



WNEPS Newsletter Fall/Winter 2015

In This Issue

President's Message

President's Message	p1
Editor's Note	p3
News From The Society	p3-10
Library Report	p3
WNEPS Organization	p4-5
Spring Symposium 2015 Elizabeth Wilson, MD	p6
Scientific Meeting Reports	p10-12
Jean Vogel, MD	p10
Prakash Thomas, MD	p11
Continuing Education Committee Report	p7
New & Noteworthy	p8
Poetry Corner	p13-14
Joan Wexler, MSW	
Eileen Becker-Dunn, MSW	
Christopher Leveille, PhD	
Jean Vogel, MD	
Reflections	p15-16
Mary Ayre, MD	



IT IS AN HONOR for me to step into the role of President of the Society and to work along side such talented, committed and creative colleagues. The year is off to a great beginning as I commence my first term. To start, Rachel Bergeron waded through reams of complicated documents to help us provide credits for the Society's educational programs. We are grateful to her for taking on the role of 'Continuing Education Credit Coordinator'.

Looking back over the last year, The Studies in Psychoanalytic Psychotherapy (SPP) successfully graduated its first class in May. Seven candidates finished the program! Our thanks to Bob White and the SPP committee for their dedication in bringing this program into existence.

The Symposium Committee headed up by Angela Cappiello and Elizabeth Wilson brought Rosemary Balsam, Elizabeth Brett and Nancy Chodorow together in a celebration of 60 years of the Institute with a focus on the contributions of Hans Loewald. Elizabeth Wilson has written a terrific report of it in these pages.

At the joint WNEPS/CSPP conference in November of last year Sid Phillips, Don Moss, and Michael Diamond provided a rich and wide-ranging discussion of masculinities to a sold out crowd.

Lorraine Siggins received the WNEPS Founder's

Continued on page 2

President's Message cont...

Award. This award celebrates senior members of WNEPS for their long-standing contributions to the Society and the community at large.

Paul Schwaber, Chair of the Scientific Meetings Committee, brought us a rich and varied group of speakers last year. An equally impressive line-up will grace our Saturday afternoon conferences from now through May, 2016.

Looking ahead, the Symposium Committee is planning another impressive conference on April 2, 2016. It will feature our own Oscar Hills, Linda Mayes, and Lynn Reiser. They will join Jane Tillman and Eamon McCrory in '*Seeking Altered States: From Creativity to Oblivion!*' Don't miss it!

Barbara Marcus and colleagues from the Connecticut Society for Psychoanalytic Psychology (CSPP) and WNEPS are working hard on an exciting joint project to bring Michael Feldman and Eileen McGinley to New Haven. Kay Long will discuss a paper delivered by Michael Feldman on Sat. Oct. 22, 2016. Case conference workshops will be offered on the 22nd and 23rd.

Deborah Fried, Rachel Bergeron and members and teachers of the Continuing Education Committee continue to do a fabulous job organizing and overseeing the Society's main outreach arm.

It has been a rich and productive year for the Society and there are equally exciting events on the horizon. On behalf of the Executive Board, Carole Goldberg, Stan Possick, Matt Shaw, and myself, I want to thank our members for their contributions toward keeping the organization lively and strong. It's a privilege to serve this great community. □

Eileen Becker-Dunn, MSW

President, WNEPS

WNEPS Executive Board

President
Eileen Becker-Dunn, MSW

Vice-President
Stan Possick, MD

Secretary
Matt Shaw, PhD

Treasurer
Carole Goldberg, Psy.D
Counselor to the APsA
Rachel Bergeron, PhD, JD

Continuing Education Committee

Deborah Fried, MD, Chair
Rachel Bergeron, PhD, JD, Co-Chair

Studies in Psychoanalytic
Psychotherapy
Robert White, MD, Chair

Scientific Meeting Committee
Paul Schwaber, PhD, Chair

Symposium Committee
Angela Capiello, MD, Chair
Elizabeth Wilson, MD, Co-Chair

Website Committee
Joanie Poll, MD, Chair

Associations Editors
Eileen Becker-Dunn, MSW
Lisa Driscoll, Psy.D
Mary Ayre, MD
Prakash Thomas, MD
Jean Vogel, MD





