

Theme: Creativity and Candidacy



PRESIDENT'S NOTE

Holly Crisp, MD

Welcome to the Summer edition of the Candidates' Connection! In this issue, our editor Himanshu Agrawal has selected the theme of creativity. Please join me in reading and viewing the reflections, artwork, and creative expressions by current and past candidates. In our analytic training we spend countless hours learning theory, considering clinical experiences, reflecting on transference and countertransference dynamics, and trying to understand group dynamics at our institutes. Juggling the myriad commitments of training is a lot of work. Finding a way to think creatively about our patients, our training, and our lives can provide a vital source of sustenance for us. Many thanks to the creative thinkers who have shared their work with us in this issue!

This is my first newsletter issue in my new role as the President of the Candidates' Council, and I look forward to getting to know you all during the next couple of years. There have been

transitions in the leadership of the Candidates' Council since the last meeting. I am glad to be working with the current Candidates' Council Officers: Sumru Tufekcioglu, President-Elect; Angela Vuotto, Secretary; and Alex Barends, Treasurer. We appreciate the hard work and input from our past President, Valerie Golden, and our past secretary, Sandy Landen. In addition, the Candidates' Council looks forward to collaborating with the two new candidate Councilors-at-Large on the Executive Council, Adam Moriwaki and Sandy Landen. Please don't hesitate to contact any of us if we can be helpful to you as you navigate candidate experiences or membership at APsAA.

Candidates' Council welcomes involvement from all candidates. If there is a candidate who is seeking connection to APsAA, we encourage them to reach out to us and we will help them to get connected with a committee or group with similar interests. We aim to improve candidate connections to one another and to the larger APsAA community. We hope to continue to grow a thriving community of

candidates and improve their experiences in analytic education and at APsAA.

We want to develop professional networking opportunities and provide strong programming created by and for candidates at the meetings and in the future via virtual technology. We hope to create experiences in the Candidates' Council meetings that are welcoming to all and provide opportunities to dialogue with other candidates from across the country on key educational issues. In February of 2019 we had over 80 candidates present at our Candidates' Council meeting, and numerous candidates attended candidate-focused programming at the APsAA 2019 National Meeting in February. More than 75 candidates attended the jointly-sponsored Candidates' Council/IPSO Winter Party, which is the main opportunity for candidates and trainees to get to know one another and make professional connections in an informal setting.

Please don't hesitate to reach out to me or one of the Candidates' Council officers if we can be helpful to you in your candidacy experience or at APsAA. We would love to hear your ideas and input. Enjoy this issue of the Candidates' Connection and the opportunity to think creatively! ❖

Warm regards,

Holly Crisp, MD
holly@crisphan.com

APsAA
AMERICAN
PSYCHOANALYTIC
ASSOCIATION
108th ANNUAL
MEETING

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For Candidate Events & Sessions, visit:
<http://www.apsameeting.org/candidates>

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EDITOR'S NOTE

Himanshu Agrawal, MD, DF-APA

*"So life gave you Blues—make Blue lemonade.
Dance with me, prance with me, throw a parade!"*

I wrote this song soon after I separated from my ex-wife. As you can see, the opening lines are garbage. I assure you, the song does not get any better. My analyst wondered why I wasn't writing in the language of my Motherland which led to this insight—In my fervent desire to acclimate to my Mother-In-Law-land, I had disavowed some of the best parts of my childhood. I also realized that when you hurt, when you love, it is best described in the timeless language of childhood. I now express my songs in Hindi and Urdu, the languages of India and Pakistan, and the truth of

their words helps me assimilate deeper in USA!

The format of this newsletter is intentionally different. No essays, no surveys. Just some candidates and some former candidates sharing intimate parts of themselves with us. I find it unsurprising that much of the material is filled with pathos—it is the curse and the gift that often hones our love-driven craft. I find it especially poignant that within this issue there is a piece from a mother to her analyst daughter, one from an analyst daughter to her father and one from an analyst father to his unborn child.

