

The Future of APsaA

APsaA Presidential Plenary 2/14/21
Summary and logs of the Q&A and the chat.

The Plenary on The Future of APsaA was inspiring. Over 500 attended a panel with Bill Glover, Kerry Sulkowicz, Bonnie Buchele, and Holly Crisp. We began as a Webinar with opening remarks by the panelists and the Q&A and Chat going only to the panel. The Q&A was soon flooded and there were calls to open the Q&A and the chat to the group. Realizing our topic called for inclusion, we opened both channels to the group. The exchange was stimulating and a bit unwieldy, but the response was worth it. We had 105 posts to the Q&A and a similar number on the chat.

To give you a sense of the Plenary we have prepared this draft summary to accompany the Q&A and chat logs. Remember, this is part of a continuing national conversation and there will be multiple opportunities to participate. Kerry and I and members of the Board are available to meet with local groups in formats of your choosing. Local leaders can contact Debbie Steinke for scheduling.

Voices from across the association and from outside of APsaA were heard and the log entries will inform future discussions. Speaking for myself I can tell you it was a real shot in the arm (pun intended). It's not always clear that people are listening so to have such a great response energizes and directs the leadership. Please keep it up!

Each panelist will summarize their opening comments and then we've summarized the exchanges between the panel and audience questions. The logs follow.

Bill

I began by emphasizing that APsaA is at decision point – to continue our traditions and adapt to the changing world we need a new business model or we will have to downsize. The environmental fit of our organization is being tested. We are an ageing, mostly white association at risk of being marginalized. This impacts not only our membership and our finances, but also our energy and our relevance to younger, more diverse generations. In making the case for change we often focus on the negative but as Lee Jaffe reminded us in receiving a Presidential Award, APsaA has been a professional home that has nourished us. We have a wealth of experience and knowledge. We've come a long way, correcting past mistakes while building on the successes. Let's not forget to honor the past while we adapt to our changing world.

APsaA has always been both a professional association of psychoanalysts AND a leader of the broader psychoanalytic movement. We've been able to do both, but our leading role has ebbed with our declining numbers and influence.

Here's where opportunity comes in. In this year of COVID, APsaA spontaneously opened itself to the broader psychoanalytic community - psychotherapists, academics, and others interested in psychoanalysis.

The response of the broader community - to our COVID resources, our Town Halls, our peer consultation groups, and our meetings has been terrific, a breath of fresh air, and the perception of APsaA is changing from exclusionary to welcoming. It's been heartening to see a new, more diverse attendance in our activities. The increased social engagement reflected in our programming and public positions is well received by people we haven't been reaching. This demonstrates the potential for expanding our membership. Let me add that our turn to the social and inviting in the broader community doesn't mean we will neglect analytic education and practice. On the contrary, I believe the broader focus will enhance clinical psychoanalysis, make us stronger and more relevant.

Kerry

I wanted to emphasize the role of loss that many are feeling in the context of change. One metaphor for this loss is the Waldorf, where generations of analysts gathered every winter to exchange ideas, see old friends and make new ones. I suggested that this sense of loss is quite real, but may also be a complex, ambivalent experience in terms of what the luxurious hotel on Park Avenue represented. It was a venue to celebrate our love of psychoanalysis and grow professionally, to be sure, but also a bastion of white privilege and patriarchy, and an icon of grandeur that may be linked in our minds with the place psychoanalysis once occupied in society and the world of ideas. I mentioned the iconic clock in the hotel's grand lobby that served as a gathering place and suggested that - especially in these pandemic times - we need to find new ways of being together.

We should pay more attention to the economics of practice, to ensure that potential trainees aren't blocked from pursuing analytic training because of the high cost of their personal analysis and supervision, and the sacrifices they need to make to undergo the years of training, such as less time with family and other activities that might provide a fuller and more balanced life.

We are in the middle of a global mental health crisis that I have referred to elsewhere as a pandemic of anxiety. Awful as it has been, the twin pandemics have also presented an opportunity. I often quote Churchill who said "never let a good crisis go to waste", and for our field, this may be one of those moments. Mental health is top of mind for the country now, and there are several silver linings: one is that it further destigmatizes the subject of mental health. Another is that we have proven that psychoanalysis and psychotherapy can be conducted virtually, even though they may not be the same as in

person, or our preferred way of doing things. But we can now say, definitively, that it can be done, that it works, and that's ultimately good for society and for the profession, because it makes treatment so much more accessible. The pandemic has also helped circumvent some of the common resistances to treatment. I think that our profession's increased level of social engagement is relevant here, too. It is not a distraction, but in fact an expansion, and an acknowledgement that we humans live in a complex social world, and that our older, more exclusive focus on the dyadic relationship of analyst and analysand may have minimized the impact of the external world.

While we wouldn't have wished any of this on ourselves or on society, the pandemic may pave the way to a new but different golden age for psychoanalysis, if we have the foresight and the courage to take advantage of it before the window of opportunity closes.

Holly

I mentioned that there is much to celebrate in this time for candidates, including an increased welcome to candidates in the organization. Now, candidates are not only invited to participate in events of the organization, they are welcome on committees, in presentations, and in the full life of the APsaA community.

One of the positive things developing at APsaA is an increasing focus on programs emphasizing the needs of recent psychoanalytic graduates. Britt-Marie Schiller and the Department of Psychoanalytic Education are working on initiatives to support the needs of recent graduates.

Furthermore, there is a growing focus on the need to increase access and development of programs and policies that address issues of the diversities re: ethnicity and culture, diversities in gender and sexualities, and people with disabilities. The younger generations are interested in engaging in those initiatives.

Still, there is much to do from the perspective of candidates, including ongoing mentoring, support in the development of their careers, involvement in committee work, programming and presentations. There are questions of how to make psychoanalytic training more accessible to a broader range of people—costs for candidates are a significant challenge in the life of candidacy. We want to find ways to include of candidates from different practice settings and different communities, to create a “home” for all candidates.

Finally, I commented about this time of loss during Covid. It has been fascinating speaking to candidates. In spite of challenges to training and practice during this time, many have also expressed a sense of optimism. I have been pleasantly surprised that the generation (or generations) of people who are training now are alive to the

opportunities that technology may bring, in terms of how this shapes their ability to learn psychoanalysis now, and how it might shape their ability to be analysts in the future.

