

Issue Theme: Supervision



FROM THE DESK OF THE PRESIDENT

By Hilli Dagon-Clark, Psy.D., President, Candidates' Council

Dear Candidates,

This is my last letter to you as Candidates' Council President as my term will end at the conclusion of the Candidates' Council meeting in January. The very capable Navah Kaplan will take over as the new Candidates' Council (CC) leader. I have deeply enjoyed and benefitted from serving you and hope to continue to support candidate development within APsaA through the Mentorship Program I am developing. I am grateful to you for sharing your candidacy experiences with me for the past four years during my time as CC President-Elect and President. Being an analytic candidate is exceptionally unique, and it is vital for candidates to have a "professional home" in which they can express themselves and begin the trajectory of their analytic careers. I encourage all of you to remain involved and active in both the Candidates' Council and APsaA—not only to strengthen our organization but also to grow as leaders of our wonderful field.

The new Officers of the Candidates' Council will be:

President:

Navah Kaplan, Ph.D.

President-Elect:

Phoebe Cirio, L.C.S.W.

Treasurer:

Jamie Cromer, L.C.S.W.

Secretary:

Gennifer Lane Briggs, L.C.S.W.

These candidates won uncontested elections, and the vote was ratified. The new officers will begin their positions at the conclusion of the January meeting. I offer hearty congratulations to this

fantastic, hard-working group, and wish them good luck in their new positions.

The members of the Candidates' Council have been actively working on various projects to benefit APsaA candidates and help our Association grow. Both CC President-Elect Navah Kaplan and CC Treasurer Jamie Cromer have been working with the National Office on a new initiative that grew out of the recent Strategic Plan to promote candidate involvement in APsaA and to encourage candidate attendance at the meetings. The Candidate Travel Scholarship program provides a one-time opportunity for the new Fall 2012 candidates to receive \$500 to help offset travel expenses to attend the 2013 National Meeting in January. During the Fall 2012 Candidate Membership Drive (October 15–November 15), each new candidate received a newly designed welcome packet that invited them to participate in the new Travel Scholarship program and to join APsaA and that also included an APsaA mug.

In addition to working on this new initiative, President-Elect Navah Kaplan has been actively assisting with the functioning of the CC as well as assisting with the Newsletter and Paper Prize committee chair transitions. We are grateful to her for her gracious offer to host the CC's Annual Winter Bash once again in her family home on the evening of Thursday, January 17.

Treasurer Jamie Cromer was busy constructing the CC budget, and she will be attending the American Psychoanalytic Foundation Committee's meeting as our candidate representative.

Secretary Valerie Golden is spearheading our new Master-Teacher Award Program in which institute instructors

from around the country may be nominated for an award to recognize their excellence in teaching. The eventual goal will be to record their instruction and archive it on the web. Valerie is in the midst of forming her committee and advertising the program on the list-serves. Dr. Colleen Carney will be advising the committee.

I have continued to work on the pilot Mentorship Program which I began at the inception of my presidency. The goal of this program is to match all incoming candidates of APsaA institutes with APsaA members to solidify the trainees' connection to our Association at the onset of their studies. Three institutes are participating in the pilot program this fall, and a request for volunteer mentors went out on the listserve. I was pleased to receive an overwhelming number of responses from members interested in mentoring. At the time of this writing, the new candidates of the participating institutes are being matched to their mentors. After six months of the pilot program, I will send a questionnaire to the mentors and mentees inquiring about their experiences, with the hopeful aim of expanding this pilot program to all APsaA institutes.

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Due to time conflicts, Caryn Schorr has stepped down from her position as Education Chair. The COPE Study Group will meet during the January meeting as scheduled and we hope a new chair will be appointed shortly. If interested, please give me a call.

The winner of this year's paper prize is Alison C. Phillips, MD, with her paper entitled "A Path to 'No'."

Sarah Lusk, who has recently taken over as the new CC Scientific Program Chair, has planned a robust set of workshops for January. Candidate programming includes the Candidate to Candidate Discussion group as well as The Candidates' Forum. Additionally, I

organized the Coffee with Distinguished Analyst workshop, and Sabina Preter, who has recently become Chair of the Writing Workshop/Scientific Paper Prize, has organized this year's Paper Prize series.

