

Theme: Candidate Involvement and Risk-Taking



PRESIDENT'S ADDRESS

Navah C. Kaplan, PhD

A Personal Story about APsaA

I was an analysand for six months before I entered candidacy. I tell you this so you know how far at the beginning of this radical, reform journey my mind and I were when I had the following thoughts. In those early days of my analysis, I took note of the myriad professional activities my training analyst engaged in. I couldn't help it, as his predilection for professional participation was too often at odds with my wish for his total, unrivaled presence at my sessions; he canceled at odd times that did not coincide with recognized holidays. Like, what was it about January that led to a week's cancellation so closely following the disruptions of the winter holiday season? Struggling to locate my relative importance in the scheme of his activities, I imagined the analytic enterprise as a pyramid. I, the patient, occupied the pinnacle, while the increasing bulk below represented all the activities of the analyst outside the consulting room. The question pressing on me, then, was which way did the pyramid orient? Tip up or down? Did he attend professional activities in order to be a better analyst to his patients (tip up), or were his patients there to provide material to participate in all his other professional engagements (tip down)? This chicken-or-egg conundrum occupied me for quite a while. But I have figured it out. You need both, of course. You cannot be an analyst without collegial interaction and support. You cannot

evolve towards higher levels of analytic competence without continuing professional activity.

I went to my first APsaA National Meeting the winter of my first year of candidacy. I was the delegate representative from my institute to the Candidates' Council (CC). Attending the CC meeting, I was excited to be in the large room, seated at tables arranged in an enormous square, facing candidates from across the country. There was also a group of international students representing IPSO (International Psychoanalytical Studies Organization, the candidates' organization of the International Psychoanalytical Association, or IPA). All were strangers to me, and I felt something like a return to kindergarten days, when I was sure that everyone was more familiar with what was up, and what it all meant, than I was. I reminded myself I had an official role as delegate, although I wasn't entirely sure what that job entailed. What I knew was that I wanted to get involved in my national professional organization. I had lacked this kind of involvement in my other life, when I was a clinical psychologist working in private practice; the national professional meeting I had once attended had been thoroughly disappointing on account of its dearth of psychoanalytic content. Now, at my first APsaA meeting, Phoebe Cirio, today the CC president-elect, announced she was vacating the chair of the CC Scientific Paper Prize. Anyone interested could talk to her about it. I jumped at the chance to become active on a committee, and

said I would do it. That simple, I was on board the Candidates' Council as a committee chair. Within a couple of months, a call was sent out for an assistant editor of the candidates' newsletter. I grabbed that, too. Within a year, I got to be the editor, giving it up only when I became president-elect the following year. Becoming involved in the Candidates' Council has meant I am on the ground during the biannual APsaA meetings. As a result, I have been in the right place at the right time for so many enjoyable professional opportunities. My work on the committees of the CC has given me the experience and confidence to venture further into the national and international professional stages of APsaA and the IPA. I have chaired sessions, presented clinical material, been a discussant, been a coordinator/reporter, participated on a candidate panel, and created a Writing Workshop. In the process, I have made dear friendships with candidates from APsaA and IPSO, and we get together every six months, during the national meetings, for a week combining collegiality and camaraderie. I have more recently become aware that these relationships are turning into an excellent source of patient referrals.

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In my week to week work life, for many daily hours, I am alone in my consulting room, tending to my patients, listening, interpreting, absorbing their experiences, their affect, and hoping my interventions are useful. To keep myself fresh, to learn more, to broaden the scope of the patients I feel competent to help, I need the intensive learning opportunity APsaA's national meetings are designed to provide. Beyond the contribution to my continuing education, the meetings have become a wonderful source of enduring friendships and colleagues. Their regional differences from my way of working and thinking give me food for thought. Among the candidates at APsaA, I have encountered an open-mindedness to ways of thinking analytically which were not taught at our individual institutes. We are all hungry to learn, and welcome encounters with ideas new to our experience. Thus, when IPSO asked me to be a discussant on a candidate panel featuring a clinical case presentation, I was told the panelists were selected specifically to represent geographic differences in analytic culture; the case presenter was from

Hungary, the other discussant was from South America, and I represented the United States. Following all three presentations, the audience of international candidates engaged in an open discussion. The opportunity to hear alternative theoretical explanations of the clinical material was mind expanding.

Candidates who have a heavy burden of work, family and educational obligations may think attending a national, professional association meeting is just another obligation that is expensive, time-consuming, and not necessary. On the contrary, APsaA's national meetings are a *refueling* experience for many who try it. Our work is intense, and our ways of thinking and knowing appear peculiar to the layperson. APsaA provides a nationwide, professional network for candidates and analysts to feel supported in our training and careers, offering many resources to augment the practical and educational provisions we get at our institutes.