Bonnie

Following up on the subject of our losses, there are losses of another sort, related to our growing. Every time one grows there is a loss of what came before. We are an organization in transition, moving out of a time when we thought of ourselves as having a regulatory function to becoming an APsaA that advises, educates, consults and serves as a home for those interested in psychoanalysis and psychoanalytic thought. We are adjusting to that change.

We provide education through the Department of Education (the DPE); we welcome new institutes through the IRRC (Institute Requirements and Review Committee) and MRRC (Membership Requirements and Review Committee). Local option has become a reality. There are NEW procedures involved in all these changes and we are stumbling along as we grow into the new ways of doing things. Sometimes it is confusing and even chaotic but we are getting there.

Another issue I have been thinking about is what does it mean to be a citizen of APsaA? Actually, this grew out of our wondering why the voter turnout can often be quite low like it was in the recent election. This is a chronic and systemic problem but what does it mean? EVERYONE COUNTS and has personal power in an organization. One way to exercise that power is to vote so I wonder how can we understand this.

My last thought is that controversial as the listserv can be, I am glad we have it. The listserv is new to us just like growing out of our identity as a regulatory body is. We are relatively early in learning how to use it constructively and it may take a while. But communicating in cyberspace has become a way of the world these days and, awkward as we can be, at least we are in it!

Minutes 30-41

Bill began the discussion by saying that to him good citizenship means participating as a citizen of the community even when your side is losing; doing so brings us all together, a primary aim. He said that change can come out of trauma and loss when it is worked through as was true in the case of the lawsuit in the 1980's. In thinking about Mitch Wilson's comments regarding property and ownership in the Power and Powerlessness Panel he realized that in days past we have claimed intellectual property rights but in truth psychoanalysis is not owned by anyone. We are stewards of psychoanalysis as we maintain our identity while working with others to grow and further develop it.

Kerry stated that he had attended the panel on Power and Powerlessness as well as the one on History and Trauma in Psychoanalysis; he found the quality spectacular and the experience thrilling. It indeed has been a very difficult year because in fact we have had two pandemics: a COVID pandemic and an anxiety pandemic. However, he

subscribes to a principle that applies in this instance: never let a good crisis go to waste. At least two opportunities are part of our current crises: 1) mental health is a top priority right now that the general public is talking more about than ever which presents an opportunity for de-stigmatization, 2) we have learned (because we had to) that our expertise can be offered virtually thereby opening up availability to underserved populations and providing desired privacy. We have a window in time so that despite the pain resulting from the pandemic, it may serve as a catalyst for a new golden age for psychoanalysis.

Bonnie quoted from the Q&A. One comment was that the world does not seem to know about how we are changing nor that we have changed. A number of questions focused on our identity: what is the role of APSaA? How can we bring all the extreme views together under one tent? Another asked if we are mourning a loss of identity with our recent changes? Yet another expressed concern about our past exclusionary tactics. She then turned to the panel and asked for the panelists' ideas about what the role of APSaA is and how each of them sees our changing identity, both its pluses and minuses.

Holly addressed those questions, especially focusing on the idea of being a good citizen of the psychoanalytic community by posing a question about whose community is APSaA and expressing the hope that we can create a home for everybody within it so that it belongs to all of us.

Minutes 42-56

Dorothy Holmes raised the issue of the Waldorf representing exclusivity, capitalism and white supremacy. She asked how exclusive do we remain? Bill questioned private practice as the ideal, Holly also questioned that ideal and there was discussion of moving away from the profit motive and making training more affordable and valuing other career paths. Himanshu Agrawal asked if we could retain the best of what the Waldorf symbolized.

Audience members began to ask to see all the Q&A entries and the panel discussed the plan to keep the discussion focused versus the wish to have as full participation as possible.

Minutes 56-110

We decided to share the Q/A so that participants could see all the questions.

Bonnie raised a question from the Q/A. Can the panel address not only loss but the differences in values in the membership? Bill discussed the issue of silos in the organization: Can we work together? He discussed that local option is a cornerstone of the organization with local groups able to make their own decisions, and that our national standards should be flexible enough to encompass people with different voices. He mentioned a panel yesterday with Lara Sheehi and the ideal that analysts remain in

the depressive position. Sheehi questioned whether the depressive position is always appropriate—in our interactions with the public or amongst ourselves, we can't expect ourselves to always remain in the depressive position. We have to accept some turmoil and disruption, just as we know it to be productive in analysis, it can be productive in our group life as well, “good trouble” as John Lewis called it.

Kerry pointed out that one of the things he misses re: meeting in person is that our members are spread across the psychoanalytic political spectrum, having different views on issues, such as the TA system and a whole host of other issues in the field. One of the things he misses re meeting in person is getting to be in the room with people have different positions and getting to know them as human beings. It has been hard to replicate virtually.

Bonnie noted that someone asked if we could use Zoom going forward. For example, it might help with election turnout if in elections, candidates for office in APsaA could use zoom to talk about their platforms, even when we return to meeting in person.

Holly added that as analysts and therapists, we appreciate being in the room with our patients and with colleagues at the meetings and having a chance to get to know people with very different views. She then read a question and comment from a candidate asking about the future of using technology at the national level to increase access to meetings. Holly said that during the pandemic she had observed the ability of candidates to come to meetings virtually--candidate meetings, all APsaA town halls, and this meeting—and has met people from all over the country and all over the world who have been able to come who could never have come in person because of costs or distance.

Kerry specifically addressed the question of future online meetings. He mentioned that the 2020 June meeting was supposed to be the last summer meeting in person, and he thanked Carolyn Gatto and APsaA staff, as well as Don Moss and program committee, who did heroic work in putting the online meeting together last summer. Because of the success of the June meeting, we are now changing the way we thought about it as our first virtual meeting, with a plan to continue summer meetings virtually to increase access for all members and lower the costs to the association in putting it on. We are hoping to meet in person next February in NY. The question of moving to another venue outside of NY has been a perennial question. Kerry went on to say that we will use these technologies in other ways in between the meetings, such as the one-day meeting on psychoanalytic activism last fall, and stated that he imagines we will do other things virtually, though we have to be careful re: stretching staff's capacity beyond their limits.