2016 NATIONAL MEETING

Waldorf Astoria
New York, NY

January 13-17



SAVE THE DATE

Editor's Note

WE'RE VERY PLEASED to announce that Prakash Thomas and Jean Vogel have joined the *Associations* staff. Prakash and Jean come with superior writing and editing skills. Prakash will Co-Chair the Newsletter Committee with Eileen until January, 2016. At this time, she will rotate off the committee and Prakash will become the 'Editor and Chair'! He has already bumped the current editors into the modern era by linking us together via Dropbox. In this way, we can work together on the construction of the newsletter in real time.

The Editors of *Associations* created an organizational chart of the Society. While this is old news to many of our membership, our hope is that the narrative descriptions and organizational chart will introduce candidates to the committees and governance structure of the Society. We are aware of the demands and stresses of training. However, we want you to know we welcome your participation on committees. The Chairs and committee

members are approachable and eager to answer questions and welcome you into the community.

We are pleased to reprint Carole Goldberg's Founder's Award nomination comments about Lorraine Siggins on page 9.

In this issue you will also find Jean Vogel's wonderful synopsis of Salman Akhtar's talk, *Four Kinds of Analytic Listening* and Rosemary Balsam's engaging discussion of his paper. Prakash Thomas similarly captures the richness of child analytic work in his deft analysis of Charles Parks' work with a latency age girl overwhelmed with rage and envy. Joan Poll led the discussion from her perspective as a seasoned child analyst.

It is with sadness that we bid a fond farewell to Rima Brauer. Our hearts go out to Lee and his family as they and we grieve her passing. Mary Ayre has a compiled a beautiful tribute to Rima by her friends and colleagues on p.15.

We hope that you enjoy this issue of *Associations*. As always, please

email us with your thoughts, opinions, criticisms and ideas. We rely on your feedback and contributions to make *Associations* the important vehicle of communication and community that it has always been. □

Your Editors,

Eileen Becker-Dunn
Mary Ayre
Lisa Driscoll
Prakash Thomas
Jean Vogel

Library Committee Report

by
Lisa Marcus, PhD

THE LIBRARY COMMITTEE recently acquired two new books.

Early Encounters with Children and Adolescents: Beginning Psychodynamic Therapists' First Cases
Edited by Steven Tuber

Normal Child and Adolescent Development: A Psychodynamic Primer
by Karen Gilmore and Pamela Meersand □

Lisa Marcus, PhD is a graduate analyst of WNEIP and Chair of the Library Committee

Spring Symposium 2016

Seeking Altered States: From Creativity to Oblivion

Saturday April 2, 2016
8:30-1:00pm

Yale Child Study Center

Oscar Hills MD, Linda Mayes MD, Eamon McCrory PhD,
Lynn Reiser MD, Jane Tillman PhD

Sponsored by the Western New England Psychoanalytic Society

News From The Society

Organizational Structure of the Western New England Psychoanalytic Society

ON PAGES FOUR and five the organizational structure of the Society is laid out in both explanatory and diagrammatic forms respectively. Our hope is to clearly represent the organizational structure, roles, responsibilities and lines of communication within the Society. In our next issue, Larry Levenson and Nancy Olson will similarly represent the Institute.

Associations Committee

Associations is the WNEPS newsletter published electronically twice a year. It is designed to be a vehicle of communication within the Society and and its committees as well as between the Society and the Institute. The newsletter seeks to contribute to the overall identity and cohesiveness of our Institute and Society as a whole.

Continuing Education Committee

The mission of Continuing Education at WNEPS is to promote psychoanalytic approaches to learning in a generously wide variety of arenas. We seek to teach students, clinicians, teachers and professionals with a view toward examining many topics through a psychoanalytically-informed lens.

Executive Committee

The Executive Committee functions as the governmental arm of the Society. Consisting of a president, vice-president, secretary, treasurer, and past president, the committee develops policy and procedure, provides guidance regarding structure, oversees the development of new programs and the successful operation of existing programs. It is responsible to the Society.