To learn more about APsaA and the Candidates' Council, you can look at the APsaA website; specifically visit the

Candidate Members Information Page in the members section. Or you can contact any officer or chair of a committee of the Candidates' Council for information on how to get involved. Better yet, simply attend an APsaA national meeting. We will assist you in affording to come if it is your first time attending, and we will orient you to the program to help you get the most out of the time you spend. ♦

Navah C. Kaplan, PhD
President, APsaA Candidates' Council

APsaA Candidates' Council

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

The Candidate Connection Newsletter of the APsaA Candidates' Council

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

(A complete list of CC Committees can be found on the Candidate Members Information Page located in the members section of apsa.org)

ARTICLES AND REFLECTIONS

Survival Guide for Candidates

Glen O. Gabbard, MD

Training and Supervising Analyst, Center for Psychoanalytic Studies (Houston)

The American Psychoanalytic Association is a complex organization that is byzantine in its structure. New candidates may feel lost in their attempts to work their way into the meetings. It has been commonplace for candidates to note that no one speaks to them when they attend the January or June meetings, and many feel discouraged about the insular and hierarchical quality of APsaA. When I first attended the New York meeting, I felt that candidates were expected to be neither seen nor heard. We were to watch our elders interact without disturbing the psychoanalytic universe before us. I told one of the senior analysts that I would like to get involved, and soon I was appointed to the Program Committee, where I have stayed for 26 years. During my first meeting, I followed the advice of John

Gielgud, when asked what a young actor should do upon joining a new theatre company: "Keep your eyes and ears open and your mouth shut." The chair of the committee, on the other hand, welcomed my views so I was off and running. Over the ensuing years, I served as Program Committee Chair on two different occasions and met a host of wonderful analysts from whom I learned a great deal.

The reserve of the organization has changed somewhat over the years, but candidates still struggle with how to break in and be an active part of APsaA. One must avoid a passive stance in which one waits to be asked. While it is often said that the organization has more committees than members, one advantage of that bureaucratic structure is that there are many opportunities for candidates to get involved. Committees love to have

candidates join because at no time has it been more urgent for APsaA to listen to the concerns of the next generation of analysts. Psychoanalytic work is imperiled by a variety of forces in the marketplace: competition with "empirically-validated therapies," repeated assertions that Freud is dead (only to be resurrected repeatedly as well), and the decline of reflective contemplation resulting from the era of the Internet and the ubiquitous hand-held devices.

Even if one cannot attend meetings regularly, there are abundant opportunities to get involved at many levels. Ask your candidate colleagues and the faculty of your institutes for their advice about which committees may be most suited to your interests and let the chair know. Don't be bashful. APsaA awaits your involvement! ♦

Candidate Involvement and Risk-taking

Phoebe A. Cirio, MSW

President-Elect, APsaA Candidates' Council

When I was asked by our newsletter editors to submit a response on the subject of “candidate involvement and risk-taking” my initial response was “certainly, but what risk?” In my first year in training, I attended my first APsaA meeting as a candidate. I only went for a few days, but made a point to be there Thursday so I could attend the Candidates' Council (then called the Affiliate Council) meeting. I wanted to get the pulse on what was happening with candidates at other institutes. I didn't really know anything about APsaA, nor did I have aspirations to get involved in candidate governance or programming at that time. In attending that meeting I began to meet other people who were beginning their studies in psychoanalysis, and I found my fellow candidates to be interesting, thoughtful, intelligent and curious people. I wanted to get more involved, and I took on more responsibility.

I was asked to chair the Candidate Paper Prize, and later was asked to chair the program committee of the Candidates' Council. Then I was asked to run for President-elect, and then I was asked to chair the COPE Study Group. When I accepted each of these responsibilities,

I did so because I could see that it would allow me to develop my skills, and to meet new people within APsaA. I have derived as much satisfaction from these responsibilities as I put into them.

There is always risk. There is the risk of getting overextended. Candidacy is a very demanding time; our financial, emotional, and time resources are taxed. We have so much reading to do, so many write-ups on our cases, and so many hours we spend in supervision and in our personal analysis, that it seems unimaginable that we could also get involved in activities at the national level of APsaA. Yet getting involved is what really helped make the demands of training manageable, for me. I have been rewarded through the relationships I have formed with my fellow candidates. I have made friends that I feel will last forever. I also know a lot about psychoanalysis that goes beyond how we think about it and practice it in St. Louis.

One of the best features of involvement in candidate activities is that we all work on our various committees, write papers, discuss other's papers, present our clinical material, and have responsibilities. In the process, we have a great deal of fun. I now know people

at almost every APsaA institute, as well as internationally because the IPSO (International Psychoanalytical Studies Organization) representatives come to New York in January to meet and they also visit our Candidates' Council meeting, and attend our Candidate Party. The party is the place where people relax, socialize, and talk about their training experiences. We compare our experiences with progression committees, classes, supervisors, and institute standards for training. Because of these conversations with my fellow candidates, I have a far broader perspective than I would have, had I not attended the meetings.