The winner of the 2013 Candidates' Council Scientific Paper Prize is Alison C. Phillips, M.D. for her paper *A Path to 'No'*. In her paper, Dr. Phillips examines the beneficial paternal 'No' implicit in Freud's 1915 paper, *Observations on Transference-Love*, and frames her discussion with clinical material. Dr. Phillips is an advanced candidate at the Boston Psychoanalytic Society and Institute.

This year's semi-finalist is A. Chris Heath, M.D. for his paper *On the Therapeutic Action of Placebo*. Dr. Heath postulates that placebo responses are a type of conversion reaction; he also presents neurobiological data consistent

with biologic reward, suggesting a parallel between reward and wish gratification. He frames his discussion with psychoanalytic case material. Dr. Heath is an advanced candidate at the Dallas Psychoanalytic Center.

Thank you again for the opportunity to serve you. I look forward to continuing my involvement in APsaA for years to come, always with an eye toward improving candidacy and, thus, the future of our field. ♦

APsaA Candidates' Council

Hilli Dagony-Clark, *President*
Navah Kaplan, *President-elect*
Valerie Golden, *Secretary*
Jamie Cromer, *Treasurer*

The Candidate Connection
Newsletter of the APsaA Candidates' Council
Graciana Lapetina, *Editor*

EDITORIAL CORNER

By Graciana Lapetina, M.D., Editor, The Candidate Connection Newsletter

Welcome to the winter edition of the Candidates' Council Newsletter! It has been a challenging fall in New York City with the unexpected devastation from Hurricane Sandy. The losses have been enormous from Breezy Point to Staten Island to the Jersey Shore. In a matter of hours, Hurricane Sandy took many lives, homes, and communities. For a few days, the isle of Manhattan was a topographic model of the mind writ large, with 39th Street sharply demarcating a dark, surreal downtown from a lit, vibrant uptown. The advent of the 2013 National meeting in New York City is a sign of a return to normalcy. It will be wonderful to see friends and colleagues from around the country roaming the halls of the Waldorf-Astoria for another meeting of the minds. With this introduction, I turn to the newsletter.

The theme for this edition is supervision. Though the decision to focus on supervision preceded the hurricane, it seems particularly apt in retrospect, since we rely so heavily on our supervisors when times are tough. We turn to them for their support, wisdom, experience and guidance when things become

particularly tumultuous and unknown. They are a source of light when we are feeling particularly in the dark. Then as the upheaval begins to settle down again, the balance of the supervisory relationship shifts to a more collaborative effort.

There are three wonderful pieces about the supervisory process in this newsletter. Firstly, Emily Serkin, a second year candidate at the San Francisco Center for Psychoanalysis, reflects on her experiences working with different supervisors. Secondly, Fred Busch, who is a Training and Supervising Analyst at the PINE Psychoanalytic Center, a Geographical Supervising Analyst of the Minnesota Psychoanalytic Institute, a member of the Faculty of IPTAR, the Boston Psychoanalytic Institute and the Massachusetts Institute of Psychoanalysis, describes the ingredients that, in his opinion, lead to particularly fruitful

There are three wonderful pieces about the supervisory process in this newsletter.

supervisory experience. Thirdly, Jacob Steinberg, a graduate of the Institute of Psychoanalytic Education affiliated with the New York University School of Medicine, collated the top 36 papers from PEPWeb on supervision and analyzed their common themes of words, phrases and associations. He then created word clouds in a playful way to reveal the major ideas.

And, of course, the newsletter conveys the news! Please find Hilli Dagony-Clark's final communication as President of the Candidates' Council. Hilli has worked tirelessly during her term as President on behalf of all candidates around the country. A big thanks to Hilli! Navah Kaplan will be the next President of the Candidates' Council and will no doubt fill Hilli's large footsteps. The newsletter also contains updates from our treasurer Jamie Cromer and our secretary Valerie Golden. Tina Dale, a candidate from the St. Louis Psychoanalytic Institute, also shares news about recent events in St. Louis.

I hope you enjoy the newsletter and look forward to seeing many of you in January in New York City. ♦

Who Me? An Analyst?

By Emily Serkin, Ph.D.

