalized in Washington after TAP went to press, will be covered in the next issue.*

## Tour Guides

*Continued from page 25*

### ISLAM

*The Crescent and the Couch* (2008) constitutes a timely effort to address the dangerous, potentially incendiary, ignorance about Islam, not only in the non-Muslim world in general but within psychoanalysis in particular. The book has chapters on the history of Islam, the biography of its prophet, Mohammad, in addition to many world-renowned Muslim individuals. It also contains chapters on Islam's encounter with Judaism, Christianity, and Hinduism. Hossein Etezady's chapter "Rapture and Poetry" is an outstanding example of the book's successful bridging of psychoanalytic concepts and vital aspects of Islamic life, in this instance faith. After exploring the 13th century Persian poet Rumi's "boundless creativity and transcendental consciousness," Etezady concludes: "If we view faith as a state of relatedness to an object whose dimensions exceed the limits of emotional or cognitive mentation, we can utilize an object relations model of the mind, separation-individuation theory, and the intersubjective experience to

define and elucidate faith as an individual experience, as well as an organizing agent of communal...and enduring significance." Chapters with more direct reference to psychoanalysis also exist in the book; these include Akhtar's historical account of Muslims in the psychoanalytic profession and Aisha Abbasi's lucid report on her experience as a Muslim analyst working with non-Muslim patients.

### JAPAN, KOREA, AND CHINA

*Freud and the Far East* (2009) paints broad brush strokes of the historical development of psychoanalysis in Japan, Korea, and China. Keiko Okinogi's chapter on Japan describes a number of concepts which may have universal application. For example, Takeo Doi's *amae*, meaning to depend and presume upon another's love, captures the infantile origin of love, providing a term that is missing in the English language. In a later chapter Daniel Freeman deepens our understanding of *amae* from a developmental perspective and relates it to Mahler's concept of refueling and to differences in the separation-individuation process in Japan. Mark Moore's chapter on *wa* provides brilliant insight into the Japanese

desire for harmony in relationships with others, a way of being that may arouse irritation in "foreigners" because they misunderstand it to be oblique, rigidly conforming, or nonassertive.

Together these volumes provide North American psychoanalysts with an opportunity to learn about the sociopolitical history, cultural institutions, family structure, fables and epic poems, movies, and literature of a large segment of the world's population with whom they ordinarily remain unfamiliar. The discourse in these books underscores the complex interplay of the drive and the ego-driven development of personality with the powerful forces of ancestral legacies and their attendant myths and fantasies. By juxtaposing the familiar idiom of psychoanalysis with the ever-elusive narrative of culture, the four volumes deepen our understanding of how the "unthought knowns" of culture place their stamp on our fantasies, dreams, unconscious wishes, conflicts, defenses, transferences, and countertransferences. In a world that is vulnerable to indifference, if not outright prejudice, towards geographically remote groups, such knowledge can only enhance the possibility of mutual understanding across the globe.

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## Meeting Highlights

Continued from page 7

### FILM WORKSHOP

The highly acclaimed film, *Precious: Based on the Novel "Push" by Sapphire*, will be the starting point for an exploration of the opportunities and obstacles in working with people from America's underclass who have experienced intergenerational trauma. Psychoanalysts Bruce Skalrew (chair), Sandra Walker, and Carlotta Miles will be joined by Annelle Primm, a psychiatrist and deputy medical director of the American Psychiatric Association, in a discussion with the audience after viewing this evocative film.

### MEET THE AUTHOR

Donnel Stern, considered one of the pioneers of interpersonal psychoanalysis, is a training and supervising analyst at the William Alanson White Institute and the former editor of *Contemporary Psychoanalysis*. Stern will summarize his new book, *Partners in Thought: Working in Unformulated Experience, Dissociation, and Enactment* (2009, Routledge), followed by commentaries by Stanley Coen and Jack Foehl, with Bonnie Litowitz as chair.

### TWO-DAY CLINICAL WORKSHOPS

We are fortunate to have a diverse offering of clinical workshops for the June meeting, representing self-psychology, contemporary ego psychology, and neo-Kleinian perspectives. Irene Cairo chairs the workshop with featured discussant Anna Ornstein. Ornstein, a graduate of the Chicago Institute for Psychoanalysis, studied with Heinz Kohut in Chicago and is emerita professor of child psychiatry at the University of Cincinnati, a training and supervising analyst at the Cincinnati Psychoanalytic Institute, and a supervising analyst at the Boston Psychoanalytic Society and Institute. Anton Kris will be the featured discussant in the workshop chaired by Nancy Chodorow. Kris, author of *Free Associations: Methods and Process* (1996, Routledge), is training and supervising analyst at the Boston Psychoanalytic Society and Institute, and well known for his contemporary approach to classical conflict theory and ego psychology. Sharon Zalusky Blum chairs the workshop featuring



Renaissance Washington D.C. Downtown Hotel

John Steiner. A member of the British Psychoanalytic Society, Steiner's *Psychic Retreats: Pathological Organizations in Psychotic, Neurotic and Borderline Patients* (1993, Routledge) is considered a classic in the contemporary Kleinian tradition.