Because of all of my activities, I have had to forgo personal downtime to plan and prepare for meetings. But each of these responsibilities has also been richly rewarding. Each of these activities has enriched my psychoanalytic perspective, and I feel I have benefitted greatly from my participation. I encourage everyone to take the risk of involving yourself in the programs, activities, and parties sponsored by the Candidates' Council. I think you will find that the benefits you receive will far outweigh the effort you put into it. ♦

Out of the Box and Into the Working Parties: A Journey Well Worth the Risk

Marian Wiener-Margulies, PhD

Co-editor, *The Candidate Connection*

One Sunday afternoon in the twilight of winter, Holly, Navah and I were brainstorming ideas for the theme of this issue of the *Candidate Connection*. Each of us threw into the pot this and that idea. We knew we nailed it down when we came up with the idea of candidates' risk-taking and greater involvement in analytic activities beyond their institutes' walls. Among the ideas, one especially intrigued me. Navah, having attended several sessions of “Working Parties” said, “there's one coming up in a few weeks. Try it; you won't be disappointed.” How right she was!

Having already taken the risk of journeying into my own unconscious with

my analyst as guide, I was eager to take this next voyage—this time with fellow travelers. I participated in *The Working Party on the Specificity of Psychoanalytic Treatment Today* (WPSPTT)¹, one of four types of IPA working party groups held at the New York Psychoanalytic Institute this past March. The Working Parties were formed nearly a decade ago to look at different aspects of psychoanalytic work in different regions around the world. There are different types of Working Parties, each one with a different research question and methodology.

One essential question the founders of the WPSPTT asked was, “What is specific about psychoanalytic treatment

in various regions around the globe?” The group decided to study psychoanalysis with a psychoanalytic methodology. And what method did they come up with? You guessed it!—Free association. They also wanted to study group work. In particular, they asked, “What happens when you put a dozen or so psychoanalysts in a room together to free associate to clinical material for many hours?” What they found was striking: the group sharing their associations to the clinical material illuminated unconscious elements related to the transference and counter-transference between patient and analyst in the case material.

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They also found that as the group associates freely to the case material and to each other's thoughts, participants draw on the reservoir of their own unconscious. The joke, 'How many therapists do you need to change a light bulb?' comes to mind. My own thinking is there are many ways to see and change a light bulb—and *that* process of inquiry is most illuminating—whereby the group members, working together, shed more light than one individual alone.

We were equally amazed to see how our own threads in the weave set in bold relief his patient's character, conflicts and struggles.

My own Working Parties Group (WPG) was comprised of five candidates and two co-moderators. We came from different institutes, different regions of the country, and I might add—different walks of life. We met over the weekend, walled off in a room, all of us associating freely to the clinical case material one candidate presented. It felt risky sharing my thoughts about the case and my own counter-transferential feelings to the material. Some of my thoughts and associations felt to me very primal and rooted in primary process thinking. What might this say about me and my own vulnerabilities? And with total strangers, no less!

Before joining my particular group, the various groups met together in a room for an orientation where the format and structure of the weekend was outlined. We were told that we'd meet for six sessions to hear and discuss process notes with long breaks to absorb the material and discussions and to allow time to refuel from the intensity of the work. After this introduction, I joined the four other candidates (one, the presenter) and my two co-moderators taking a seat in the circle of chairs set out before us. The presenter handed each of us a copy of his typewritten case material of a clinical session and read it aloud as

we followed along. We were pretty much left in the dark without knowing the analysand's gender or the history of the case or the analysis. All we had was the clinical material to work with. It turned out to be plenty! After the presenter read his session notes, we were asked to associate freely to his material, saying whatever came to our minds. In an early paper, *Weaving Thoughts*², which describes earlier work in another project, the authors describe participants' comments as "threads in the weave." They note that as the weaving continues, patterns begin to emerge. The ideas of Haydee Faimberg about listening to listening were also important to the original thinking in this project.³

Our presenter remained silent as we shared our thoughts and raised our questions. After the last session of work, our presenter joined in, finally sharing his own thoughts and feelings about his case and how they intersected with our own. He told me later that he felt inspired by the discussions we had and was astounded to find how closely our associations and interpretations fit the central issues and conflicts of both his analysand and his own struggles to make sense of them. We were equally amazed to see how our own threads in the weave set in bold relief his patient's character, conflicts and struggles.

The temptation to tie the loose threads of our thinking more tightly and to fill in the gaps between theory and practice can be great.

In the day and a half we spent together, we worked our analytic muscles hard, delving deeply into our minds to make sense of what we heard. In the process, things got stirred, unconscious thoughts bubbled up, and dream images emerged. We put our heads together, our minds met each other and we expanded our thinking and understanding of this case. We felt inspired.