Candidate, San Francisco Center for Psychoanalysis

For years before starting analytic training, I wondered if there was something wrong with me for wanting consultation that focused on me as well as on my patients. I didn't know how to talk about this dilemma except to ask my consultants—all of whom were analysts—to what extent they addressed countertransference. All assured me of its importance, but the focus of the consultations generally remained on the patient.

Several months ago I began meeting with a new supervisor for a new analytic case. In our first meeting, he commented on how I was relating to the patient—that is, I was following along with her, letting her know I was listening, trying to figure out what she meant by something she said and so on. This was not addressing my countertransference per se, but there was some attention on my actions. I became aware in a way I hadn't been before of what I was actually doing with patients.

A quick change of scene. I am on a plant walk to view an unusual ecosystem in a local park. The leader is talking about how readily kids—even urban and electronically-minded ones—take to nature, if introduced to it in a certain way. Her approach is to ask questions that get the kids to look around and to think about what they see. If all goes well, they begin to realize their native ability to make discoveries about nature for themselves. With this realization comes confidence, which builds enthusiasm, which morphs into a true love for the natural world.

There is a parallel here. The plant walk leader believed in the capacity of her students to observe and learn, just as my supervisor believed in my ability to do these things.

There was a second quandary I had in the years before beginning training. All of my consultants obviously loved their work in a way I envied and couldn't quite imagine feeling. Now back to the plant walk. The plant expert was involved in an epic battle to save the ecosystem from

powerful development interests. Her consortium had just lost an important legal battle, yet she seemed neither bitter nor disheartened. She described her opponents as ruthless, yet she seemed to be relishing the plans she had begun to make for the next confrontation.

The plant expert had been a quiet and reticent person before she began working for conservation. What gave her the confidence to do this work and the buoyancy to persevere against the odds? I imagine, in part, it was the love of the fight—a love based on a capacity to do it well and to learn from her experience to do it even better.

*Perhaps sometimes we most
need a supervisor to
recognize something in us
that we have not yet fully
brought to light.*

At some point in my thinking about consultation, I assumed I was misguided in wanting to have the focus partly on me and gave up the search. This was not wholly a negative experience. It happened, in part, because of my work with a supervisor who did not focus on me particularly but who did help me a great deal. She was someone I admired and wanted to model myself after. She primed the pump, so to speak, with her ideas about my patients, which often led to productive, collaborative discussions.

But was there something more a supervisor could have done to help me to believe in the “legitimacy” of my felt need for attention? Perhaps sometimes we most need a supervisor to recognize something in us that we have not yet fully brought to light. The analytic supervisor I referred to at the beginning of the essay did this when he commented on the quality of my interventions with patients. Until then, I had not begun to define what focusing on me might mean. Nor did I understand why it wasn't happening and whether I was “bad” for wanting it.

All of this brings to mind Winnicott's ideas about illusion. In one of his discussions about transitional phenomena, he says: “From birth, then, the human being is concerned with the problem of the relationship between what is objectively perceived and what is subjectively conceived of ... The mother's adaptation to the infant's needs, when good enough, gives the infant the illusion that there is an external reality that corresponds to the infant's own capacity to create. In other words, there is an overlap between what the mother supplies and what the child might conceive of.”¹ Not such a bad model for some aspects of supervision.

¹Winnicott, D.W. *Through Paediatrics to Psychoanalysis*, New York: Brunner-Mazel, 1954, p. 239. ♦

Interest-free Loans for Training

Applications due May 1, 2013

The Candidate Assistance Fund of the American Psychoanalytic Association provides loans up to \$5,000 to candidates training to be psychoanalysts. The loans are to be repaid within a maximum of 6 years. Currently, between 5 and 7 loans are made annually.

There are two criteria considered in approving a Candidate Assistance Fund loan:

- the need as evidenced by an applicant's financial need.
- the ability to repay the loan as evidenced by the applicant's overall financial health.

Eligibility

- APsAA Candidate Members in good standing are eligible to apply to the Fund.
- Candidate Members must have completed one year of training.
- Financial need must be demonstrated.

Application Procedure

Guidelines and applications are available in the Members Section of the APsAA website (www.apsa.org) or email Dean Stein, APsAA's Executive Director, for an application form at deankstein@apsa.org.