The psychotherapy workshop, chaired by Alan Pollack, features discussant Shelley Orgel. A training and supervising analyst at the NYU Psychoanalytic Institute and associate editor of the *Psychoanalytic Quarterly*, Orgel is well known for his contributions to psychoanalytic theory and education. Christine Kieffer chairs the child and adolescent workshop with Robert Galatzer-Levy, a child, adolescent, and adult training and supervising analyst at the Chicago Institute for Psychoanalysis. A developmental self-psychologist, Galatzer-Levy is also highly acclaimed for his work in child custody decisions.

### OTHER PROGRAMS OF INTEREST

With the plethora of offerings, including over 40 discussion groups, several scientific papers, committee sponsored workshops, programs for psychiatric residents, psychology, and social work students, and a variety of social events, attendees will be faced with some tough choices. In addition to the educational opportunities at the Renaissance Washington D.C. Downtown Hotel, the Freud Archives at the Library of Congress, including home movies of Freud, will be available for viewing between 11:00 a.m.-3:00 p.m. on Friday, and a special session on psychoanalysis and baseball is being planned with an opportunity to attend a Washington Nationals-Pittsburgh Pirates game along with a private tour of Nationals Park. Clearly D.C. is the place to be this June.



## Concert Hall

Continued from page 12

"citizenhood" and is equivalent to the Latin "civitas," also connoting citizenship. The polis-centered Hellenistic influence of the ancient world continues at 21st century-Juilliard under Joseph Polisi's leadership. The policies (also a derivative of "polis") of interdisciplinary collaborations at the school, and the local, national, and international outreach programs that he has initiated at Juilliard do more than provide a musical education, a sense of citizenship, and community and physical structures for living and working. These innovations also foster the development of mental structure and enhance the musical and emotional growth of our future cultural ambassadors and citizens of the contemporary world who transmit our cultural heritage. Polisi's leadership at Juilliard has made it clear that playing a musical instrument is much more than playing the right notes (often as virtuosic as possible). To quote Polisi, "There should be no dividing line between artistic excellence and social consciousness. America's artists of today must take on the challenge of synergistically applying these two elements if the art forms we embrace are to continue to flourish and to communicate the human values that emanate from them."

Polisi's visions and actions about extending the intrinsic value and communicative power of music and the arts both within and beyond the practice room and concert hall are compatible with applying psychoanalytic principles within and beyond the couch and the consulting room into the community of ideas and in diverse arenas such as education, community organization, and social and political discourse. Toward these noble objectives, music and psychoanalysis are enriched by one another.



## A Personal Journey

Continued from page 20

meetings where this kind of endeavor is valued and rewarded. We must get over the idea that to study psychoanalysis will necessitate observation that will change the experience so profoundly that it would no longer approximate psychoanalysis.

### AN IPA GRANT TO STUDY THE COUCH

As part of my transformation to analyst and clinical researcher, I received a grant from the International Psychoanalytical Association to study the effect of the use of the couch on psychoanalytic process. We used the Psychotherapy Process Q-Set, a research tool developed by Enrico Jones that can assess therapeutic hours for the presence of psychoanalytic process. Our paper is titled "The Effect of the Couch on the Psychoanalytic Process: An Empirical Study." My co-authors are Ray Levy, Stuart Ablon, John Kelley, Woody Waldron, and Julie Ackerman. We used archived analyses in which the analysands were lying down and sitting up during different phases of the treatment. There are great difficulties in assessing the results of this kind of investigation: choice of sessions, limited access to taped analyses, and

overall study design. Controlling the multiple variables—analyst training and style, patient diagnosis and presenting problem, and the idiosyncratic response of both analyst and analysand to the patient lying down and not seeing the analyst—is also a challenge. We are presently examining the types of research design available to stimulate the psychoanalytic community to undertake further empirical investigations of the important theoretical and technical ideas underlying the use of the couch in psychoanalysis.

I feel personally the fear of losing the special nature of psychoanalysis and psychodynamic psychotherapy and the access to the nature of the dynamic unconscious that are their unique contribution. I believe that psychoanalysis and psychoanalytic psychotherapy overlap in their ability to access unconscious meanings and develop insight through affective understanding.



Freud's couch

And yet, I remain in conflict, a part of me continuing to believe that four to five times a week on the couch remains the gold standard for the thorough treatment aimed at the modification of multiple transferences and assessing the unconscious. However, there is a stronger "drive" that is a basic part of the psychoanalytic community, to explore the functions of the mind, and especially to ask questions and devise ways of answering them. Being an evidence-based researcher/psychoanalyst is part of that long psychoanalytic tradition. 