The circle of life is painted with the use of haunting poetry. And then there's this:

*"You just realized
Your wet shoes are suede.
Dance with me, prance with me,
throw a parade!"*

I hope you enjoy this issue. I would love to hear your thoughts at shrink23@gmail.com ❖

Warmly,
Himanshu (or as I was called in my childhood—'Tinu')

Are YOU connected to the national psychoanalytic community?



Candidate Member Benefits:

- ◆ Significantly reduced membership fee
- ◆ Reduced candidate member rates for APsAA meetings
- ◆ Low cost professional insurance
- ◆ Find an Analyst listing
- ◆ Opportunities for referrals
- ◆ Connect with candidates & analysts from across the country
- ◆ And more!

The first-year of Candidate Membership is ONLY \$30 and includes a complimentary subscription to *JAPA*.

Candidates enrolled in psychoanalytic training at an APsAA-approved institute: **[Click here to join!](#)**

Applications for clinical candidates at an IPA-component society are available. Please visit: www.apsa.org/IPA-candidate

Has your APsAA membership lapsed?
To rejoin this dynamic APsAA national community, contact membership@apsa.org today.

Questions?

Contact membership@apsa.org or 212-752-0450 x26.

APsAA Candidates' Council

Holly Crisp, MD, *President*
Sumru Tufekcioglu, PhD, *President-elect*
Angela Vuotto, DO, *Secretary*
Alex Barends, PhD, *Treasurer*

The Candidate Connection
Newsletter of the APsAA Candidates' Council
Himanshu Agrawal, MD, *Editor*

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

This one fact the world hates; that the soul becomes.
Emerson

I believe in moving forward. The past makes sense for me only in its relation to the present and the present disappears upon reflection. Moving forward means never being satisfied with the “fat relentless ego,” a continual temptation. It means working towards a self that will be better but can be better still after that. Moving forward is not the same as change, nor is it restlessness. In moving forward, I must have found my footing since I can’t move forward if I’m not on steady ground. Change, though, is neither good nor bad in itself. It’s what I make of change, or we make of change, that counts. How I move forward after change occurs shows me something about myself.

Moving forward is an expression of desire, the enemy of despair. Reasons for despair are everywhere around me. The environmental degradation of the planet; the slaughterhouses where we massacre animals for no reason other than the fact we can—and can ignore them; the many ways, systemic and personal, in which I consent to the exploitation of people; the daily, more likely hourly, manner in which something I say or do hurts someone in some way—these are all capable of bringing me to despair. What’s the point of all this pain? There is none—what point could there be? Is hope the answer? No, hope is too big and abstract. I can’t hope for the liberation of human beings from exploitation because I see no way that might happen. I can’t hope for the planet since there seems no will to reverse the damage done. I can’t hope for an end to animal death for human benefit. I see no evidence that humans might change that. Hope is too much to ask. If not hope, then, what? What moves me forward?

The small victories, then, are crucial—those victories that aren’t part of some winnable war—the ones that come from noticing pain and easing it; in alleviating some want; in rectifying some wrong; in strengthening someone’s resolve; in supporting someone’s desire for self-knowledge; in listening when someone needs to talk; being present when someone is experiencing absence. Other sources of motivation are those small pleasures that make me startled to notice that I am alive: the “wild intelligence” of American popular culture; the well-turned sentence; the sting of the first sip of whiskey; a Rothko painting; the piano part that begins “Song for My Father;” a keen philosophical insight; the “apotheosis of the dance” that is Beethoven’s Seventh Symphony; the gleam of light in the eye of a student who has realized she’s learned something that she can use; the unmistakable magic of *The Tempest*. You might ask about the big ideas: God, Freedom, and Immortality. On those I am silent. They’re either too big to move me forward, or so small that they’re always with me. Before the mystery of why I exist, no other response is responsible except silence.

James B South
2012

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Analysis

There is a haunted house in my mind;
Access denied by the gates, fences, walls,
And bristling layered defenses to keep me out,
Away from the hauntings inside.
Echoes—reverberations from within—escape into awareness,
But the barricades must be breached one by one.
They take the form of my enactments with my analyst,
My fantasies and fears converted into the interpersonal sphere.
I must disregard my fear, hold tight to Proteus
Until I force my fevered imaginings into a calm realization of his true form
Where I can allow him to help me find answers to my most pressing questions.