Application Deadline

Fund loan applications need to be received at the APsAA offices by May 1, 2013.

Reflections on Supervision

By Fred Busch, Ph.D.

*Training and Supervising Analyst at the PINE Psychoanalytic Center
Geographic Rule Supervising Analyst of the Minnesota Psychoanalytic Institute
Faculty Member of IPTAR, the Boston Psychoanalytic Institute and the
Massachusetts Institute of Psychoanalysis*

As Woody Allen once said, *Confidence is the thing one has before one understands the problem*. I start here because in writing this I realized, once again, how much there is to think about when thinking about supervision. The same can be said for the challenge of being a candidate today. Most candidates come to psychoanalytic training with expertise in many forms of treatment, where the therapist needs to be *active* in making the treatment work. Having confidence that the analysand cannot help but tell their story (even if she is saying she has no story) is one of the many insights Freud (1914) gave us. The switch from being a *doing* therapist to a *listening*¹ analyst is complicated in itself. It is made even more complex by the need to listen polyphonically, while working to understand how to help the patient open up space for new ideas and feelings while respecting their needs for safety. It is not so easy for candidates, who are already distinguished in one career, to allow themselves to once again be a semi-beginner in learning how to do analysis. Yet, if allowed, it can lead to a tremendous sense of freedom for new experiences, much like in one's own analysis.

As if the above wasn't complicated enough, there are multiple others in the room with the supervisor and candidate who have their own ideas about psychoanalysis. They include the candidate's own analyst, other analytic supervisors, teachers in analytic seminars, a visiting analyst who has a clinical seminar with the candidates, and the list goes on and on. I think the candidate is best served by trying to *immerse* herself in the supervisor's perspective. *At the same time it is most important for the candidate's experience to be an active participant in the supervisory process*. Questions for the supervisor about another supervisor's approach compared to the supervisor's, theoretical questions, and multiple other issues should be welcomed.

Supervision is a mixture of a professional and personal relationship. We get to know a lot about each other over the

years of supervision. However, a candidate should expect the supervisor to deal with her in a professional manner, holding to an agreed upon frame and containing personal needs.² It is only in this context that the candidate can bring up countertransference reactions that are an inevitable part of every analysis and a key to understanding the unmetabolized unconscious.

In some quarters of American psychoanalysis, *evaluation* has become a four-letter word. Over time we have careened from overestimating our capacities to evaluate to feeling it is hurtful to do so. Both positions cause difficulties for candidates in supervision.³ One older colleague told me that in supervision it never seemed like he did anything right, and then he graduated. Another colleague said that she never got any feedback from her supervisor before graduating except bland pronouncements, such as "you're doing fine," leaving her without a clear sense of her strengths and weaknesses as an analyst. In my experience, supervision only works if the candidate feels that the supervisor is trying to help her become the best analyst she can be. Within this context, supervisory comments are not about being right or wrong but about learning. Further, when one writes an evaluation of the candidate's work for a Progression Committee, what the supervisor says should never come as a surprise to the candidate. From the candidate's side, one should feel free to help the supervisor help her learn in supervision. All of the above occurs in a "good enough" supervisory setting, without undue stress over narcissistic balance for both parties. In my opinion, it is often this latter factor that leads to supervision going awry.

Supervision is potentially one of the most creative and rewarding psychoanalytic teaching experiences as well as one of the most challenging. In a supervision that works well, both of us learn, and, if a trust develops, it can become something

In a supervision that works well, both of us learn, and, if a trust develops, it can become something like an analytic experience where one's mind is open to think about what is new and unexpected.

like an analytic experience where one's mind is open to think about what is new and unexpected. Although the goal of each supervision is the same—the enhancement of the candidate's leaning of psychoanalysis, each supervision is unique in how this comes about. One of the great pleasures of supervising is to be part of the candidate's experience of becoming an analyst and to see her development over time.

I once had the unforgettable experience of listening to four jazz musicians, who had never played together, sit down for an impromptu session. Within a few minutes, without any music in front of them, they were playing together. It was moving and, at first, incomprehensible to see. In talking with them afterward, I came to understand how each came with a certain mutual framework based on years of study, within which they were all intently *listening* to each other. I have come to see this as a model for supervision. We begin in a halting manner as we build toward a mutually shared framework and, hopefully, end where the two parties are listening to the multiple voices in the room, each adding their unique contribution, hopefully to find something to learn and grow from. How great is that!