What many of us found so intriguing—seemingly related to unconscious process—was our experience of the "uncanny." After one morning session,

we, the four candidates, went for lunch at a nearby Turkish restaurant. The waiter asked us how many we were. One of us replied, "five!" We looked at her in disbelief. How did she come to five? We were, after all, four women. A moment later, we realized, she must have felt the "missing" fifth was the presenter-candidate who was sequestered in body—but not in mind or spirit. Equally intriguing was the emergence of the day's residue in one participant's dreams during the night after day one. She had unwittingly absorbed the contents of the sessions and blended them with her more personal dream content. In fact, the case seemed to follow us everywhere, even seeping into our thoughts as we walked along Second Avenue during one break. It's as if our minds work overtime and behind the scenes, absorbing, processing, filtering, connecting and layering images as if to look for meaning—something akin to Bion's idea that thoughts are in search of a thinker. It seems as though we are always looking for containers and containment, for greater clarity and coherence.

But no matter how much we look for and find meaning, it seems that ambiguity and uncertainty is ubiquitous, constant, and unavoidable. Sitting comfortably with ambiguity and uncertainty is *certainly* not easy. We human beings

are wired to look for certainty and constancy, and want to know what to expect. As candidates and analysts, we deal with uncertainty so regularly; you'd think it would get easier. The temptation to tie the loose threads of our thinking more tightly and to fill in the gaps between theory and practice can be great. The WPG experience has shown me ever more the value in letting things settle and sitting with uncertainty. As we dipped our toes into the waters of the unconscious and tracked

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our transference and countertransference feelings related to the case material and between ourselves and others in the room, the analysis began to take shape in our minds. We began to flesh out his virtual bones. At the end, the presenter shared his amazement at “watching the group work.”

When the groups reconvened in the post-meeting, the question arose as to whether it would be better for candidates to be in a candidate-only group or in a combined group with analysts.

With play comes pleasure and that thread was woven throughout our meetings as we explored new terrain, attempted to solve problems, discovered hidden meanings and saw things in a new light, especially illuminated by our unconscious process as we gave it freer reign.

I wanted a mixed group setting at the start, thinking it would be more interesting. I figured I'd stretch more with fully-fledged analysts in the room. However, after taking stock, I believe that being among candidates like myself, allowed me to take more risks in sharing my thoughts, feelings and images related to the case. However, that being said, I'd like to try a mixed group of analysts and candidates next time, which feels riskier, but would allow me to compare the two groups.

Was the weekend worth the risk taken? I'd say the gains outweighed the risks, hands-down. What risks did we take? Not knowing the group members, making oneself vulnerable, tolerating uncertainty and ambiguity, sitting in uncomfortable silence to name just a few. The benefits? The process widened our scope of practice and gave us fresh eyes to see a case. We saw that, cross cultural and cross institutional differences, notwithstanding, we shared more in common than otherwise. We experienced firsthand how our unconscious finds its way to

the surface and helps us understand difficult clinical material. Blind spots became more visible with fresh pairs of eyes. The group, working both individually and collectively, helped move a difficult case forward and the candidate-presenter felt less stuck after our sessions. In short, I found the group work revitalizing and I'm sure it will enhance my own work with patients.

Not to be underestimated, the social, creative, playful aspects inherent in group work provides further motivation

to become involved in the WPG. In fact, what made participating in the WPG so special to me was that it offered an opportunity to play. With play comes pleasure and that thread was woven throughout our meetings as we explored new terrain, attempted to solve problems, discovered hidden meanings and saw things in a new light, especially illuminated by our unconscious process as we gave it freer reign. The playground and play space we entered was magical. My playmates—the other analysts and candidates—turned out to be wonderful companions. We sat in this sandbox, sifting through the sand of our thoughts—some conscious, some less so—and building much more than sandcastles in the air. We played hide-and-go-seek, at first hiding our thoughts, then with some trepidation, shared our associations in search of meaning, wanting to find and be found, first in the patient's material and then in our own evoked thoughts and images.

Taking risks during candidacy and becoming more involved in the analytic community invariably yields rich and abundant rewards. While analytic training, itself, offers the potential for much risk-taking—be it on or behind the couch, with one's supervisor, or in the classroom—we as candidates benefit most when we step out of our box and comfort zone and onto less familiar ground. Getting involved in activities with other candidates and analysts—be it the WPGs⁴, participating on a panel at APsA, or writing up a case for an analytic journal—we stretch ourselves and grow. With each risk we take, we strengthen our analytic muscles and we deepen our connections, leading to greater expansion of ourselves and, ultimately, our patients. Whatever way we get involved, we are sure to strengthen our analytic identity during our years of training and beyond.

¹Frisch, S, Bleger, L. & Sechaud, E. (2010). *The specificity of psychoanalytic treatment today. European Psychoanalytical Federation Bulletin, Vol. 64 (supplement). La spécificité du traitement psychanalytique aujourd'hui. (French)*

²Norman, J & Salomonsson, B., “Weaving Thoughts: A method for presenting and commenting psychoanalytic case material in a peer group,” *International J. of Psychoanalysis*, p.1-13, 2005.