Bonnie read a question re: the attendance at this meeting vs. in person meetings. Carolyn Gatto commented that the meeting attendance thus far is about the same as it was last year in NY, over 1400.

Bonnie read another practical question—someone wants to know how to join a committee. She suggested you contact our lead director, Tim Raynor. Kerry and Bill indicated that you can contact any of us, and asked to please let us know your specific areas of interest so we will have an idea of how we can connect you.

Bill responded to comments in the chat requesting to open the chat and we did so. He indicated that we would save the chat and panelists discussed the importance of giving people a chance to express themselves and communicate with one another. Bill mentioned again the panel yesterday that discussed a non-possessive, less proprietary approach to psychoanalysis, which we are trying to create in the meeting today by opening the Q&A and the chat.

Minutes 110-130

Dionne Powell asked why some candidates and recent grads aren't members of APsaA. Holly spoke of the costs of training and that recent grads can feel disengaged and not find a place for themselves. She called for investigation and suggested mentoring as a remedy. Kerry reminded us of the sessions in the program that feature candidates and recent grads.

Bill invited Dionne to join the panel discussion of this issue. Dionne talked about the needs grads have in the first 5 years, building practice, consolidating identity. She feels case presentations in training can be developed into write ups for certification and possibly for publications. She suggested ramp up dues for recent grads. There were many chat contributions on this topic.

Bonnie spoke of membership for psychotherapy associates. Bill brought up the role of APsaA as a strong national voice for psychoanalysis. Kerry spoke of the need for a national conversation amongst all of us about leadership and diversity.

As we wrapped up, the panel appreciated the lively, engaged responses that will inform the leadership, the Program Committee, the DPE and other committees of the association.

Respectfully,

Bill, Kerry, Bonnie, and Holly

Appendices:

Q&A log

Chat log

Presidential Plenary 2/14/21 , Q&A log, names redacted, slight editing

1. Congratulations and THANKS Lee!
2. While the Waldorf is symbolic, it was an overrated hotel In respect to present day psychoanalysis, could we have a dialogue with other schools of therapy, as cognitive behavioral therapy? Let us see the similarities and differences, as well as acquainting other schools of our theories. Conversely, this would be a form of outreach to other schools and the community. We must break down our isolation and dispel the ignorance surrounding psychoanalysis.
3. I was encouraged to hear Kerry's beginning interrogation of what nostalgia for the Waldorf symbolizes. For me it was an increasingly uncomfortable idealization of hyperattachment to capitalist values of exclusion and white supremacy. I agree that in our policies and practices, we need to be looking for a better "home", one in which all are truly welcome and all can advance. What I think we need to examine deeply over time, is whether the Waldorf does symbolize accurately what APsaA still stands for. How elitist and exclusionary are our core values and practices?
4. Educator and academic associates were ignored. No everyone is a clinician. And, race is not subsumed under ethnicity in my opinion.
5. What is the role of psychoanalysis in the world today? Can we articulate this as an organization?
6. Is there an unconscious fear of loss of identity in APsaA psychoanalytic members tied up with our consideration of giving psychotherapist members an equal vote going forward?
7. Can we consider creating coequal Sections---Clinical. Academic Research Education/Schools. Eliminate "training analyst" designation in favor of Institute determined faculty system to determine teaching. /supervision with evaluation and encouragement of excellence and promotion. Respectfully coordinate and benefit from DPE guidelines and recommendations.
8. I agree that loss is an issue to address for all of us as we confront and contemplate change. Can the panel address not only loss, but the significance of differing as well as overlapping values in the membership? Too often these differences are labeled progressive or conservative and thereby denied the appreciation of the real and respectful differences. Examples would be the TA system,
9. How do you propose to bring the extreme views within Apsaa together?
10. From my personal perspective, the main problem with APsaA has been it's history and reputation for enabling inequity and social ills. Lee's apologies to the LGBT community, as one example, have been healing. The APsaA of today is much more progressive (even though our history has been more oppressive). I am proud of the APsaA of today and the forward prosocial leadership you all currently represent. Our problem today is that our members know this, but not the mental health community at large. Our problem is that the broader mental health community doesn't know who we have become.

11. Can someone tell us how many people are listening to this panel today? (500+)
12. The TA system continues an exclusionary policy like ones we have become the better for in leaving behind, like the exclusion in the past of psychologists. Many colleagues have drifted away because they don't feel included.
13. Will we have to mourn the loss of our wordy jargon as we try to make Pschoana clear to the community? Will we have presentations accessible to non-analyst members?
14. Limiting voices on the listerves risks limiting the voices that will move the organization forward. That was true in the discussions about the problems with Trump. Over the 4 years of his presidency, concerns about psychoanalysts voicing warnings about his unfitness became increasingly acceptable nationally and put APsaA in the vanguard, nationally. In one of the panels yesterday, the point was made that stifling voices, both from within listerve discussions and by organizational often promoted the status quo and stymied legitimate criticism. I hope we will continue to let the participants address listserve disagreements themselves. I think the proof of the pudding is the increased participation with regard to recent issues.
15. Thinking of APsaA as a Home for Psychoanalysis, how will we define "Psychoanalysis"?
16. While the organization can (and should) certainly play some role in social advocacy, how can we ensure it is done in a way that doesn't condemn the kind of person who might want psychoanalytic assessment or treatment?
17. How do we find out about committes and how to join?
18. How in your opinion does the use of distant telephone and visual techniques influence us with regard to both theory and technique? Does it require that we change what seemed to be an official requirement of anonymity and neutrality and the idea of a professional analytic persona that keeps the analyst as an unknown and unknowable other?
19. How do you plan to keep standards for psychoanalysis and for psychoanalytic training while opening APSAA up to psychotherapists from many backgrounds?
20. How can we influence insurance companies to see the "best practice " value of psychoanalytic approaches to therapy.
21. Shouldn't we try to be aware of ALL of rhe drivers of our loss of public awareness and respect in order to attempt to re-establish our portential leverage in the public discourse on topics ranging from the psychologic health of individuals to national and international affairs? A major contributor to the diminution vs. re-vitalization of the power of our voice lies in the laws, policies and insurance support for the wisdom of our work and our focus on the depth and subtlety of the human mind and

passions that lead to political and social peace or unrest. Must we not be much more assertive in bringing the evidence for psychoanalytic efficacy in national policy-making venues?