Navah C. Kaplan
July 19, 2008

A Request To the Child I Have Not Had “The Obligation”

I know this may seem like intrusion—unfair and self-absorbed. But that is a seductive illusion.
Be open to my wishing heart.

I want you to complete me—to fulfill my unmet dreams. I want you to live out the life I leave incomplete—to be the me that I have only just begun. I know this must crowd you, as if the self you own is not your own. It isn't. Well, not completely. Nor is mine. Nor is anyone's.

Unmet aspirations reside deep within me. I have fought them to no avail. They come from my parents and their parents and ancestors before them—traumas and wishes and needs and fears. They became implanted in my psyche through nuance and vigor. They have no alternative than to take root, to take hold, to impel me as I impel you.

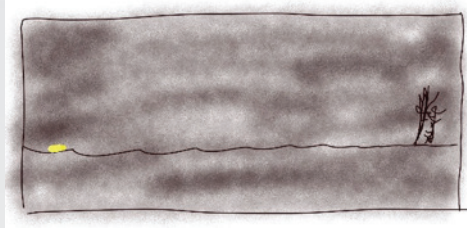
I am frustrated by my lack of surrender. I feel their pressure against my resistance and determination to be a self outside of these selves. I wanted to believe this was my life and mine alone. I realize that my naiveté leaves me wanting and unsatisfied. You see, I cannot win, and neither can you. They infiltrate and covet my life as they covet yours. We are conduits to their desire. Try to find yourself along side these selves that you can only intuitively know. You cannot become the victor of your life. You can only compromise or find despair. The ancestors are powerful and will not be ignored. Complete me and feel the sweet surrender to their cries that demand and require our attention. Your life is not your own. It never was. And neither was mine. Complete me and move on. Succumb and be free. I beg you. I implore you. I love you...

Bob Feuer
February 15, 2019

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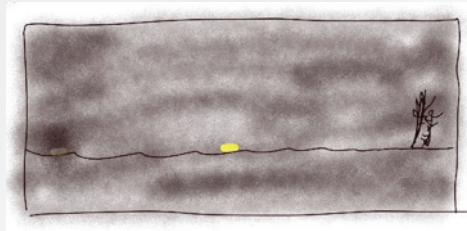
Decades

Sure, everything is ending," Jules said, "but not yet."
—Jennifer Egan



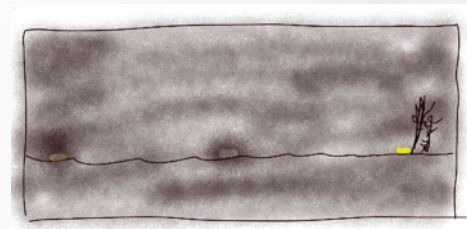
Small boat light
Sliding left to right
Beyond your picture window

Already
You have missed so much
Moving in the midst of time



Sharp now snap
One splendid photo
Nothing but mottled darkness

Leap on deck!
Your beacon glows before
It slips behind leafless trees



Richard Frank (graduate analyst)

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**A LOVE LETTER—FOR MY FATHER
(Ek muhabbat namah—apne bap ke nam)**

If you had to die,
 You could have waited a few days—
 So much left
 For us to do:
 You had to place your hand on my daughter's head
 To see how tall she's grown,
 Celebrate
 My twentieth wedding anniversary,
 Clasp me to your chest
 So light could suffuse
 My life.
 When you would have talked
 To my beloved,
 You'd have strengthened
 The spheres of my love—
 I'd have been enriched
 By your nearness.

My first poem is published:
 You cannot read it.
 Whom can I point to
 And say to all:
 This is my father,
 Mountain tall,
 Handsome as a god,
 Whose laughter
 Awakens a thousand passion storms
 In the womb of earth.

When I was small,
 You held me on your lap.
 Now I am so far from you
 That, even if I bring you flowers,
 They'd die along the way.
 So I simply write
 A poem for you:
 In my daughter's sprouting height,
 In the boldness of my laugh,
 Bits of you live on.