## Nevitt Sanford Award

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two California institutes that had split in 1950 by forming the New Center for Psychoanalysis in Los Angeles. Eight years ago they initiated the reunification by combining the



Joshua Hoffs

two first-year classes. Today the split of 1950 has been undone, if not fully healed. The center now has assets of over \$8 million, state approved Ph.D. and psychoanalytic psychotherapy programs, and the most successful interdisciplinary psychoanalytic research training program in the world.

### RETURNING TO CHINA

Loewenberg, who spent his first four years in China, has chaired the IPA China Committee since 2005. The committee's dedicated members are: Alf Gerlach (Saarbrücken), Maria Teresa Hooke (Sydney), Tomas Plänkens (Frankfurt). Sverre Varvin (Oslo), and IPA training analyst Irmgard Dettbarn (Beijing). With the collaboration of Chinese mental health administrators, Xiao Zeping in Shanghai and Yang Yunping in Beijing, the China Committee has established an IPA Allied Center in China and begun formal psychoanalytic training in Beijing with a class of nine candidates. In contrast to the West, where most of the candidates are interns and recent graduates beginning their careers, in China there are hospital administrators and professors of psychiatry who are advanced in their mental health careers in analytic training.

With co-editor Nellie Thompson, Loewenberg is editing the IPA Centennial history volume, *100 Years of IPA*, which has contributions from the history of each of the 39 IPA societies, most of them non-Anglophone.

Currently Loewenberg is engaged with the psychodynamic implications of *face* in Chinese culture and its effects on Sino-American diplomacy. He believes the West has much to learn from China in the important realms of interpersonal relations and public tact and sensibility. His research focuses on the humiliating Chinese traumas and exploitation during 150 years of Western imperialism as the context of the diplomatic rupture after the American rocketing of the Chinese Embassy in Belgrade in 1999 and the downing and seizure of an AWACS U.S. surveillance plane in Hainan Island in 2001. His Nevitt Sanford plenary address to the ISPP World Congress in San Francisco this July will be "Face in Chinese-American Diplomatic Relations." 

## Reparation

Continued from page 8



Bruce Sklarew

The only mother depicted is alternately punitive, depriving, and seductive. Little Eyes and Pedro yearn for the older Jaibo as a potential father, but identify with him in his con-

scienceless, relentless violence, and nefarious manipulations. The film illustrates Leonard Shengold's view that "deprivation can lead to the same traumatic and sadomasochistic imbalance as overstimulation." Bunuel implies that because of a lack of loving, consistent parental relationships, internal aggression cannot be mediated and that individual aggression is reinforced by the humiliation and injustice of an aggressive society.

John Singleton's 1992 *Boys 'N the Hood* compares two families—Tre and his educated, middle-class father and, across the street, an underclass family that includes Ricky, a football player awaiting his SAT scores, Doughboy and other half brothers, and their drug-addicted mother. The adolescents were involved with three other youths in a "dissing," and Ricky is killed in revenge and held by his friends in a poignant pieta image.

The film continues with Doughboy shooting Ricky's murderers and, according to the story, Doughboy is shot two weeks later.



*Boys 'N the Hood*



*Boys 'N the Hood*

One motive to kill the murderers was revenge, but it was also because the adolescents could not deal with the shocking traumatic loss of their sibling; they did not have the capacity to mourn, to bear the depression. Tre struggles to bear the loss. He readies his gun to kill, then, aided by the warnings and support of his father, temporarily decides against it. Nonetheless, he joins the retaliators but after hours of searching for Ricky's killer, his reluctance predominates, and he asks to be let out of the car. Because of his more empathic parenting, Tre has more ego strength t h a n Doughboy and his half-brothers who overreact to "dissing," seek immediate gratification, have less frustration tolerance, and feel more humiliated, ashamed, and helpless about the loss.



*Boys 'N the Hood*

Among the indicators of helplessness, neediness, and primitive oral yearnings are many soda bottles, drugs, and a pacifier. They lack the capacity for coping with these feelings or doing the work of mourning. To do so would involve acknowledging the loss, bearing it, working it through, and emotionally detaching from the lost one so that they have the opportunity for reinvestment in learning and adaptive relationships.

Some adolescents deal with the threat of the abyss of mourning and depression by acting-out sexually, aggressively, and with drugs. To illustrate this hypothesis, one inner-city boy told of a friend whose older brother was shot at the edge of the school ground. In recounting this, the boy said, "I feel so sad that I am about to cry, and then I get mad and beat

people up and start messing stuff up. I want to kill the person who did it." Another boy said, "The sadness tries to get out but it can't."