22. Mitch Wilson yesterday proposed a model of institute organization that would be radically focused on education and away from profit motive for analyzing and supervising. Discussing such changes in education would certainly move us in the direction of anti-elitism.
23. I'm concerned about APsaA's and other psychoanalytic organizations' continuing to claim the term "psychoanalyst" as the property of analytic training program graduates. I'm hoping we can make changes to this 2-tiered "psychoanalyst" and "psychoanalytic psychotherapist" system we're still using. Why is it that we insist upon this distinction, with all of its elitism? Why can't psychoanalytic thinkers/practitioners who participate in our centers and institutes refer to themselves as "psychoanalysts" or "psychotherapists" or "psychoanalytic psychotherapists"? I look forward to thinking about what we value and what we lose in adhering to this "analyst" and "psychoanalytic psychotherapist" distinction. Thank you so much.
24. The session on "Power/Powerlessness" brought up the privilege that we as analysts in private practice have come to expect and the financial burden we place on candidates. An example is low-fee patients being declined by graduated analysts and referred out for candidates. This limits the amount of patients who cannot afford a full-fee to access analysis. Can you imagine a structure that could provide psychoanalysis and psychoanalytic psychotherapy and training to a broader range of patients and therapists?
25. Diversity of theoretical perspectives is another change and gain we have had in the psychoanalytic professional field but this is much less understood by the larger mental health field and the society. Patients who for example don't like the silent analyst seem to think psychoanalysis is not for them, whereas not all analysts work from the same perspectives. How do we bring awareness to the larger field that psychoanalysis is no longer one kind of treatment but includes different theoretical approaches? Effective communication of this message will help the future of psychoanalysis I believe.
26. One challenge might be to hold the Winter conference outside of New York City. It is cold in January and February. What about Florida or the West Coast? The shift in location would definitely represent the change in the field.
27. Is there some way to organize the list serve differently? There are times I might want to engage around a particular issue, but it seems an overwhelming and not especially platform at times.
28. I too want to thank Lee Jaffe whose efforts and accomplishments are so appreciated and thank you. I also want to applaud Bill and Kerry's efforts thru COVID and realigning the Association to internal and external events. What do each of you see regarding the relationship between APsaA and the IPA, and how might we work better together in accomplishing mutual needs and directions?

29. Perhaps "loss of identity" in this conversation is really a euphemism for a perceived "loss of authority"? Having attended APsaA meetings starting over 30 years ago, I think we have succeeded in moving past being a society that was drawing the wagons into a circle to a society which is opening its door to new ideas within Psychoanalysis and which is trying to engage a much broader community. Primarily, we are following Bill's message of being a society for anyone who is interested in Psychoanalysis. Giving up authority (and its accompanying elitism) is scary but it is also brave- and it opens the door to a bright future for Psychoanalysis.
30. The comment about capitalism, brings to mind Lara Sheehi's idea yesterday about a cooperative practice, where everyone "owns" a part. Sounds radical in a way, and very appealing
31. I agree that we need to widen the scope for psychoanalysis regarding patients and for training but how can we do that when much of psychoanalysis is tied up in high, private fees? Why aren't psychoanalysts using Insurances which everyone is paying high fees for it?
32. Property and capitalism: perhaps we can take up the role of analytic fees, where a colleague in the field had a surgery and consults with a senior member who charged a considerable amount for one session (not considering the person's background, need for more sessions, etc)...It was a
33. Will the panel consider that APsaA has by now fulfilled the mission for which it was established, and an alternative to expansion, is winding down the association?
34. can we please see the questions?
35. In reimagining the future of APsaA, should there be room to retain the best of the past ? How would you imagine this, using Waldorf as a symbol and an example ?
36. Why can't we see the questions and communicate by chat?
37. One version of elitism is refusal to bill/accept insurance. Can APsaA find mechanism to encourage this?
38. The price of psychoanalysis seems to be killing psychoanalysis.
39. I think it's a leap to talk about what we are communicating publicly in terms of elitism and white supremacy before these ideas problems are addressed within us internally as our own desires.
40. As APsaA tries to move toward a more egalitarian stance , is APsaA willing to consider its history of misogyny and systemic racism, and offer a sincere apology for it ? I have for years, and again more recently , been told by black candidates and other minorities that they were told their thinking was concrete , and that perhaps this was due to cultural factors .

41. The elitism is not only analyst/non-analyst. There is often the assumption that everyone is involved actively in an institute; however, there are those of us who live in relatively small towns, far enough from institutes that active participation is not feasible. There are ways for those people to be involved, but it is definitely harder than for "institute" people to be actively involved.
42. Your agenda comes across as changing to a psychotherapy association that substitutes social activism and particular political opinions for a previous emphasis on clinical psychoanalysis. We are giving up specificity and whatever made us different or even special. Is it possible members don't vote because the organization keeps devaluing its own currency in an effort to remain large?
43. It is not democratizing to keep the questions and comments hidden.
44. Preserve the baby while we change the bath water.
45. I totally second the idea of holding annual conference from NYC!
46. You'll notice that audience members aren't allowed to see each other's questions, only the presenters - again reinforcing a hierarchical structure.
47. Do we need to examine the need the discipline seems to have hold on to the view that pure analytic identity as a devotion to the fiction that all who want it can and should maintain "full analytic practices?"
48. A MEMORY: The "controversial discussions" panel at the Waldorf. Hanna Segal tells of a patient on her waiting list for 2 years. Harold Blum says he is envious...Hanna answers: "Harold : HALF YOUR FEES"
49. My understanding is that attendance and participation in these national meetings has increased with this shift in connecting virtually. Jonathan Michel Metzler, in the Interrogating Whiteness Plenary, emphasized the importance of creating structures that facilitate access. Would the panelists share their view on how they see the use of virtual meetings fitting into the future of our national meetings?
50. How can we (local centers and APsaA) deal with our ingrained capitalist privilege and at the same time work to develop sustaining "business plans"?
51. Does anyone know or work with someone who is in professional sports or television/movies or politics who may be willing to talk about their experience in therapy or psychoanalysis?
52. I attended a meeting only once, early in my career in the beginning of the 90s, at the Waldorf. I don't like going to meetings in the first place (except at my Institute) and I felt extremely uncomfortable in the clubby fur coat atmosphere of the Waldorf meetings - very expensive and exclusiounery, designed for the absent white male of the 50s. I left the American a few years ago - no longer certain what it could offer me. Now comes these virtual meetings - the first meeting I have