Aisha Abbasi (graduate analyst)

Translated from the Urdu by the author and Carlo Coppola

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**A World Without Seasons
(To the Indian immigrants in the United States)**

In the greedy flim-flam
For two worlds, we have lost the one in hand.
And now,
Like the fish who chose to live on a tree,
We writhe in foolish agony,
Our gods reduced to grotesque exhibits
Our poets mute, pace in the empty halls of our
 Conversation
The silk of her mother tongue banned from the fabric
Of our dreams.
And now
We have the national anthem but our
Pockets do not jingle with the coins of patriotism
Barred from weddings and funerals
We wear good clothes to no avail
Proudly we mispronounce our own names
And those of our monuments and our children
Forsaking the grey abodes and sunken graves of
Our ancestors, we have come to live in
A world without seasons.

Salman Akhtar (graduate analyst)

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Consenting Minds

Gathered, flannel robes and ritual cleansings. Last light extinguished.
The vulnerable room houses an altar of utter submission,
her only protection: a linen envelope, a feather, a fold.
All this is required, and so
she wanders in undiscovered
experiences: hymn fragments, exhausted argument, missed appointments,
labyrinthine associations fire and lurch in the curio castle.
Chaos theory addresses the appearance of chaos, and anxiety.
She is old, she is new, she is young over and over, disoriented.
this gyroscope world turns, easy and elegant: sacrificial virgins endure
a scene change, a pen scribbling arcana.
This is a small exchange for total mind, life.
Vestigial conflicts distilled, prismatic memories
in flexible times and spaces elaborate
infinite dimensions. Dreams
brush lighted life through the skinned senses.
Bells and whistles wrangle her back to the flannel world. Dawn begs
the body's seams, roll and stretch, jointed images cry for one last glance—
But she must pass through the door to the short hall and
make her procession toward morning's bitter cup.

Elise Sanders (graduate analyst)

And for something quite different:

Check out this link sent by Chris Heath (graduate analyst)

<https://youtu.be/F8HpT1pIcHE>

Here is what Chris has to say about this music project:

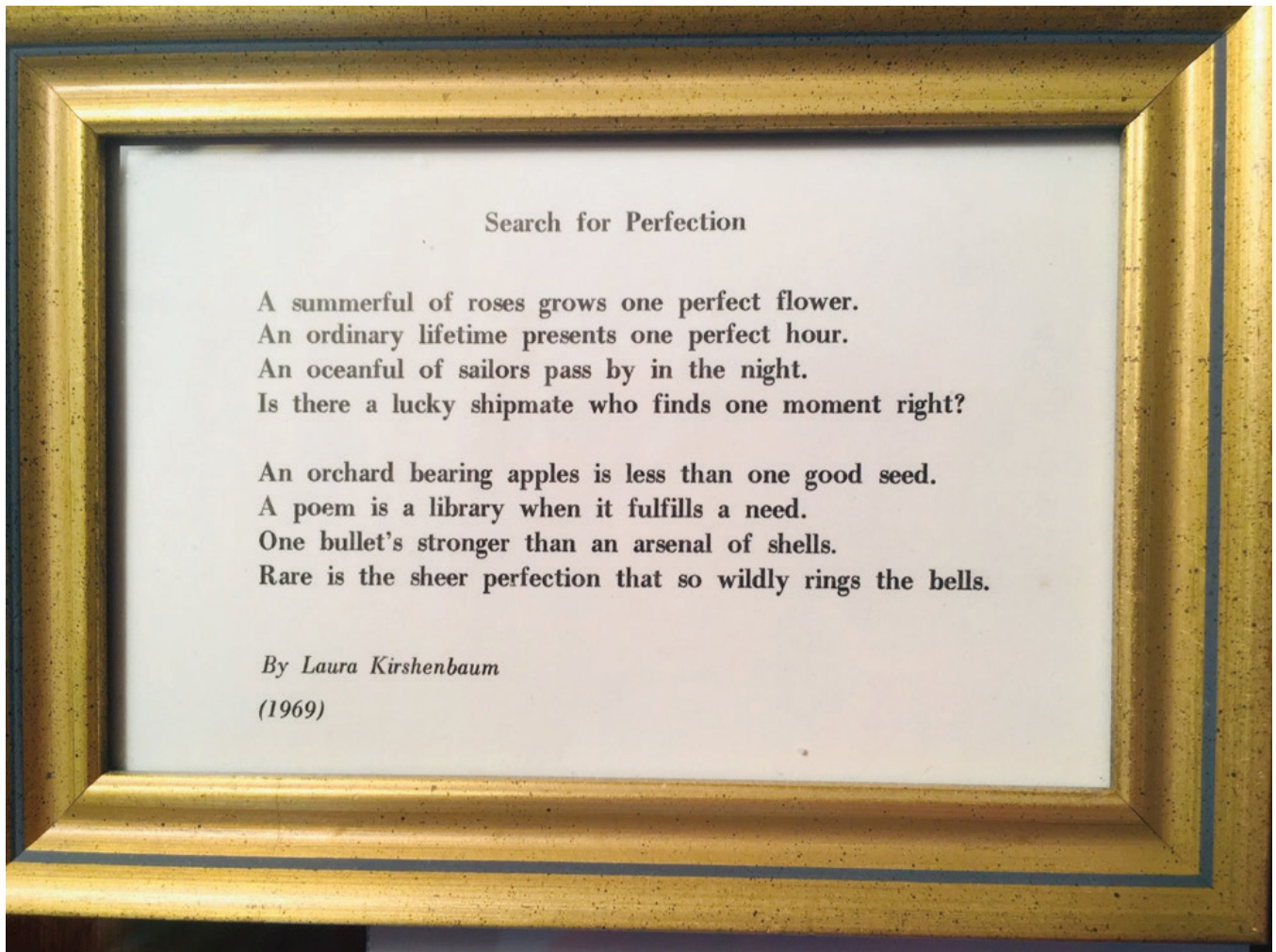
*"This is me (as a candidate) on guitar, my daughter Clio singing, and another candidate, Chris Cather, on drums.
We called ourselves the Chris Daddies.*