³Faimberg, H. (1981). “Listening to listening”: *An approach to the study of narcissistic resistances. In The Telescoping of Generations new library of psychoanalysis. Danda Buksted-Breen Ed. Routledge 2005).*

⁴If you are interested in participating in one of the Working Parties groups, check the websites of the following organizations for information: International Psychoanalytical Association (IPA), European Psychoanalytic Federation (EPF), North American Working Parties (NAWP), and the Latin American (FEPAL). ♦



103rd ANNUAL MEETING

Palmer House Hilton
CHICAGO

June 6-8, 2014

Taking Risks

Gennifer Lane Briggs, LCSW
Secretary, APsaA Candidate's Council

Almost 25 years ago, I found myself at a crossroads in my career. It was time for a change. I was four years out of college working in another field, totally uninspired. My personal experiences and treatment had created a desire to work as a psychotherapist. As I filled out the application for graduate school, so many unanswered questions filled my mind. How would I pay for this? How could I continue to work full time and find time to study? I didn't know the answers but decided to move ahead without knowing, trusting that I would figure it out as I went along. Three years later I had a Master's in Social Work. I became the first woman in my family to get a Master's Degree. The risk had paid off.

Years later, I had two toddlers and was building my practice. Then I found out our Institute was accepting applicants for psychoanalytic training, beginning that fall. Professionally, the timing worked. I asked myself the familiar question: How in the world would I juggle everything? I decided to take the leap and apply anyway. When I received my acceptance letter, I framed it.

Three years into my candidacy, I attended my first APsaA meeting. I met candidates from all over the world. I sat across the table from analysts I had been reading for the past several years,

people whose writing was the inspiration for my work. I met Hilli Dagony-Clark and Navah Kaplan, then President and President Elect of the Candidates' Council. They encouraged me to become involved on a national level. I was intrigued by the prospect but the same questions came to mind. Didn't I have enough on my plate?

After more encouragement, I decided to run for Secretary of the Candidates' Council and was elected. Once again, I was stepping into the unknown without knowing where the path would lead. Soon after I took office, I realized I had added an entirely new dimension to my career. I chaired committees. I developed new relationships. Most importantly, I began to see that psychoanalysis was much bigger than my consulting room.

This issue of the *Candidates' Connection* is about taking the risk to become involved in APsaA. As candidates, we all have busy schedules. It might seem burdensome to add something else to the mix, but in my experience it has been well worth it. My professional life has been filled with pivotal moments when I forged ahead without knowing the outcome. We all begin analysis not knowing where the journey will lead. We find our control cases along the way. My candidacy has taught me that I am

capable of things I had not known existed. My life has been enriched beyond anything I could have imagined when I began.

Why get involved? Because you will develop relationships with colleagues from all over the world. There's nothing like sitting in a room filled with candidates and discussing your shared experience. You will be given opportunities over the course of your career that can't be found elsewhere. I will be on a discussion panel for a paper presentation at the upcoming National Meeting, just three short years from the time I attended my first meeting. I never thought I would be given such an opportunity in such a short time. I look forward to my involvement in the future.

Psychoanalysis is by nature an isolating line of work. We sit alone with our patients, hour after hour, hearing the unrepeatable. We cannot talk about our work with most people. Having friends and colleagues in the field is essential to our work and our well-being. My involvement in APsaA has been a refueling experience for me. After meetings I am revitalized and ready to return to my patients. Working side by side with colleagues provides me with a sense of community and belonging. The payoff has been enormous. ❖

Involvement in APsaA

Holly Crisp-Han, MD
Co-editor, *The Candidate Connection*

I came to my first APsaA National Meeting during analytic training not knowing what to expect. I was thrilled to be at a meeting and was energized by the diversity of discussions and presentations on the program. I felt excited to be immersed in a broader analytic process with other professional colleagues who think similarly, people who want to engage with their analysands in ways that are deep, thoughtful, and life-changing. I had been reading analytic papers, was immersed in my own analytic process, and felt optimistic about how the journey ahead would proceed.

Now, years later, the rose-colored glasses are off. I still feel privileged to be on a rich and life-changing journey, both with my patients and inside myself as a person and a professional. I still feel optimistic, though my hope and optimism are also shaded with the inevitable realities and disappointments inherent in our lives, work, and professional organizations.

My experience of becoming more involved in APsaA grew out of a period of disillusionment. I had been following the email thread on the organizational listserv, not knowing what all the

acronyms meant, not understanding the history of the organizational narrative and conflicts, and wondering if I actually wanted to be part of such an organization. Rather than following where my disillusionment led, I continued to come to national meetings and make attempts to connect with candidates and colleagues. In the meeting of the Candidates' Council, there were discussions about opportunities to become more involved. The President of the Candidates' Council put out a request seeking editors for *The Candidate Connection*, and

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I considered the option. I hesitated—I hadn't yet formed deep friendships with other candidates, and I was still at times hesitant at the meetings, not knowing many familiar faces, nor having a clear sense of the organization.