attended in almost 30 years. I am thoroughly invigorated by the talks and am considering re-joining the American. I would love to have meetings continue virtually, perhaps with “watch parties” at local institutes so there is opportunity for discussion and bonding still. As for New York, we are analysts, not New Yorkers.

53. Could you talk about the relationship between APsaA and the IPA. How close are the organizations? What are their differences?
54. our idealization of Psychoanalysis moves us to newly formed psychoanalytic identity and leaves out or overshadows our other professional identities which is a reflection of promoting elitism.
55. Clearly the intellectual, social and practical benefits of expanding the boundaries of ApsaA are legion. But, among the salient losses for individuals whose identity and achievement, if you will, rooted in the challenging passage of having completed psychoanalytic training, will be that of having achieved something special in becoming a "psychoanalyst." How do you leaders view the management of the relationship of those who have invested in various ways in that unique journey and those who are interested and affiliated, but who have not?
56. Surveys over the years have shown analysts on average spend half time doing therapy and half time conducting analysis. The association was formerly largely concerned with promoting practice of clinical analysis and maintaining standards. Now as we extend the definition of analysis to include political values, relationship to the community and other forms of treatment, it is important to maintain the safety of the clinical situation so that the analyst can still, at least a times, focus on treating patient with symptoms in distress.
57. Each of you have contributed so much to our psychoanalytic project and your ideas about mourning and moving forward is heartening. But as are most of us, on our screens today are 4 White folks. Question: How do we recruit, retain, and—most importantly—develop marginalized people, especially those of color—into our leadership positions?
58. To be challenging, can we envision psychoanalysis outside the Eitington model? Might there be a place for a training case which includes taking psychoanalysis off the couch?
59. Does the assumption that if we work in a clinic or in a poor neighborhood (code words for Black?) we cannot have many many psychoanalytic patients? Or if we want to earn a lot of money (even if we don't go to the Waldorf) we will not earn a lot at a clinic?
60. As stature is something we confer on ourselves, status is conferred on us by others. I'm not sure we can control our status, but we can distinguish it from holding our heads high in proud stature
61. Can you consider/share thoughts on the idea that it is only because I/one that has a majority full-fee analytic practice that I/one can then offer a low fee rate to other patients? I found it more costly to run an insurance based only practice in the end. I have done both. I can actually offer more services to uninsured and underserved with a private practice with majority full-fee based practice to help

offset the cost to those that could barely pay. I am a recent graduate of both Adult and Child and Adolescent Training.

62. I like this way of sending questions. It is more freer for the questioners.
63. if we are trying to simulate as real an encounter as possible, we need to have a feel of the questions-
ps coming off the track is as important as staying on it
64. I am so pleased that the "chat" is disabled for me since I can attend to what you are saying and not be distracted by side messages.
65. Wondering how the panel imagines why a large number of APsA-institute graduates are not joining the organization? We don't only have a problem of an aging organization, but a potential disconnect or loosening between one's institute experience and connection to APsA. Thank you.
66. difficult and challenging experience that showed a difference painful and disappointing and somewhat different from analysts in the past -- Some experienced fine analysts offered a flexible and more humane slant.; I also agree that APsA was and remains a place of great learning...wonderful speakers, presenters, research and cutting edge ideas... I myself went the interface of culture, family / couple systems and psychoanalysis -- (remembering John Alderdice, Volkan, Merton Gill...and of course the brilliant Kernberg (who led the IPA in Germany years ago) going down memory lane .. Grateful for all..
67. Regarding citizenship- can we keep Zoom as a way of having candidates for office introduce themselves and talk about their platforms?
68. What do you imagine the impact changing the meeting to New York every year would mean? Losses and benefits?
69. I think this discussion particularly from a diversity of economic perspectives, raises the issue of the absolutism of some of our classroom and supervisory teaching, that 5 x per week should be the absolute goal and the highest fees is what we must charge or this shows a degradation of value to the psychoanalyst. And this preferences the psychoanalyst, not the intersubjective relationship.
70. RE: making Q&A/chat visible: I started off at the Power plenary feeling distracted by the ongoing chat and Q&A, but ended up feeling energized by the synergy of the ongoing talk between presenters and the conversation that I and others were evolving in chat and Q&A
71. The continuing verbal distinction made between "psychoanalysis" and "psychoanalytic psychotherapy" reflects the same power dynamic and hierarchy symbolized by the Waldorf. How can we change the vocabulary and its connotations?