*This was creative on all our parts and had so many levels of meaning. Only a help to my training, in many ways.
The psychoanalytic process is a creative one, this pursuit helped me create that sense.*

*Even my analyst contributed. Of many reflections and interpretations she had, one was of the name of the song, Boston's Peace
of Mind. It's what we were all pursuing and enjoying.*

*We later added another member, Steve Scherffius, a graduate analyst, who played bass. We got together monthly for a long time.
We all did some singing, covers of songs by Heart, The Eurythmics, and Cheap Trick. Steve offered to legally change his name
to "Chris Daddy". He sounded serious."*

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“a 1969 poem from Mother written for me the first year of my analytic training”
Judith Logue (graduate analyst)

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“The Meadow at the End of Time”
Susan Cutler (graduate analyst)



"Mind Fields"
Sanja Petrovic

Secretary's Report

Sandra Landen, PhD

At the 2019 National Meeting in February there were over 80 candidates present, representing over 26 APsaA Institutes, at the Candidates' Council meeting. Additionally, the IPSO leadership representing all of the international regions was in attendance. There were 30 travel scholarships granted to 1st time candidate member attendees. We have had a transition in our Secretary position, and thank Dr. Landen for all of her work as our secretary. We welcome Angela Vuotto, DO, as our new secretary.

Program

Amber Nemeth, PhD, Chair

Amber Nemeth has transitioned into her role as our new Chair for Program, and we said goodbye to Sarah Lusk, whom we thank for many years of thoughtfully-designed candidate programming. We welcome Amber into her new role and look forward to the programs she develops.

Candidate-specific programming at the 108th Annual Meeting, this June 21-23, 2019, in San Diego, includes:

1. The Candidates' Forum entitled, "The Nowhere Man" will focus on non-verbal communication and the body in psychoanalysis, presented by Katherine Jenness with discussants Charles Culler and Caroline Sehon.
2. The Candidate at Work Discussion Group, entitled "Working Analytically with a Suicidal Patient" will focus on transferential and countertransferential pressures that emerge in this difficult situation. The presenter will be Kristen Melnyk with discussant Mark Goldblatt.
3. Mitchell Wilson will lead our "Conversation with a Distinguished Analyst" in which he will lead a discussion with candidates about analytic voice and the development of analytic identity.