Joint CSPP/WNEPS Conference Liaison

is appointed by the CSPP Executive Board. He/she functions as a bridge between CSPP and WNEPS. The liaison serves as a contact person with any representative or group designated by WNEPS. In addition, the liaison serves as Chair of the CSPP-WNEPS Joint Program Committee. The committee consists of both CSPP and WNEPS members with the goal of bringing the two societies together to collaborate on developing a clinical conference of interest to their members.

Library Committee

The library committee tends to both the book and journal collection at WNEIP/WNEPS. We add new works to our collection at the suggestion of members of our community. We maintain five paper journals currently, with most other journals being available through online means such as PEP.

Scientific Mtg. Committee

The consistent purpose is to serve knowledge and quality by bringing current psychoanalytic perspectives and expertise to clinical and theoretical considerations in the treatment of patients. As with all activities at the Western New England Psychoanalytic Institute and Society, these formal Scientific Meetings encompass the aims of updating and sharpening the clinician's competence and performance in psychodynamic therapies and thereby enhance their patients' outcomes.

Studies In Psychoanalytic Psychotherapy Committee (SPP)

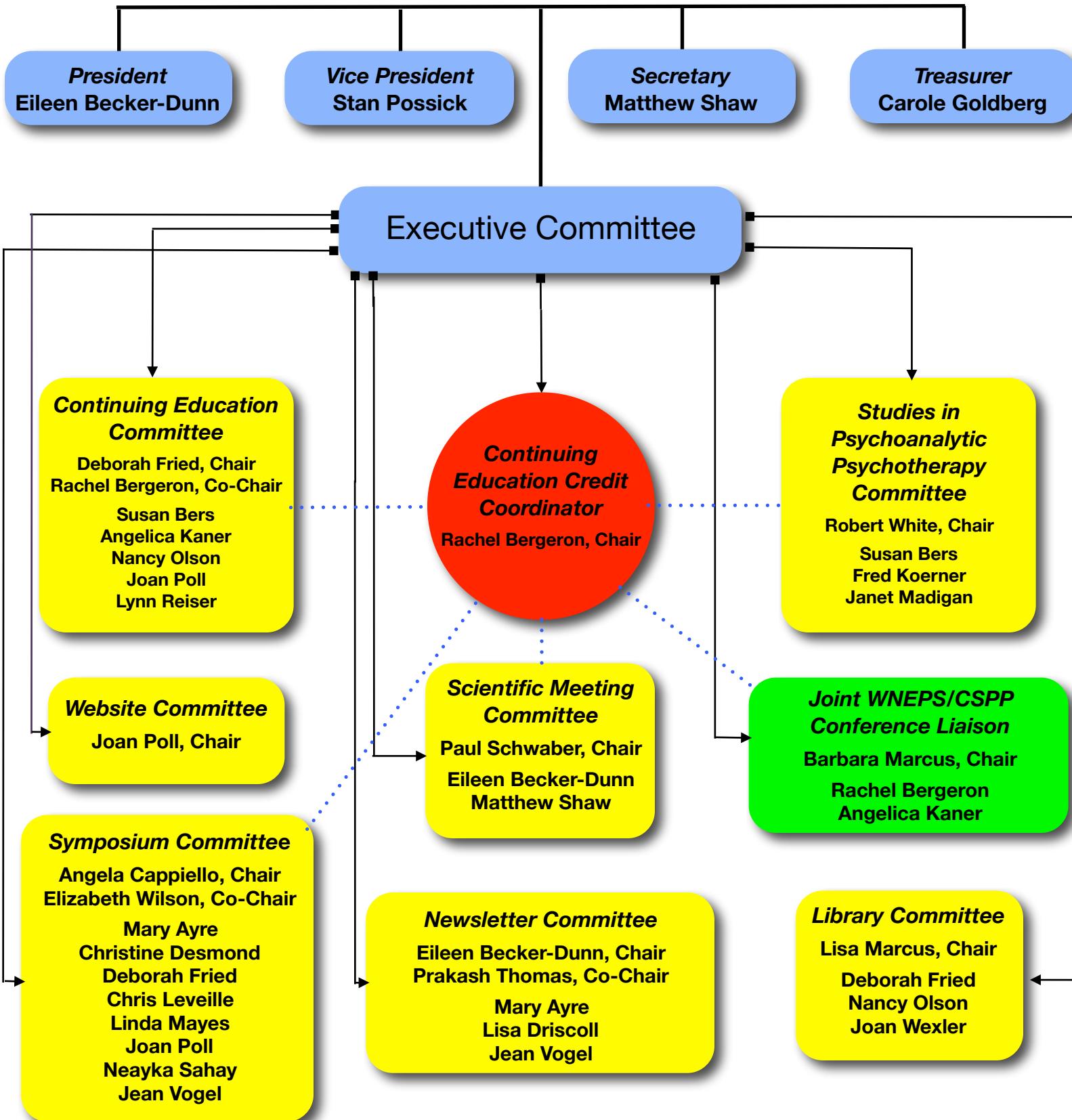
The SPP is a two-year psychodynamic psychotherapy training program. It is directed at new graduate clinicians as well as mid-career professionals who want to develop, expand and deepen their psychotherapy practices.

