

the candidate connection

newsletter of the APsAA Affiliate Council

Affiliate Council President: Hilli Dagony-Clark, Psy.D.
Co-Editors: Michael Garfinkle, Ph.D. & Jamieson Webster, Ph.D.

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From The Editors' Desk

"Herr: es ist Zeit" (Herbsttag, Rilke)

Our fellow candidates, it is time. Time for our mode of communication to catch up with the rest of the world, and to this end, we present to you the first electronic form of the *Candidate Connection*. It is also time that we introduce ourselves as the new editors of this publication, and it is precisely on the question of time that we will linger: we are very interested in the idea of the candidate, the demarcated span of time that we spend as one, how we connect, what need we have for each other and from each other, and from the profession of psychoanalysis and its institutions. We intend to focus issues of the Candidate Connection on these questions, beginning with a first issue on Candidate Morale (see call for papers, below). Our hope is to enliven this publication by presenting critical issues and by fostering debate through the presentation of differing perspectives. It seems candidates in psychoanalysis, in this century, prepare for a different experience than that of the older generations. Long gone is the place of psychoanalyst as hero and instead, psychoanalysts are asked to defend the profession from within and without. A related objective of our editorial plan is to draw candidates closer together. We believe this can be accomplished by publishing accounts of training, updates from the various institutes, and notices of meetings across the country and abroad that are relevant to psychoanalysis and training.

Our success depends on your participation, as readers and writers. The Affiliate listserve (affiliates@apsa.org) is underused and may become a venue for greater dialogue among candidates, using issues of the Candidate Connection as starting points. If you have ideas for issues, would like to submit work, or would like help preparing work for publication, please contact us. We look forward to working for our mutual interest.

Yours,

Michael Garfinkle & Jamieson Webster, Co-Editors

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Affiliate Council

Call for Papers

January 2011 Affiliate Forum

June Candidate Party

Date: Thursday, June 9

Time: 7:00 - 11:00 PM

\$40 per person

Wine, beer, light dinner
and dessert

Location:

The home of Beth Steinberg
1582 Noe Street (cross street
29th), in Noe Valley

Please RSVP by **May 31** to
Beth Steinberg at
besteinberg@comcast.net or
(415) 441-5302

**Checks can be made payable
and mailed directly to:**

Beth Steinberg, Ph.D.
1582 Noe Street
San Francisco, 94131

APsAA Affiliate Council

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



President's Letter

Dear Affiliate Members,

It is my pleasure to write to you for the first time in my role as Affiliate Council President, having just taken office at the conclusion of the 2011 National Meeting this past January. I am thrilled to be working alongside our skilled executive committee, comprised of President-Elect Navah Kaplan, Ph.D., Treasurer Jamie Cromer, L.C.S.W., and Secretary Valerie Golden, Ph.D. I would also like to thank and congratulate Carmela Perez, Ph.D., for her impressive efforts as the previous Affiliate Council President. Her enthusiastic and hardworking leadership style helped advance the Affiliate Council's presence within APSaA and provided a professional home for candidates from across the country.

During my term I hope to focus on the notion of analytic identity, both within the psychoanalytic world and in the broader context of the mental health field. As trainees, we struggle not only with authentically internalizing a psychoanalytic self, but also with accurately presenting ourselves as viable competitors in the mental health community. Powerful transferences to our trainers, doubts about the efficacy of our interpretive prowess, and insecurities about our economic futures constantly threaten our stability as budding analysts. We furthermore must move nimbly in our roles as students, patients, analysts, and supervisees, transitioning among these several times daily. Our task of becoming analysts is therefore quite challenging.

Since immersion is key to the development of a solid analytic identity, candidate engagement within our organization is essential. Candidates are already involved in various groups in the organization, such as the Program Committee, the Committee on New Training Facilities (CNTF), Committee on Institutes (COI), the Ethics Committee, the Committee on Race and Ethnic Diversity, and the editorial board of The American Psychoanalyst (TAP). Furthermore, as President and President-Elect, Navah and I are invited to attend many of the administrative meetings of the organization, including the meetings of the Board of Professional Standards (BOPS) and Executive Council. In fact, there is interest in the Association to propose a bylaw amendment that would permit the Affiliate Council President the right to vote in Council. This would be a historic and vital development for the organization.