To learn more, visit: <http://www.apsa-meeting.org/candidates/>

Candidates' Council Psychoanalytic Paper Prize

Sumru Tufekcioglu, PhD, Chair

The Candidates' Council Psychoanalytic Paper Prize and Writing Workshop was held on Friday, February 8th in New York City. The meeting was chaired by Sumru Tufekcioglu, PhD. The 2019 semi-finalist winner Kiana Keihani, PhD, from the San Francisco Center for Psychoanalysis, presented her paper "The Analyst's Character and Training: Guidance and Hindrance," in which she considers the analyst's own character, an integral part of the analytic process, and the ways it enhances and hinders the analytic work. Judy Kantrowitz, PhD (Boston Psychoanalytic Institute) served as discussant and commented on the themes of the paper as well as on the writing process more broadly. Participants had an opportunity for discussion in a collegial and informal atmosphere.

For the 2019 Candidates' Council Psychoanalytic Paper Prize, the committee has received numerous strong papers and has granted the Finalist and Semi-finalist awards to two of the papers evaluated by the committee judges: The Finalist for this year is Meade Godert, PhD, LMSW, from the Michigan Psychoanalytic Institute, who was also the semi-finalist in 2018. His paper "Racism in the Countertransference" explores the impact, on the analytic process, of the unconscious racism the analyst might find himself experiencing in his reactions to the analysand. Meade Godert, PhD, LMSW will present his paper at APsaA's 108th Annual Meeting in San Diego this June.

If you are interested in submitting a paper for the upcoming prize awards, please contact Sumru at st.ny@mac.com for further information. We welcome your submissions!

To learn more, see page 22 of the 108th Annual Meeting's Preliminary Program.

Child and Adolescent Committee

Sandra Landen, PhD, Chair

This year's inaugural *Department of Psychoanalytic Education (DPE) Child Congress*, which was extremely well attended, was held on Tuesday, February 5th, 2019 preceding the National Meeting. The DPE Child Congress entitled "The Mind of the Child in the 21st Century: The Impact of Radical Cultural Shifts and New Cultural Objects on Child Development", included a morning panel on "Emerging Adulthood", and an afternoon panel on "Technology and Screens in the Treatment of Children and Adolescents".

Membership

Holly Crisp, MD, Chair

We are working in collaboration with the APsaA membership committee to better meet the needs of current and future candidate members. We are working on developing strategies to enliven candidates' experience at APsaA by making connections with them in different contexts—at the meetings, in their local environments, and in virtual and online settings. We are working on plans to improve candidate connections online, with plans to create online discussions, offer webinars so that candidates can connect to one another and obtain value from the national organization even if they cannot come to meetings in person, as well as share resources, accomplishments and publications.

Social Issues Committee

Alexandra H. Sawicki, MD, Chair

I continue my efforts to serve as a liaison between the Social Issues Department, Candidates' Council, and the candidates. Recently, I have also coordinated with the Psychoanalyst in the Community section of the DPE. Candidates are welcomed and encouraged to contribute to the work of the individual committees within the Social Issues Department which include: Committee on Child

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Advocacy, Committee on Status of Women and Girls, Committee on Gender and Sexuality, Task Force on Service Members and Veterans, Committee on Income Inequality and Class, and Committee on Racial and Ethnic Diversity. Candidates can find prior APsA position statements on the website under the About APsA tab. These statements are important reference points for our organization and for individual psychoanalysts as they interact with the media and the public to articulate a psychoanalytic view of national and international issues currently being discussed in the public sphere.

Treasurer and Liaison to the American Psychoanalytic Fund

Alex Barends, PhD, Treasurer

Alex is winding down his time serving as our treasurer and working with the Fund, he has been keeping the Candidates' Council apprised of budgetary issues. We thank him for his work and look forward to the election of a new treasurer this summer.