¹*This is not to suggest we just listen, but it seems to me one of the keys to working analytically is to be able to listen.*

²*Each Institute should have a clear way of dealing with troubled supervisory couples.*

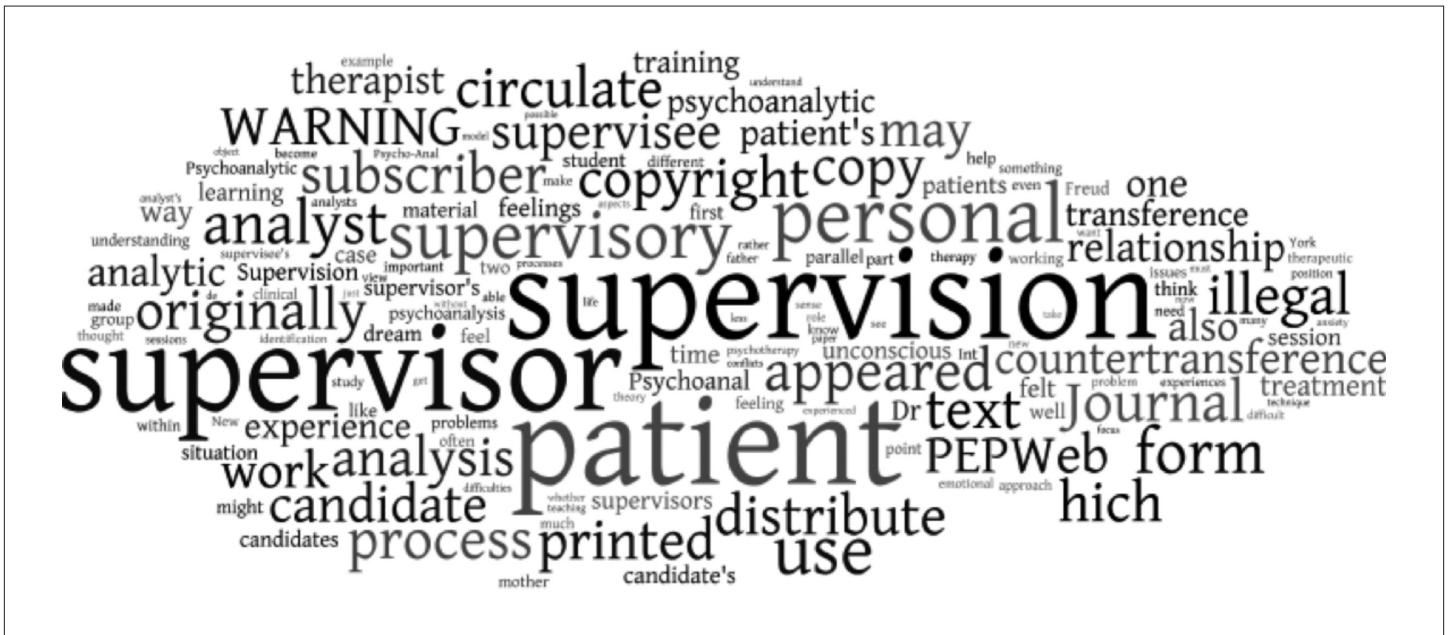
³*In our current state we confuse authority with being authoritarian. While authoritarianism requires blind submission, authority refers to competency.* ♦

Graduate, Institute of Psychoanalytic Education affiliated with the NYU School of Medicine

Using IBM's program "Many-Eyes," the following word clouds were created from the top 36 papers with "supervision or supervisor" in their titles that were viewed at least 25 times over the past year on PEPWeb. The first word cloud shows the words used most often in those papers, and the second word cloud arranges them in alphabetical order. The third word cloud shows the most

frequently used two-word phrases. The fourth word cloud illustrates sentences with the words that most frequently came after the word “supervisory.” The last word cloud looks at the most common words used in the titles of the 244 papers with the words “supervisor or supervision.” Notice how different words emerge when the emphasis of the search is slightly altered. ❖

Most frequently used words in papers with the words “supervision or supervisor” in its title.