In addition to direct involvement with the membership, there are also several ways of becoming involved within the Affiliate Council directly. We need submissions and reviewers for our Paper Prize, contributions for our newsletter, research for our Ethnic Diversity Committee, and assistance with our Digital Media and Communications Committee. Our engagement both within the Affiliate Council and with the membership ensures that our voices are heard within an organization that we will inherit in the future.

To facilitate further candidate engagement, I have begun promoting the involvement of candidates in several other aspects of APSaA life. To this end, Affiliate Council Education Chair, Caryn Schorr, and I have been corresponding with Dr. Robert Michaels, chair of the Committee on Psychoanalytic Education (COPE), to facilitate the integration of candidates into ongoing member study groups. Several e-mails have been sent to this end on the Affiliate listserve, and I hope that you take advantage of this wonderful opportunity to sit on study groups with senior analysts from around the country. Similarly, I am currently developing a study group within the Affiliate Council under the leadership of Norman Kohn, focusing on the impact of digital media on analytic process. I hope you consider joining this group as well.

Additionally, I hope to revitalize a mentorship program that would pair candidates with APSaA members. These mentorship relationships are intended to help candidates develop an analytic identity and practice through their affiliation with the organization, and increase membership within the organization by personalizing that candidate's relationship with APSaA. We therefore need mentors both within the membership and the Affiliates Council.

Finally, through different programming at our meetings I plan to encourage exploration of how candidates can incorporate an analytic stance into their pre-existing identities as mental health professionals. We will hold several workshops on analytic identity during the upcoming 100th Annual Meeting, June 8 - 12, in San Francisco, which I hope you will all attend. Also, please come to our Affiliate Council meeting on Thursday, June 9, as well as our candidate party hosted by Beth Steinberg on the evening of Thursday, June 9. It will be a wonderful opportunity to meet and network with colleagues, and form connections for years to come.

There are several exciting changes taking place for Affiliate Members. Foremost, our name within the organization has changed. The Association voted on a change to the bylaws in April involving the membership category for candidates. Since the term "Affiliates" has been considered misleading and confusing; Affiliate Members are now officially called "Candidate Members."

As you can see, another exciting change involves this newsletter. We are transitioning to an electronic version of the Candidate Connection. As such, two of our four editions during the upcoming year will be sent to you online. I would like to thank the new co-editors of the newsletter, Michael Garfinkle and Jamieson Webster, for what I know will be an informative and thought-provoking newsletter during their tenure.

I look forward to assisting you as best I can on issues of training, immersion into analytic practice, and the inner workings of APSaA. Please don't hesitate to contact me at 917.723.5841 or e-mail at hilli@dagony-clark.com. I look forward to seeing you in San Francisco!

Respectfully,

Hilli Dagony-Clark
President, Affiliate Council

Programs to be offered by the Affiliate Council

Phoebe A. Cirio, Program Chair Affiliate Council

100th Annual Meeting June 8-12, 2011 Palace Hotel, San Francisco

The Candidate to Candidate discussion group in June will feature clinical material presented by Anne Buchinski of Seattle, Washington and discussed by Gerald Fogel from Portland, Oregon. I have favored a format for the discussion groups, for the last few meetings where a candidate presents clinical material from an on-going analysis, and the discussion is facilitated by a senior faculty. This format allows for in-depth discussion of clinical material, and provides a forum for candidates to explore clinical issues. It also allows people interested in psychoanalysis to get a feel for the type of material developed in analytic work.

When Dr. Buchinski showed me the clinical material, I was immediately impressed that this is the type of case that some might regard as "unanalyzable." But Dr. Buchinski's work with this patient has yielded a deep process that has resulted in clear benefit to the patient. I encourage candidates, and those interested in candidacy to attend this program. It will provide a glimpse into a deepening psychoanalytic process. I think one direction we might go with the discussion is how candidates are more likely to take a chance on a patient, to whom more senior people might not offer analysis. I also hope we can take up the question of analyzability and see whether the idea continues to be current.

The Affiliate Forum is a panel discussion. The program for June will be chaired by Jane Hall, and will include, Theodore Jacobs, Mitchell Wilson, and Will Braun. These four panelists will be discussing their development as analysts. We are asking them to discuss what brought them into the field, and how they arrived at their own unique theoretical and clinical approach. The panel includes senior people who trained years ago as well and a recent graduate.

We hope that the presentations by the panelists will stimulate discussion with the audience. This is a very distinguished panel, the members have thought about and published on psychoanalysis, and psychoanalytic education. It is a fine opportunity for candidates and senior members to come and discuss how we would answer the question of how we choose the theory and clinical style we do.