After some reflection, I decided to take a risk and work on the newsletter, and it has been rewarding in ways that I never anticipated. I had hoped that sharing the editorship would increase my writing skills, help me to learn more about APsaA and the Candidates' Council, and provide ways to connect with colleagues across the country. It has done all those things! In addition, it has been a rich and rewarding experience to work

closely with others who are passionate about analysis in ways that speak to me. In working with my co-editor, Marian Margulies, and with the President, Navah Kaplan, I have had conversations that have enriched my work and inspired me to think in new and creative ways. We have worked hard, planned, organized, and created something together. I have thought, reflected, brainstormed, laughed and learned with them. In the editorial process, I have felt everything from overwhelmed and uncertain to curious and excited. I have had a chance to reach out and meet candidates from across the country, and I have had the opportunity to read their reflections,

their articles, and learn from them. It has been a wonderful experience.

Our journeys as analysts take us in many directions, into ourselves and into the worlds of our patients. It has been unexpectedly rewarding to get involved in APsaA, and to find a community of people who share a passion for analysis and a curiosity about our internal lives and those of our patients. Our work can be isolating, and the national organization can also be difficult to navigate. For me, taking a chance to become more involved has been an important experience, and has led me to relationships and projects that will continue to evolve over time. ♦

COMMITTEE UPDATES

Secretary's Report

Gennifer Lane Briggs, LCSW
Secretary, APsaA Candidates' Council

The January Candidates' Council meeting was a wonderful way for our candidates to develop relationships with candidates from other institutes. I am continuing my work to ensure that all of the institutes have representatives at our national meetings. I am also working with the Mentorship Program, which paired new candidates with more senior candidates or graduate analysts to help the candidates become more aware of all that APsaA has to offer.

I look forward to seeing all of you at the 103rd Annual Meeting in Chicago this June!

Social Issues Committee

Alexandra H. Sawicki, MD
Chair, Candidates' Social Issues Committee

This committee seeks to engage candidates in the work of the Social Issues Department. We are a group that undertakes projects of applied psychoanalysis, psychoanalytic advocacy and psychoanalytic social commentary, and seeks to help candidates develop a psychoanalytic voice on issues of interest to the public. There are opportunities for candidates to gain mentorship from members of the Social Issues Department; to

join the Department members in proposing, researching, and writing position statements; and to advocate for psychoanalytically informed policy changes. There are work groups that focus on Gender and Sexuality, Women and Girls, Psychoanalysis and the Community, Children, Service Members and Veterans, and General Advocacy. Candidates with an interest in applied psychoanalysis who are attending the 103rd Annual Meeting in Chicago may be particularly interested in the three Practice Building Workshops, the University Forum on psychoanalysis and climate change, and the two part session "Clinical Field Studies in Community Psychoanalysis." Candidates who are interested in learning more about the committee are invited to contact me for more information at alexandra.sawicki@gmail.com.

COPE Study Group

Phoebe A. Cirio, MSW
Chair, COPE Study Group

The Candidates' Council has been granted the unique opportunity to have our own study group under the sponsorship of the Committee on Psychoanalytic Education (COPE). Our group is charged to examine the "challenges of training." We met this January, and established an initial objective to study the challenges of training, through written narratives about

training. We plan to collect narratives, in the future, from candidates at APsaA affiliated institutes. Our initial plan is to conduct this exercise among the members of the committee to refine our questions before we ask other candidates to submit responses. We welcome new members to the committee. Any candidate interested in joining this committee should contact me to discuss participation further. Anyone with an interest may contact me at Phoebe777@aol.com, or 314-862-0345.

IPSO News

Marco Posadas, MSW, RSW, IPSO
Vice President for North America
(marcoposadas@yahoo.com)

Kathryn McCormick, MA, LMFT, IPSO
Vice President-elect for North America
(kathryna.mccormick@gmail.com)

Dear APsaA Colleagues,

We want to provide you with a News Flash about the International Psychoanalytical Studies Organization (IPSO) activities we are planning in order to increase access to international learning opportunities for all candidates that want to take the risk of participating in community development and enhance our learning experience. We hope we can count on you to help us reach out to as many APsaA Candidates as possible!

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IPSO Dues

After our Biennial congress in Prague 2013, our membership voted to increase the dues to \$30.00. If you are interested in learning about the opportunities offered by IPSO, please contact your institute IPSO rep. If you don't have an IPSO rep, please contact Marco Posadas (IPSO Vice President for North America) at ipso-NorthAmerica@ipso-candidates.org.uk.

74th Congress of the French Speaking Psychoanalysts, Montreal, Canada May 29–June 1, 2014

We have several activities planned: 3 candidate case presentations (2 in French and 1 in English), and an International Journal of Psychoanalysis (IJP) writing workshop for IPSO members only, facilitated by the IJP Executive Editor Kathrine Humble. This congress is a great opportunity to have access to French psychoanalysis as the major panels will be simultaneously translated into English. If you need more information about the candidates' workshop, please contact our Paris IPSO reps for Fabienne Corlobe (fabienne.corlobe@gmail.com) and Julie Augoyard (julieaugoyard@wanadoo.fr). If you are interested in participating in

the IJP Writing Workshop please contact Tomáš Rektor (IPSO Editor at rektor@terapie.info) To register for the congress go to <http://www.en.psychanalysis.ca> (English) and <http://www.societe-psychanalytique-de-paris.net/wp/?event=74c-congres-des-psychanalystes-de-langue-francaise-l-actuel> (French).