5

Word Cloud #2

Most frequently used words in alphabetical order in papers with the words “supervision or supervisor” in its title.



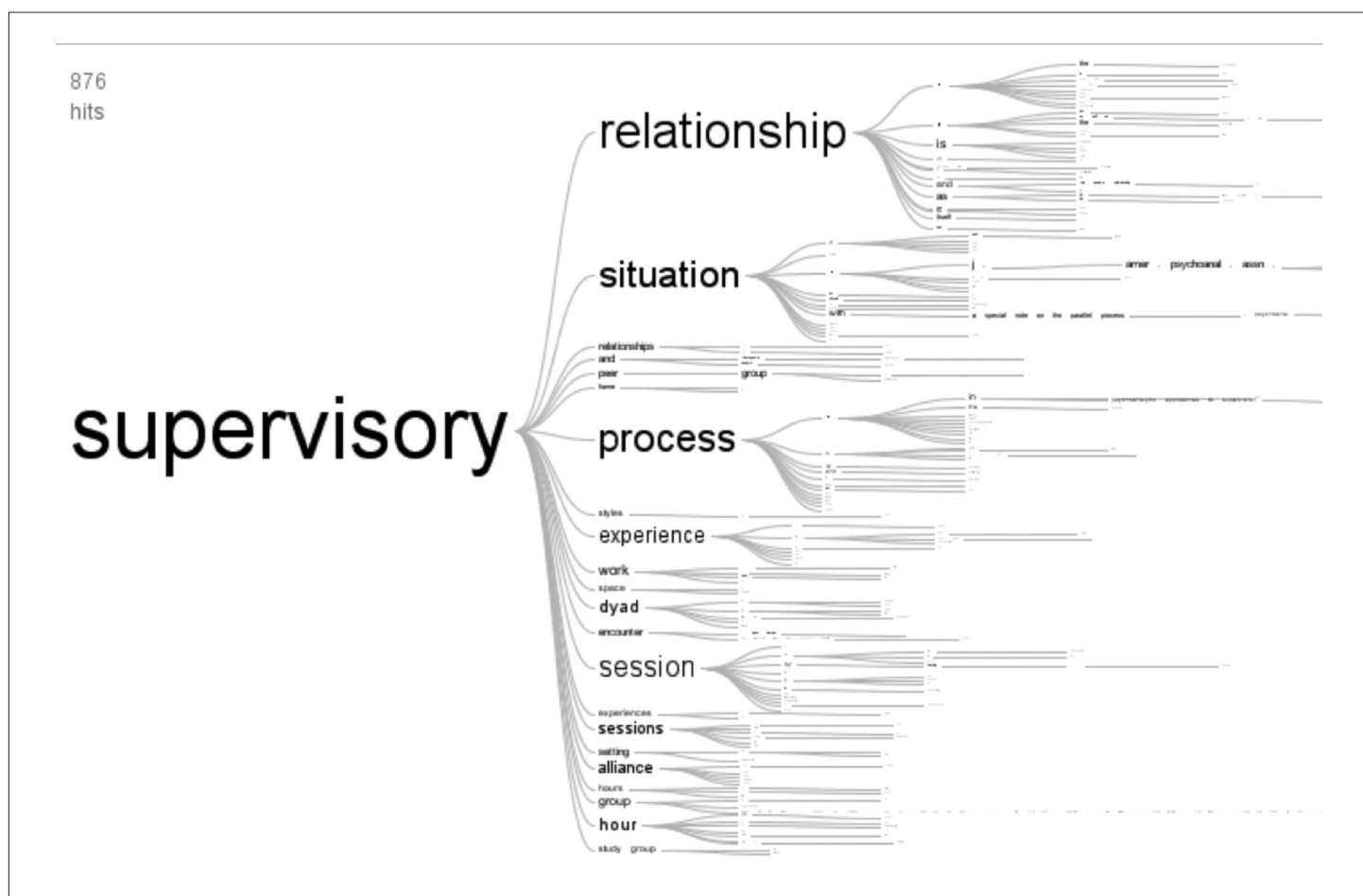
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Most frequently two-word phrases in papers with the words “supervision or supervisor” in its title.