[Click here to register for the 100th Annual Meeting.](#)

Advance registration ends May 15.

Call for Papers: Candidate Connection: Issue on "Candidate Morale"

The next issue of the Candidate Connection, a newsletter published by the Affiliate Council of the American Psychoanalytic Association, will be published this summer on the topic of "Candidate Morale." We are interested in receiving submissions of short to moderate length (generally, 150-750 words), though longer submissions will be considered. Submissions should be relevant to the issue of candidate morale within and without psychoanalytic institutes, and may comment on:

- Candidate morale as it relates to psychoanalytic theory,
- Candidate morale as it relates to institutional psychoanalysis,
- Experiences that had a positive or negative impact on morale,
- Class dynamics,
- Candidate-faculty dynamics,
- Other relevant topics.



If unclear about a potential topic, please contact the editors. Submissions are encouraged from candidates at all stages of training, but we will also consider submissions from graduates of psychoanalytic institutes and interested academics. While this publication sees its audience as American candidates, submissions from abroad will be considered as well.

Submissions must be received by **June 1, 2011** to be included in this issue.

The Editors

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January 2011 Affiliate Forum

Phoebe A. Cirio, Program Chair Affiliate Council



The Affiliate Forum at the 2011 National Meeting consisted of the panel proposed, and chaired, by Lucy LaFarge titled "On Beginning the Treatment." The four panelists, Lucy LaFarge, Natasha Chriss, Anton Kris and Steven Cooper discussed aspects of the beginning and deepening of psychoanalytic treatment.

Dr. LaFarge, as chair, presented a paper which framed the issue of beginning an analytic treatment in the context of three factors: transference, process, and technique. Regarding transference, she quickly takes us from Freud's idea of transference as a displacement of the libidinal ties from the objects of the patient's past, to the person of the analyst in the present, to a much more contemporary concept of transference. She tells us that "transferences that become known through their effect upon the analyst's own subjective experience are easily seen to be more unique to the particular analyst-patient pair-the result of a matching of potentials between the two participants, or even a new development-rather than a simple revival of the patient's early template for relating. And transferences that are known in this way are clearly known less objectively by the analyst, who filters them through his own self-experience."

Regarding process, Dr. LaFarge shows how process, as conceptualized by Freud, was "something that occurred in the mind of the patient, with the analyst as its observer, facilitator, and interpreter" and is now conceived as a matrix of the patient's transference and analyst's countertransference. While much remains to be done to fully conceptualize this process, it is clear that: "the analyst must have an affirmative view of the patient; he must be receptive to the patient's projections; aware of the countertransference and neither fully resistant to acting upon it nor swept away by it." Deepening of the treatment requires a shift for both analyst and patient.

Dr. LaFarge also reformulates Freud's original dictums about technique, which advised us to put away feelings like a surgeon, and to act like a mirror showing only what was shown to him. And instructing the patient to describe their mind as a passenger in a rail-coach might describe the passing scenery. Today, she tells us, "in order for a patient to feel sufficiently safe to permit the analysis to deepen, he must become aware that the analyst enters into the patient's emotional life, bringing to it something unique of his own, yet at the same time, manages to stand outside it, imagining, reflecting, and protecting the intermediate region that he and the patient have created."

Dr. Chriss began with clinical material from the first session on the couch for an analytic patient. She described the patient's first associations, which were negative, and the patient's self-awareness that this was different than she had expected. In ensuing sessions, with the seemingly "perfect" patient, the transference begins to emerge and with it countertransference feelings. As the work deepened, the analyst became more immersed in the relationship. She described her own experience of the patient, her own feelings, and how her supervisor encouraged her to stay aware of the feelings. A diagnostic impression of the patient's fragile sense of self developed, which was used to understand that the intellectualized feel of the sessions was defensive: containing conflict, and also protective of the patient's vulnerable self. The analysis deepened, and Dr. Chriss felt that her preferred technique was supported by supervision, and allowed her to work with the clinical material. She described her preferred way of working as one "where we could together be curious and pay attention to my impact on her without assuming that I know what is in her mind more than she does."

Dr. Chriss explored her thoughts about prescribing medication for this patient. She says "I have wondered many times about a level on which my offering her medications was an enactment, a making concrete of the wished-for transference of being lovingly cared for." The exploration of the patient's associations to her wish for medication, and what she felt it would do for her was productive, allowing them to explore the patient's masochism.