72. This is not a question, but in response to the way this is meeting is presented. There is something very intimate to see the four of you talking about important issues. While seeing questions is interesting, it is distracting.
73. Practical question: How to institutes that wish to modify their criteria for TA/SA appointment (in light of a need to serve candidates having trouble finding consultants and to enrich and grow the local community of experienced and engaged teachers and clinicians participating in the institute life) approach APsaA about the impact on APsaA membership? IRRC?
74. Is there an unconscious fear of loss of identity in APsaA psychoanalytic members tied up with our consideration of giving psychotherapist members an equal vote going forward?
75. I would be interested in Holly's response to Dionne's question about why so few new or recent graduates join APsaA?
76. My understanding is that attendance and participation in these national meetings has increased with this shift in connecting virtually. Jonathan Michel Metzl , in the Interrogating Whiteness Plenary, emphasized the importance of creating structures that facilitate access. Would the panelists share their view on how they see the use of virtual meetings fitting into the future of our national meetings? How might this relate to broader questions of access to training, who is qualified to be our analyst, etc.? *I am a candidate
77. With the questions about managing the chat, I'm reminded (as a millennial) of changes to organization in the Internet forums / Robinhood + Wall Street Bets era where the distribution of power / cohesiveness of organization has become more flat & democratized but also more chaotic. It seems increasingly hard to hold an organization as simply / cleanly as organizations had been in the past, and it seems that organizations are having to embrace an increasingly diverse and complex world. It reminds me of the move from thinking about the analyst as an objective observer to a co-participant of the analytic dyad.
78. As APsaA tries to move toward a more egalitarian stance , is APsaA willing to consider its history of misogyny and systemic racism, and offer a sincere apology for it ? I have for years, and again more recently , been told by black candidates and other minorities that they were told their thinking was concrete , and that perhaps this was due to cultural factors .
79. Shouldn't we try to be aware of ALL of the drivers of our loss of public awareness and respect in order to attempt to re-establish our potential leverage in the public discourse on topics ranging from the psychological health of individuals to national and international affairs? A major influence on the diminution or re-vitalization of the power of our voice lies in the laws, policies and insurance support for the wisdom of our work and our focus on the depth and subtlety of the human mind and the passions that lead to social peace or unrest. Must we not be much more assertive in bringing the evidence for psychoanalytic efficacy to national policy-making venues?

80. This is a comment: For me the Waldorf didn't represent white privilege and/or opulence. . For me the physical structure of the Waldorf afforded us the opportunity to gather in the lobby, meet new and old colleagues, It afforded us a more intimate atmosphere in which we could bond, share ideas,,etc. After all, isn't psychoanalysis' goal about capacity for intimacy?
81. Has there been a good turnout for this meeting? **(yes 1450, last year 1470)**
82. As we include psychotherapists within what has been a "home" for psychoanalysts, are we clear that both fields really can learn from each other?
83. What is "truly psychoanalytic"? Lee's 6 items for psychoanalytic therapeutic action could be true for other types of psychotherapy. Why not welcome all those wishing to join? Perhaps they will increase their interest in psychoanalysis.
84. As local organizations are increasingly authorized in order to respond to singular community needs and realities, what exactly would be the role and responsibility of the national (APSA) organization? How do we think about our task and bailiwick going forward?
85. One more practical suggestion: can the listserv be managed so that subgroups/topic are made available. This might make more room for many people to talk. Maybe this has been done?
86. Local Option AKA "states' rights" can lead to an analogue of "Jim Crow." Isolating minority members a hostile silo. How to prevent this?
87. Thank you, Holly. With the eagerness to resume in-person meetings, it may also be important for APSA to keep in mind that not all of us — especially, those of us, who are candidates and/or still building our practices and don't live in NYC — have the means to attend the winter meetings in NYC. The virtual format also allows for international attendance (I live and work in Mexico, for instance, but I wouldn't be travelling to NYC). Might it be a good idea to have live stream in the future, along with in-person format, for ALL to be able to attend?
88. About Citizenship- How soon Psychotherapist Associates could become true citizens of APSA and able to VOTE?
89. Hybrid meetings would be an option in which more people can take part (using a Zoom format- which can even be done with a smartphone- no fancy equipment need be rented) so you can do in person AND virtual at the same time. Still newer technologies like external omnidirectional microphones and speakers that can connect to a smartphone will make this still easier in the future.
90. I'm wondering about the interplay between love, loss, privilege and change. Those of us who have been around for a while are likely to miss the Waldorf, even though it was hideously expensive, often uncomfortable, and may have felt exclusionary to newer members. How can we acknowledge the reality of our attachment and loss, also acknowledge the real problems with what we've given up, and think creatively about where we're headed? It seems like we need some combination of "in

vivo” activities and more creative use of remote intellectual and social engagement. How do we think of what we need to work on internally to free up this creativity and readiness for change?

91. Can APsaA have an active role in addressing curriculum which tends to be heterocentrist and white/Western centrist in content?
92. I can imagine that opening the organization up to other professionals-like social workers whose theoretical foundation is the person in social context - will be helpful in tackling the social context and related privilege in psychoanalysis being critiqued this weekend. Just as social worker can benefit from the rich complexity of psychoanalytic theory and practice.
93. I do feel hopeful about the future... HOWEVER we have to accept that to train candidates in particular, we will have to make economic sacrifices that are common for analysts in Europe and South America but NOT in the Us
94. Perhaps the question of candidates not joining post-graduation is connected to Bonnie’s question about citizenship. We who’ve been around for awhile may not feel the kind of connection to apsa that inspires the next generation to join.
95. I think the drift away from APsaA and the Institutes is in part due to the TA system, and in particular the need for immersion in order to be a TA. Few of us have full analytic practices because of many things other than our allegiance to analysis.
96. Thank you all for an incredible panel—your openness and transparency are refreshing and badly needed. As a psychoanalytic psychotherapist, trained at an APSA institute many years ago, I have deeply valued being an associate. There are 300+ of us currently. Increasing this sort of participation would only add to the conversation and keep analytic thinking alive.
97. Yesterday, Mitchell Wilson noted a cost factor related to the proprietary nature of psychoanalysis. Hardly, any psychoanalysts accept Insurance and many charge high fees. How do we address these issues besides the high cost of training? How much is capitalism killing psychoanalysis?
98. Ethical concerns about aspects of training (e.g. the training analyst structure) also keep some wonderful colleagues from pursuing analytic training. Would APsaA consider surveying those colleagues (or has APsaA already done so)? Their responses may help guide future policy while demonstrating to senior analyst members why those policy changes are needed in order for APsaA to flourish well into the future.
99. I really enjoy and appreciate the flexibility of the structure of this meeting, which feels very lively
100. What about pooling funds from various organizations to be cover psychotherapy/analysis for patients who can’t afford full fees? This would be similar to pharmaceutical companies supporting psychiatric patients for new, expensive medications that would otherwise be unaffordable to them.