Research—Fund for Psychoanalytic Research Committee

*Candidate Member,
Sumru Tufekcioglu, PhD*

The Committee for the Fund for Psychoanalytic Research convened for its February 2019 meeting in New York City with seven members in attendance. Following the discussion on finances, the Committee reviewed and discussed in detail nine grant proposals. We had six submissions from the United States, one submission from the United Kingdom, and two submission from Italy. The topics of study in the proposed research projects consisted of:

An exploration of alliance in psychoanalysis; examination of possible overlaps between alliance

ruptures and microaggressions; a psychoanalytic perspective to the Rorschach assessment system; transgendered adolescents in inpatient psychiatric treatment; and neural effects of object relations in psychosomatic chronic pain.

Committee discussions included assessment of the quality of each research project outlined above, i.e., whether the project is psychoanalytic in

nature and promotes public health, whether the costs budgeted are justifiable, and whether the project has strong research design qualities. The Committee will meet in June of 2019 in San Diego for the next round of grant submissions.

To learn more, visit: <http://www.apsa.org/research-fund>

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APsA

CALL FOR PAPERS

\$1,000 CANDIDATES' COUNCIL PSYCHOANALYTIC PAPER PRIZE

The Candidates' Council Psychoanalytic Paper Prize, based on peer review, is awarded annually to the *Candidate Member* who submits the most outstanding paper on a psychoanalytic subject. **A \$500 honorarium will be awarded to the semi-finalist.** The winning author will present his/her paper at APsA's National Meeting in New York (Winter) and the semi-finalist will present his/her paper at the Annual Meeting (Summer). 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 APsA 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.

Candidate Members who have recently graduated are eligible to submit a paper for the award during the year following graduation.

Deadlines and Instructions: **Entries must be submitted electronically no later than August 1, 2019.** 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, phone number, and Institute affiliation to:

Sumru Tufekcioglu, Ph.D.
Chair, Candidates' Council Paper Prize
(E) St.ny@mac.com

Psychoanalyst in the Community: Sub-Committee on Candidates in the Community

Jane Keat, PsyD, Chair

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Center for Psychoanalysis
Paola Contreras, PsyD—Boston
Psychoanalytic Society & Institute
Eileen Dunn, PsyD—Washington
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Institute
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Psychoanalytic Institute
Nisha Shah, MD—Emory University
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Mariela Shibley, PsyD—San Diego
Psychoanalytic Institute
Sheryl Silverstein, PhD, Western New
England Institute for Psychoanalysis
Jillian Stile, PhD—Columbia University
Center for Psychoanalytic Training
& Research
Angela Vuotto, MD—Institute at PANY
(Psychoanalytic Association
of New York)
Rachel Maree, MD—Emory University
Psychoanalytic Institute
Alexandra Sawicki, MD—Emory
University Psychoanalytic Institute

We have recently added three new members, including Angela Vuotto, who also serves on the APsAA Candidates' Council and is involved in IPSO, and Alexandra Sawicki, who also serves on the APsAA Committee on Psychoanalysis in the Community and the APsAA

Candidates' Council, in an effort to enhance communication and collaboration among different groups.

In February we announced the recipients of this year's Candidate in the Community Mentoring Program awards: Richa Maheshwari, MD, MPH, from the William Alanson White Institute, who works with underserved children and adults at Safe Horizon in NYC, and Nanette Auerhahn, PhD, from Cleveland Psychoanalytic Center, who has been working to build a Social Responsiveness Project at her Institute and conducting evaluations for asylum seekers. We are looking forward to learning from their experiences about what helps support candidates in their development as community practitioners, as we continue to build a network of candidates passionate about community work.

Committee Member Mead Goedert has won the Candidates' Council

Psychoanalytic Paper Prize and will be presenting his paper on "Racism in the Countertransference" in San Diego. Committee Member Mariela Shibley will also be presenting at the Annual Meeting on her work with immigrant communities.

Committee Members have been sharing what, if any, community psychoanalysis education and training currently occurs at our institutes, as we explore ways to advocate for increased attention to these issues in our training. In our discussions at the February meetings and beyond, we have noted the tensions we experience in our analytic training around identity issues, the restricted types of patients that psychoanalytic case studies seem to center, and the lack of attention to group dynamics that are so critical to understand when working outside of the individual private practice office. ♦

Save the Date:

FEBRUARY 12-16, 2020

2020 National Meeting



**Grand Hyatt Hotel
New York City, NY**