Dr. Chriss, quite generously, shared experience from her own analysis, which deepened the paper. The opening phase of this analysis brought to her mind the opening phase of her own analysis which "began with a long and protracted painful negative transference." She informed her audience about a very important aspect of psychoanalytic training for candidates. "It seems inevitable that one's desire-conscious or unconscious-to identify with one's analyst will affect how one works with patients, facilitating some aspects of deepening and getting in the way of others." In analysis, there are many potential transference/countertransference configurations that could emerge. "Which ones emerge have to do with what self and other representations that analyst and patient resonate with. In order for the treatment to deepen, the patient has to allow herself to open up aspects of herself that she is not comfortable with. The analyst facilitates this through containing projected parts that are too much for the patient to bear and helping the patient make contact with those that are just out of reach."

Dr. Chriss observed that she made certain choices of which projected parts of the patient she worked with, and then considered that another analyst might have chosen other aspect of the patient to explore. She also discussed how she used her countertransference feelings to signal times when she was stuck, and this facilitated opening up for the patient and deepening the work.

Dr. Kris offered several reflections on Dr. Chriss' clinical material and offered suggestions for deepening the work with a patient, such as this one, with a narcissistic disorder. Early in his remarks he observes that unlike the psychoanalysis he learned 50 years ago, he now understands that "psychoanalysis is always a mix of actions and understanding expressed in words for both analyst and patient." He reminds us of the contributions of the ego psychologists that interpretation should "focus first on defense and resistance, that is, ego functions, and only then on drive derivatives." This allows the patient to get comfortable with the loosening of the defense before, in the case of this patient, having to face the fear of being all alone. Dr. Kris notes several shifts in American psychoanalysis since the 1960s. He remarks on Kohut's contributions to understanding narcissistic personality disorders, and their particular vulnerability to experiencing "strains on the self" and their propensity to humiliation and needing a self-object transference. He credits Kohut with shifting the "analytic attitude to an affirmative stance." He as well mentions that contributions of the Kleinians to a "new view of transference and countertransference." And also was he refers to as the "constructivist perspective of an interactive, intersubjective analytic process...."

Dr. Kris, still differs with Kohut on the unconscious dynamics of narcissism. He maintains that trauma induces punitive, unconscious self-criticism. He then describes a vicious circle of self-criticism which produces self-deprivations, which then are justifications for a sense of entitlement. Self-criticism also results in feelings of shame and humiliation. Regarding the patient presented by Dr. Chriss, he suggests that "she probably reproached herself for making demands on a depressed mother." He offers the technical advice that when working with narcissistic patients one focus on the self-deprivation and self-criticism initially. He then will show the patient how they deprive themselves, and state his disagreement with their attitude towards themselves, and only then, gradually, analyze the unconscious punitive and self-critical attitudes.

Dr. Cooper used clinical material from his own practice and described his interest in disturbances in the "transference-countertransference field." He was troubled by his patient's use of a cheery, superficial greeting that she used defensively to "sugarcoat" her real feelings. He described her overly cheery greeting as "becoming lodged inside me as her analyst." Using clinical material of his patient's dreams he explores what is of interest to him clinically. "I have long been quite interested in the reactions that the analyst may begin to have in response to coming to live with the defenses and character of the analysand as the transference-countertransference is forged." He notices that he had felt affection and compassion for his patient's expressive difficulty, but he was starting to feel and have fantasies about analyzing her defensive avoidance of her affect. "When a patient's defenses and elements of expressiveness are steeling for battle in the context of deepening often various parts of self are put into the analyst-what results is often a disturbance in the interpersonal field." He notes that his patient's behavior was not different from the beginning of the analysis. "What was different was that what Symington calls, 'the corporate entity' the transference-countertransference unity that we'd formed could no longer hold." He advises that we pay attention to many surfaces of the treatment, wishes and defenses, and many forms of expression.

He observes that the deepening of a treatment may be represented by "disturbance in the field." And the elements of the disturbance can be manifested by dissociation or other forms of defensiveness. In the deepening of a treatment the "patient's unconscious conflicts become lodged in us; and ...we become implicated in their internalized representational world." With this deepening, the analyst may be unable to see what is to be interpreted or s/he may hesitate to interpret because of "conscious fears of being too hurtful, too seductive, and the like."

The four panel members contributed very different perspectives on beginning, and deepening a psychoanalytic treatment.