101. As the chair of the candidate council for the past 3 years, in Boston, very little outreach to candidates from APsaA has occurred during the year. I have had very little contact with APsaA's candidate council, not because I didn't want to but because I rarely heard from anyone. How about more regularly scheduled meetings other than just in NY to discuss training, committees, etc?
102. Many of the welcome changes in APsaA are accompanied by a derogation of the past. Frankly, the listserv contributes to this. It is dominated by the group that is certain that everyone on BOPS was evil, elitist or at best well-intended but misguided. Although the listserv is only one piece of APsaA, it's the public face - or at least member-face of our organization. While theoretically any member can comment on the listserv, like any unmoderated listserv, that's only theoretical. You ask why the vote for officers was low. I voted, but I suppose, why vote in an organization that has derogated its former contributors. That's the way organizations create a new version of their history. But can we be aware of a different history? Can we find a way of both honoring those who built the organization and contributed to our profession, and yet change at the same time; if we fail to come to understand previous failures AND successes are we going to be able to face our current failures?
103. IMO - part of the difficulty beyond our own internal struggles is that psychoanalytic training is "front" loaded. Large investments in money, time, energy with no guarantee of a positive cost/benefit ratio. In the past this investment was paid off with prestige, power, respect and often financial remuneration. All this was done in academic and terminal degrees achieved in which analysts were front and center. And most of us have also seen how analytic training helps us engage in a wider range of patients but that may sound like empty words to those starting on the long road of analytic training. It is more difficult now for younger folks to see how their investment will pay off. My own view is that we need to do more to support and educate younger folks about how to develop a practice. Perhaps we need to change the emphasis of psychoanalytic training to include practice development in tandem with the traditional training
104. I am responding to a question about full membership for PA's. My understanding is that PA's are now full members and able to vote on anything except psychoanalytic training issues. Someone please correct me if I'm mistaken. **(Psychotherapy Associates are very welcome participants in APsaA but are associates without voting rights. Offering full membership with voting rights is one of the ideas under consideration in Reimagining APsaA. wcg)**
105. One idea is for trainees and early career folks to have a more experienced mentor - in contrast to a supervisor or therapist - to help navigate professional development, APsaA involvement, etc. The APA and Mass. Psychiatric Society is developing a mentorship program for psychotherapy-oriented psychiatrists.

Presidential Plenary 2.14.21 Chat Log – slightly edited, senders names redacted

13:03:10 From William C. Glover to All panelists : shall we open chat to the group?

13:05:09 From APsaA Staff - Scott to Everyone : The chat function has now been enabled.

13:07:30 consider warm place for next feb , so meetings could be held outdoors, open air

13:08:29 I would be interested in Holly's response to Dionne's question about why so few new or recent graduates join APsaA?

13:08:29 Yes, the chat is open!

13:09:14 bravo, Bill!

13:11:20 thank you Bill for opening up the questions and chat , today . deeply appreciate your reasoning for doing this in the midst of This meeting .

13:11:40 National committees could be aligned with local committees. For example local advocacy committees could be aligned with the national advocacy committee

13:11:52 when you said that it might take us too far afield to discuss having the National meeting outside of NYC, I reflect on the possible symbolic meaning of "too far afield", Is there a NYC value that needs examining?

13:12:37 The relative incomes of clinicians have been flat while costs for education across the board have increased. I've observed that many younger people feel less need for organizational affiliation and connect in a number of other ways.

13:13:04: I wonder if Dionne has thoughts about her question. She has done research following up recent graduates.

13:13:28 I would really like to encourage that there be an ongoing option for virtual attendance at these biannual meetings APsaA meetings in some form. It is my observation that the greater access for all to cross-fertilization of ideas combats the siloed way in which thinking can be reiterative. I do not wish to devalue the in-person experience, but the prohibitive costs and difficulties of traveling across the country reduces access. Additionally, our younger and more computer savvy colleagues may not at all see any disadvantage to virtual attendance at these conferences, I could go on and on, but I do so hope that you will reconsider an ongoing visual attendance option at the APsaA Winter and Spring biannual conferences.

13:13:51: Have you considered pushing for psychoanalysis and psychotherapy be included in Medicare and eventually in universal medicare programs

13:14:16: I do feel hopeful about the future... HOWEVER we have to accept that to train candidates in particular, we will have to make economic sacrifices that are common for analysts in Europe and South America but NOT in the US

13:14:29: I think whether one intends to become a TA or not after the graduation plays a role in remaining active and engaged.

13:14:41 Thank you Holly, for the first 5-10 years there should be a middle range of dues or perhaps continue at the candidate rate until 5 years out as they're developing their practices, and a type of engagement that attracts.

13:15:53: I agree with Dionne regarding the possibility a step-wise and incremental increase in dues when needed.

13:16:24: Are there video recordings we can access on all the programming that was offered during the whole of National Meeting?

13:17:30 From APsaA Staff -: Recordings will be made available for applicable sessions following the conclusion of the National Meeting

13:17:33: FYI there is a panel February 20 at 11:00 from the DPE on challenges and opportunities for recent graduates

13:18:01: the NASW organization for social workers has an intermediary pay period transitioning from student to professional.

13:18:24 Why assume candidates and recent grads cannot pay? What about an honor system, pay what you know is right for you.

13:19:03: Thank you that's great! Also, Holly I would like to find out information to develop my skills in presenting, research and writing. Especially need help with writing up, can you give me any direction. I would appreciate it.

13:19:03 I think that's a great idea about the gradual dues increase after graduation.

13:19:44: Before we end today I want to make sure I thank you ALL, for this very important panel, your candor, your courage, your dedication.

13:21:10: When talking about graduates and soon to be graduates, there are also people who do not graduate from Apsaa approved institutes.

13:21:10: Regarding leadership and the role of trusted messengers: How can we mentor marginalized folks to take on leadership positions within institutes and APsaA?

13:21:20: Many organizations have the same problem holding on to their student members after they advance. Several now have "Early Career" dues levels in an effort to hold on to them. We could reach out to other organizations to see if this is, indeed, a successful strategy- it certainly has face validity!

13:21:53: Also Researchers and Academics

13:22:11 I think the subjective experience during training (e.g., if it is excessively burdensome or if it's an uphill battle rather than a collaborative process) may also affect the willingness of graduates to join APsaA given its symbolism of the field and its educational/training process.