Word Cloud #4

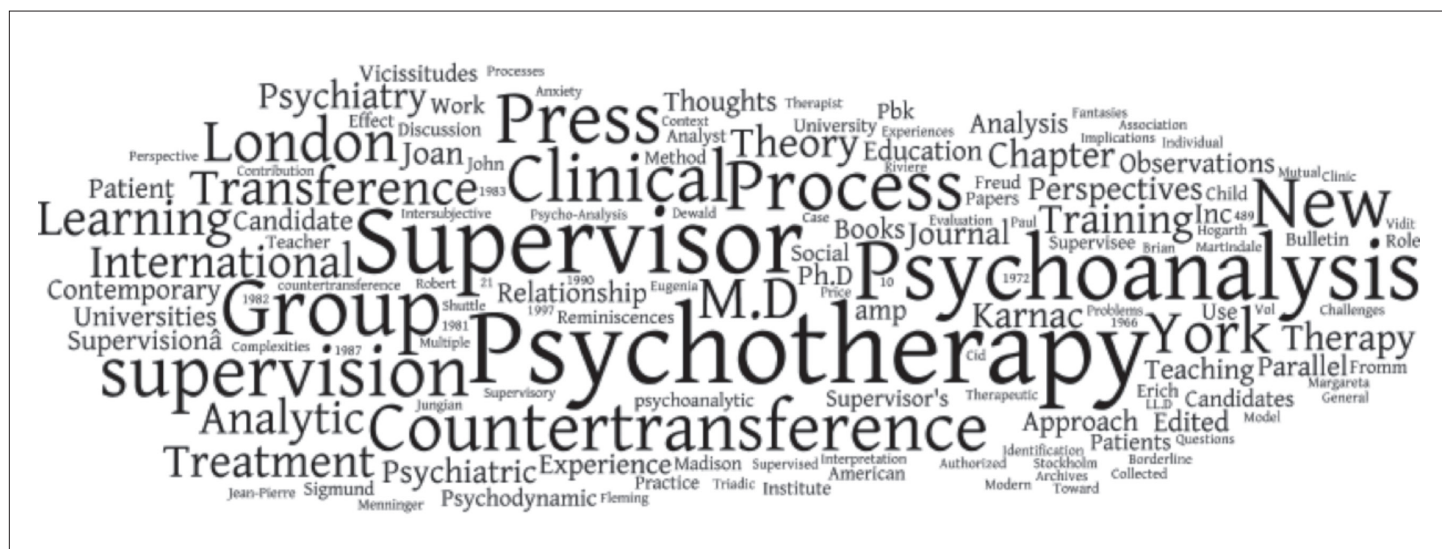
The words that most frequently came after “supervisory” in a sentence.



Continued on page 9

Word Cloud #5

The most common words used in the titles of the two-hundred forty-four papers with the words “supervisor or supervision” in the title of the paper.



TREASURER REPORT

By Jamie Cromer, LCSW, ACSW

Treasurer, Candidates' Council

Candidate, New Orleans-Birmingham Psychoanalytic Center

The most exciting work that I've been involved in has been on a newly funded Candidate Travel Scholarship. I was asked to participate in the creation of this new program's policies and procedures along with President-Elect Navah Kaplan. The scholarship provides funds to offset costs to attend the 2013 National APsaA Meeting. It is our understanding that this will help in the mission of increasing candidate attendance and involvement at National meetings. The only requirement is attendance at the Candidates' Council's Thursday, January 17th meeting, which will provide new candidates the opportunity to meet other candidates at every level of training from around the country and to learn about issues unique to us.

I continue to participate in my role as Treasurer at the national meetings, on scheduled phone meetings as a member of the American Psychoanalytic Foundation (APF) Committee reviewing grant proposals, and on the

APsaA Finance Committee, reviewing financial matters such as investments and budgetary requests. I look forward to serving another term as Treasurer and hope to see you in New York in January. ❖

SAVE THE DATES!