Gandhi said, "An eye for an eye makes the world blind," and Auden said, "Those who do evil to others have evil done to them."



*Boys 'N the Hood*

These ideas are also, of course, most relevant to many situations including initiating and perpetuating warfare. Both individuals and political entities project badness as well as helplessness, impotence,

and rage onto the other, justifying destructive retaliation.

The victim of physical, mental, or sexual abuse turns from the passive vulnerable position, and by identifying with the aggressor becomes the active perpetrator, often enjoying some of the destructiveness of the hatred. As in the film, it can then provoke retaliatory violence because the victims and their friends feel the same kind of shame and humiliation. One sees another victim and potential aggressor in the cycle of violence in the one-year-old infant in the film who is exposed to the trauma of seeing his bleeding, dead father and the reactions of his caretakers.

There are certainly many other causes for the violence that we see in the inner city.

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*Faithless*

Set against a background of slavery and segregation which has already initiated a sense of degradation, these include the availability of guns, drugs, the rich/poor gap, poor schools, the intensity of racial discrimination, and the lack of opportunity. Could the U.S. murder rate that is 10 times that of Western Europe relate to the history of slavery? Joseph Noshpitz sees slavery and the ensuing traumatic history as building up an "inner hater, inner enemy, and inner destroyer. This is portable, they carry it with them everywhere." Few youths escape its effects. Someone like Tre in *Boys 'N the Hood* who was given great positive input can overcome the pressure of the self-destructive moiety, but that is exceptional. "Most simply hate themselves (albeit largely unconsciously); when they are dissed or insulted, they have extreme reactions not only to the external threat but to the even more painful inner doubt of derisive self-devaluation."

SEPARATION, DEPRIVATION, AND BETRAYAL

These issues of loss, mourning, and reparation are included in the presentation by Lissa Weinstein and Diana Diamond entitled "Faith and Faithlessness: The Role of

the Erotic Imagination." They say that the representational world with its myriad images of self in relation to others and the feelings and fantasies that link self to object finds its most complete and faithful expression in cinema. Accordingly, film remains an arena for the exploration of fundamental relational processes and dilemmas that confront us,

including those involved in the formation and breaking of long-term erotic attachments. In this discussion group, we will explore issue of faith and faithlessness in romantic attachments as they are depicted cinematically in two films, *Love*, by the Hungarian director, Karoly Makk, and *Faithless*, which was written by Ingmar Bergman and directed by his romantic partner and muse Liv Ullmann. Both films explore the power of the imagination to sustain erotic attachments, even in the face of loss and deprivation, separation and betrayal. The plot of both films centers around issues of faith and faithlessness, and both illuminate aspects of the representational world, including the nature of object relations, that are both the cause and



*Faithless*



*Faithless*

Clips and briefer discussion of other films including *Private Confessions* (Ullmann, 2006), *Brief Encounter* (Lean, 1945), and *Love* (Szabo, 2002) will also be included. The focus will be on the ways in which aspects of cinematic technique utilized in these films are uniquely suited to illustrate the relationship with the internal object, constructed and transformed

through the erotic imagination, and how this relationship continues to evolve and change throughout one's life, catalyzing shifts in one's experience of self and others, even in the face of death and separation. Also explored will be the ways in which these films are to some extent autobiographical and bring together the fantasy life of the director/screenwriter and the audience. We will also look at the ways in which socio-historical conditions may catalyze or curtail the reliance on and development of the representational world and may foster the displacement of Eros onto the world of objects and memory.



*Love*

consequence of infidelity, the transformations in internal objects and one's relation to them that occur in processes of loss, mourning, and reparation, and the reparative function of the creative process itself.



*Love*



*Brief Encounter*

## 99TH ANNUAL MEETING

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 Speaker: Julie Jaffee Nagel, Ph.D.

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- Thought, Word and Action: Can the Analyst Think While Enacting?
- Psycho-analytically Informed Psychotherapy for Psychosis
- Child and Adolescent Panel: Psychoanalysis with Children and Adolescents Who Have a Chronic Physical Illness

#### SPOTLIGHT ON:

#### **Freud Exhibit at the Library of Congress**

APsaA is very proud to announce a special exhibit on Sigmund Freud taking place at the Library of Congress. Organized by member Dr. Harold Blum, this is a unique opportunity to view a select representation of historical documents and mementos pertaining to Freud.

#### **Baseball and Psychoanalysis**

Come join Dr. Robert Pyles and Stan H. Kasten, President, Washington Nationals Major League Baseball Team for an informative and interesting session on baseball and psychoanalysis, followed by a private tour of the ballpark and terrific seats to the Washington Nationals vs. Pittsburgh Pirates game.

**SAVE  
 THE DATE!**

June 9-13, 2010  
 Washington, DC