13:23:15 From APsaA Staff - Carolyn to All panelists : Bill and Kerry - last year's meeting: 1,481. This meeting - 1,376 attendees

13:23:21 I graduated and developed a practice of psychoanalytically informed psychotherapy. I don't think I am alone in that. The analytic conference is relevant to me. I think there is a substantial group of analysts who do not accept that my experience is relevant to them and deserves a place in the meeting.

13:23:27 How about asking candidates and recent graduates what it is that they want from APsaA and their respective institutes?

13:23:30 I feel that membership in ApsaA should be open to everyone who interested in psychoanalysis which includes artists, law enforcement officers, acamedicians, lawyers and physicians. Would we deny membership to Joe and Jill Biden or Kamala Harris?

13:23:33 New Center has a fabulous group of Candidates who are very involved in ApsaA at the encouragement of Van DeGolia, Doryann Lebe and Jill Barth. Our psychotherapy associates are also very dedicated to the association

13:23:41 Yes, Div 39 has younger and more diverse (racially, ethnically, sexual orientation, gender identity) members. Also, Div 39 has ALWAYS been open to psychodynamic therapists not just psychoanalysts.

13:23:52 What lawsuit are you referring to?

13:24:14 These graduates are very welcome and may apply through the expanded pathway and reviewed by Membership Requirements and Review Committee. The process is not an onerous one.

13:24:18 My understanding of psychoanalysis is a process whereby we are able to consider what is happening in any given context at the level of transference/countertransference - intersubjective field. This is an amazing process/tool for understanding and change. As to participation, thinking this way has been rich and continuously consumes more and more of my time such that I'm limited in what I can join in.

13:24:29 As stature is something we confer on ourselves, status is conferred on us by others. I'm not sure we can control our status, but we can distinguish it from holding our heads high in proud stature How to improve our status?

13:24:53 I second Kerry's idea...Please panelists, you may distill the chat and the questions, and make that available, also to the Program Committee

13:25:08 This is a very important discussion. I as so glad we have started this topic.

13:25:17 Yes. we can save the chats and Q&A

13:25:21 You might want to consider doing this chat room regularly.

13:25:29 Thank you so much for this panel and all your contributions! I appreciate your opening up the discussion and questions very much. It may be distracting to some, but the cacophony is real and is the fuller discussion we need if we can keep our attention on the deeper issues raised! Many thanks!

13:25:58 THANKS PANELISTS!

13:26:02 I like the idea of making psychoanalysis understandable and accessible for all. In that way, getting the word out, to schools, organizations, community centers, by, like Kerry was saying, use this time of more exposure

13:26:02 Can there also be a connection between Dionne's conversation about the gap between graduation and APsa membership and the lack a developed system of mentorship and career development in the organization so people get lost to follow up in the transition.

13:26:08 There is a DPE task force that is studying hybrid education.

13:26:17: As discussed, psychoanalysis has suffered greatly in the public eye and is increasingly marginalized as a treatment, and as a theoretical base that can provide commentary and action on key social issues. I do hope that APsaA can engage in its own transformations to open itself up, in many dimensions. This action would send a strong message about the vitality of psychoanalysis to transform, remain relevant, and have an impact in the our field and beyond.

13:26:19: thanks to all panelists!! great time.

13:26:20: thank you,, terrific

13:26:20: As a new Educator Associate, I so appreciate being able to join and take part in the opportunities for learning at this conference.

13:26:23 As a recent graduate, I think it would be helpful to be linked up with a mentor from Apsaa, to help guide us through our early career.

13:26:32: Great forum. Do it again!

13:26:32 IMO - part of the difficulty beyond our own internal struggles is that psychoanalytic training is "front" loaded. Large investments in money, time, energy with no guarantee of a postive cost/benefit ratio. In the past this investment was paid off with prestige, power, respect and often financial remuneration. All this was done in academic and terminal degrees achieved in which analysts were front and center. And most of us have also seen how analytic training helps us engage in a wider range of patients but that may sound like empty words to those starting on the long road of analytic training.

It is more difficult now for younger folks to see how there investment will pay off.

My own view is that we need to do more to support and educate younger folks about how to develop a practice.

Perhaps we need to change the emphasis of psychoanalytic training to include practice development in tandem with the traditional training

13:26:34 Please keep the conversation going on.

13:26:54 I agree everyone interested in psychoanalysis should be able to join. APSAA but then how do we get candidates interested in training to be psychoanalysts?

13:27:00 Very well done, nice flexibility

13:27:03 Much appreciation to all of the panelists and the participants!!! Great discussion! Thank you, especially for the flexibility and to staff for pivoting the discussion so seamlessly!

13:27:04: I am curious to hear more about the different in economic sacrifices for candidates in different parts of the world.

13:27:05: THE IDEA OF mentors is excellent!

13:27:06: Thank you for this excellent panel

13:27:08 I was at a conference at the Klein Trust many years ago on Bad Objects. Each presenter was a relatively new graduate and each was introduced by a senior analyst. The mentoring was very clear. And moving.

13:27:24: our neuroscience discussion group has over 200 registered in zoom format !!

13:27:32: Thank you so much!

13:27:38: agree mentors would be great!

13:27:41 This is very, very special. Thank you all!

13:27:54: Thank you!

13:28:01: It would help if younger members/candidates had a road map to greater participation in APsAA

13:28:27 Thank you!

13:28:29: Thanks all!

13:28:30: I would suggest someone reach out to all recent graduates of all adult and child and adolescent psychoanalytic programs and find out the answers to some of these questions being raised about concerns with the experience of new graduates with all of these areas of discussion today. I have not been invited to participate in anything. I have a lot of thoughts.

13:28:51: Thank you all!

13:28:53: Thank you from the UK

13:28:53 From APsaA Staff - Scott to Everyone : Thank you all for attending the Presidential Plenary. Please join us again in 30 minutes for Plenary 3: Neutrality as a White Lie.

13:29:00: Thank you all!!

13:29:00: Thanks!

13:29:03: Thanks to Dionne for her comments

13:29:04: Thank you!

13:29:10: For 20 years, the surveys have demonstrated that most analysts in the US have fewer than 2 patients in "analysis"— so haven't we been a group of psychotherapists for many, many years?