2014 National Meeting

January 14-19, 2014
Waldorf Astoria Hotel
New York City, NY

June 2014 Meeting

June 5-8, 2014
Palmer House Hilton
Chicago, IL

By Valerie Golden, J.D., Ph.D.
Secretary, Candidates' Council
Chair, Master-Teacher Award Committee
Chair, Nominations Committee
Candidate, Minnesota Psychoanalytic Society and Institute

The Master-Teacher Award is a new award that the Candidates' Council is interested in developing. The idea behind the award is to identify and recognize excellent educators of psychoanalysis. In the coming months, we will be developing and submitting a formal proposal to APsaA's Executive Committee for their approval. The proposal will outline how the award is different from other awards already offered, the importance of this particular award, the processes of nomination and selection,

the standards for the award, and the budget for the award. We are looking forward to discussing the proposal with the Executive Committee in January at the meetings.

As the Nominations Chair, I assembled the ballot for the Candidates' Council elections. And lastly, as Secretary, I have updated our continually changing Roster of Officers, Delegates and Alternates. If you have any questions, please feel free to get in touch. See you in January! ♦

**Report from the St. Louis
Psychoanalytic Institute**

*By Tina M. Dale, LCSW
Candidate, St. Louis Psychoanalytic Institute*

The St. Louis Psychoanalytic Institute starts the Fall 2012 year off with 6 new candidates, Tina M. Dale, LCSW (Advanced Child Candidate); Rev. Linda Horrell, M.Div., LCSW (Advanced Child Candidate); Sundee Jayaprabhu, M.D.(Adult Candidate); Tracie Miles, LPC (Advanced Child Candidate); Oliver Stroeh, M.D. (Adult and Child Candidate) and Joseph Wise, M.D. (Adult Candidate).

Dr. Wise and Dr. Stroeh both reside in the Nashville area, and alternate their mode of participation in classes, attending some weeks via a video-internet connection ("Go To Meeting"), and other weeks, driving to St. Louis for classes. They are part of the recently established Nashville Psychoanalytic Community, which is currently a satellite of the St. Louis Psychoanalytic Institute.


In 2009, graduates of the St. Louis Psychoanalytic Institute's Advanced Psychodynamic Psychotherapy Program received the opportunity to attend certain introductory courses alongside fully matriculated psychoanalytic candidates. This provided greater exposure to the Full Psychoanalytic Training Program. The Open Analytic Class experience encouraged Dr. Jayaprabhu, Tina M Dale, Rev. Linda Horrell, and Tracie Miles to continue training, and apply for candidacy.


For the past few years the St. Louis Psychoanalytic Institute has been able to bring instructors from other locations to teach classes through “Go To Meeting.” It has been our experience that tolerating the infrequent, minor technological difficulties has been outweighed by the experiences we are gaining from the instructors at other sites. ♦

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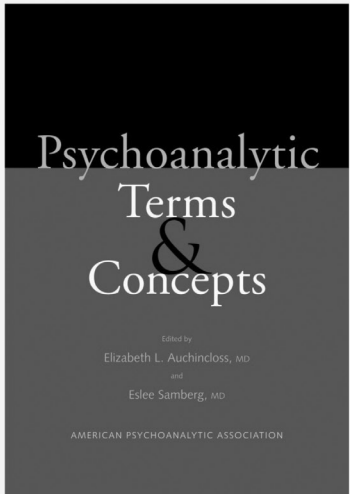
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The Candidates' Council's ***Annual Winter Bash***

**Thursday, January 17, 2013
8 to 11 PM**

Eat | Drink | Network

Join us for the Annual Candidates' Winter Bash!

Hosted by NYPI candidate Navah C. Kaplan in an elegant 1889 Upper East Side Brownstone townhouse. Experience Olde New York while enjoying drinks and a full dinner with colleagues from across the country.



All candidates and psychotherapy students are invited.

\$60 per person

Please RSVP to Navah C. Kaplan at navahckaplan@gmail.com.

Email: navahckaplan@gmail.com

Phone: 212-876-2353

Mail check made out to:

Navah Kaplan, 1213 Park Avenue, New York, NY 10128

Reservations and pre-payment highly recommended

NOTE: Space is limited so it is important to RSVP.

Without a reservation, payments of cash or check will be accepted on the day of the party ONLY if space is still available (we cannot accept credit card payments).

Location

1213 Park Avenue

(bet. 94th & 95th St)

New York, NY

Hilli Dagony-Clark, President

Navah Kaplan, President-Elect

Jamie Cromer, Treasurer

Valerie Golden, Secretary



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