APsaA's 103rd Annual Meeting in Chicago—IPSO Supervision June 7, 2014

We are planning an IPSO supervision during the Spring meetings in Chicago. We have confirmed a candidate from Italy that will present a case supervised by a training analyst in a warm and friendly atmosphere that will help us engage in a deep discussion about the work we do as candidates. This session will be co-chaired by Debbie Zatz (IPSO President) and Kathryn McCormick (IPSO VP-elect for North America).

23rd Biennial IPSO Congress, Boston 2015: Becoming an analyst in a changing world

We just launched our call for papers for our next congress in Boston 2015! If you are interested in sharing your work and taking the risk to present in an international setting, this is great opportunity!



We are following the same format as the IPA congress and will have four tracks for the proposals: Technology, Theory and Technique, Culture and Diversity. The deadline for conference submissions is September 7, 2014, and the deadline for supervisions is December 1, 2014. For more information please check our website: www.ipso-candidates.org.uk, our twitter account @IPSOworld, and our facebook page <https://www.facebook.com/InternationalPsychoanalyticalStudiesOrganization>.

Warmly,
IPSO NORTH AMERICA

Policy and Procedure Committee

*Angela Retano, RN, PMHNP-BC
Chair, Policy and Procedure Committee*

The Candidates' Council Policy and Procedure Committee was recently formed and charged with the task of producing a Policy and Procedure document. The document describes the structure of the Candidates' Council, and also specifies guidelines on how the Candidates' Council functions. These guidelines include assisting in the decisions, activities, and actions of the Candidates' Council Executive Committee. The descriptive document also outlines ways that Candidates can take on an active role within the Candidates' Council, such as serving on a committee or in an elected position. The document is complete and is now available in the members section of the APsaA Website (under the Candidates' Section). ❖



CALL FOR PAPERS

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

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

Submission Guidelines: In order for a manuscript to qualify, it must be submitted by an APsaA Candidate Member and it must be unpublished and not submitted for publication although it can be based on a paper that was presented at professional meetings. Each manuscript must conform to the *Preparation of Manuscripts* guidelines outlined by JAPA, with the exception that the length should not exceed 30 double-spaced, typed pages. **Entries must be submitted electronically no later than August 1, 2014.** Email **one Word document** containing the manuscript **with all references to the author deleted** and email **another Word document** containing the author's name, email address, address, phone number, and Institute affiliation to:

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

Supported by grants from the American Psychoanalytic Foundation Committee and APsaA

New Center for Psychoanalysis

*Sandy Landen, PhD
drsandylanden@gmail.com*

The New Center for Psychoanalysis (NCP) in Los Angeles currently has 14 full time candidates in training and 16 advanced candidates. We were delighted to welcome a class of five stellar candidates this fall who are all fully engaged in training while simultaneously enrolled in the one-year Infant Observation program. Four of our candidates are concurrently enrolled in adult and child psychoanalytic training.

In addition to our traditional four-year adult and child psychoanalytic training, the center offers numerous educational opportunities for mental health professionals in the community. We continue to have high enrollment in our well established two year adult psychodynamic psychotherapy program. Beginning in fall 2014, the center is expanding its offerings by launching a new two-year child and adolescent psychoanalytic psychotherapy program. Additionally, our candidates, faculty and the community enjoy many rich offerings at NCP including Friday night film series, lecture series, workshops, and clinical courses. This year a program entitled "Clinical Moments" was initiated at NCP. This is a monthly meeting at which a faculty member presents a poignant clinical moment, followed by a group discussion about the clinical material.

It has been an eventful year at NCP. In the fall, NCP and the Wright Institute, Los Angeles, hosted Dr. Otto Kernberg who presented "New Developments in the Treatment of Severe Personality Disorders." He presented on Transference Focused Psychotherapy (TFP) and discussed new developments in technique in working with Borderline and Narcissistic Personality Disorders.

This January, seven candidates attended APsA's 2014 National Meeting as a delegation, all first

time attendees that were sponsored by both the APsA Travel Scholarship and matching stipends offered by the NCP Board of Directors. Travel stipends generously awarded to candidates by the NCP Board allowed for early immersion in psychoanalysis by facilitating attendance. We all participated in the Candidates' Council meeting which served as a welcoming and informational orientation to APsA and the meetings.

This Spring NCP initiated the Inaugural John S. Peck Distinguished Lecture series where Salman Akhtar presented "Mental Pain of Minorities: the origins and manifestations, social and clinical remediations." Two faculty members hosted a reception at their home in the evening.

In an effort to bring California candidates together, on April 6, 2014 our NCP Candidate Organization held the first annual "Inter-institute meeting of California Candidates." There were over 43 candidates representing eight different Institutes. The meeting provided a chance to meet candidate colleagues, discuss training and professional identity issues, and plan how the group will best

serve the needs and interests of candidates in the future. A working group of representatives from each institute was formed. Our dedicated and diverse group of New Center candidates is looking forward to meeting more candidate colleagues at future meetings and events both locally and nationally.

Michigan Psychoanalytic Institute

Alex Barends, PhD

The leadership of the Michigan Psychoanalytic Institute's Candidate Organization has been working to develop itself as an executive team that can operate more effectively in both representing the interests of candidates to the educational committees, and also bringing educational committee issues to the attention of candidates.

We have found that the many challenges of candidate development leave candidates in necessary, but difficult states of upheaval, even under the more optimal conditions of open dialogue and encouragement from our educators. We therefore see our Candidates' organization as a forum for mutual

support and honest questioning of our place in our institute's structures. Thus we hope to avoid some of the pitfalls associated with the demands of training.

We are pleased that in the past academic year we have found new ways to collaborate with the educational, curriculum, and fundraising committees at MPI. Currently we are involved in discussions about how our early admissions program interfaces with the analytic training tracks, how changes in admission criteria impact the experience of candidacy and the nature of recruitment in our academic communities, how to modify the experience of course evaluation, and how to further implement fundraising strategies that coordinate efforts of the candidates with the institute's full members.

Continued on page 10

CANDIDATES' SPRING SOIREE

*Join fellow candidates and psychotherapy students
for a festive time at this annual party,
perfect for networking and friendship building.*

Dinner & Wine
Friday, June 6
From 7:00 p.m. to 10:00 p.m.
at Vijay Khilnani's party room
Cost: \$45/guest

RSVP to Gina Shropshire at ginshrop@gmail.com

Checks should be made out to
"Chicago Candidates' Association," and mailed to:
Chicago Candidates' Association
Chicago Institute for Psychoanalysis
122 S Michigan Ave, 13th Fl, Chicago, IL 60603

Space is limited so it is important to RSVP and mail your check in by the May 14th deadline. 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).

Other more longstanding involvement that our candidates' organization has with our institute includes direct support of our weeklong Visiting Professor's Program and the selection of the faculty's Teacher of the Year, honoring the educator whom we feel has had a special influence on our academic development.

While we cannot ignore and at times feel discouraged by the fact that society has become quite ambivalent, or worse yet, indifferent, to the power and effectiveness of psychoanalysis, we believe the strong commitment of our mentors here at MPI has made our training experience transformative and empowering. Part of that transformation has been a developing awareness that we as candidates must also empower ourselves, and that building our sense of our commitment not only to our clinical and academic practices, but also to the profession itself, is vital to a whole and meaningful analytic identity.

Center for Psychoanalytic Studies

Holly Crisp-Han, MD

The Center for Psychoanalytic Studies (CFPS), formerly the Houston-Galveston Psychoanalytic Institute, has experienced a year of exciting transitions. In addition to course offerings in Houston, our programs have expanded to include training in Austin, and trainees are completing the first year of a two-year course in psychodynamic psychotherapy in Austin. In addition, several years ago CFPS developed

a pilot program of integrated coursework for didactic and clinical candidates, and now the first class of the four-year Studies in Psychoanalytic Thinking Program will be graduating this spring.


After a busy recruitment and interview season, the CFPS is planning to start new classes this fall, including a class of candidates in adult psychoanalysis that will include both clinical and

didactic candidates. In addition, the Center will start a new cohort of students in the two-year program for studies in psychodynamic psychotherapy, a program which provides advanced training in psychodynamic therapy for mental health professionals. There continue to be training opportunities for candidates interested in further training in child psychoanalysis and child psychodynamic therapy.

In addition, with the progression of advanced candidates, the Center has revised its curriculum for advanced candidates to include additional seminars and responsibilities co-teaching coursework in the curriculum with faculty members. There are rich opportunities for ongoing engagement in the Center beyond graduation. We have an active alumni organization that has been involved in the admissions and development committees.

This year, we have been in transition related to the long-range plans about our facility and the future. The CFPS recently engaged in an evaluative process regarding the building which houses the Center, and the building has been sold. Negotiations are ongoing regarding future space for the Center and its work.

We continue to have a rich and wide-ranging curriculum taught by faculty from Houston, Galveston, Austin, and Dallas. In addition, during the past academic year we enjoyed presentations from visiting teachers Howard Levine, MD, and Dorothy E. Holmes, PhD. ♦



SAVE THE DATE

APSAA
A M E R I C A N
P S Y C H O A N A L Y T I C
A S S O C I A T I O N

2015 NATIONAL MEETING

Waldorf Astoria Hotel **NEW YORK**

January 13-18, 2015