Symposium Committee

The Symposium is a yearly spring conference and chief source of income for the Society. In addition to the Continuing Education Committee, it is one of the main outreach arms of the Society and seeks to educate the mental health community and general public about psychoanalytic ideas and treatment. As well, the symposium attempts to cross-pollinate psychoanalytic thinking with other academic disciplines.

News From The Society

WNEPS ORGANIZATIONAL CHART - 2015



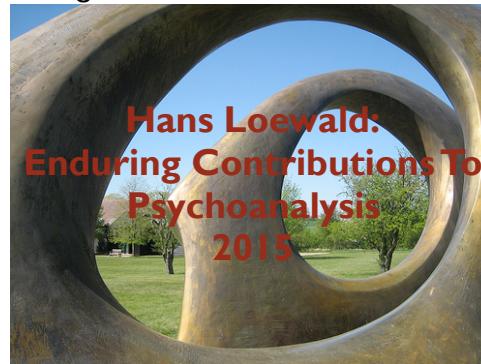
Spring Symposium 2015 60th Anniversary: Spring Symposium Celebrates Loewald

Reported by
Elizabeth Wilson, MD

ON MARCH 28TH The Western New England Psychoanalytic Society's Spring Symposium celebrated the work of Hans Loewald. With Hans' wife, Elizabeth, and their daughter Katy in attendance, Dr. Angela Cappiello's opening remarks brought the audience back to the birth of our Institute and Society. Quoting from Dr. David Carlson's "Western New England: The First Fifty Years," Dr. Cappiello remarked "The Institute was founded on revolution or at least a coup d'état." The capacity audience was not only treated to Dr. Cappiello's detailing of Loewald's 1955 arrival to New Haven but also to the history of the efforts of many who have contributed over the ensuing years to the Society's and Institute's continued growth and success.

Drs. Rosemary Balsam, Elizabeth Brett and Nancy Chodorow each presented papers illustrating how Loewald's ideas continue to inform and enliven their analytic thinking. In her paper, "Love, Respect and Being Centered Upon: Loewald's Image of Development in Childhood and the Consulting Room," Dr. Chodorow emphasized how it is both the analyst's restraint and deep involvement that allow for the analysand's psychic core to emerge. In considering the analyst as a developmental object, Dr. Chodorow described Loewald's embrace of early oneness, the unending role of

development and the analyst's focus on the analysand's internal world, "He makes the mother's voice and tone as his model for how an interpretation works; and the child's development; becoming a centered unit by being centered upon, front and central as a model of analytic change."



Dr. Brett, in her paper, "The Play's the Thing: Loewald's Metaphors of the Theater and the Force-Field," elaborated upon Loewald's concept of the mother-infant matrix as the origin of instinctual and object-relational life. This matrix informs the therapeutic potential in the externalization of the transference and countertransference. Dr. Brett stated, "Psychoanalysis changes internal organization because that internal organization based on internalized relationships gets externalized in the transference with the analyst. The formerly internal relationships are lived out, they become three-dimensional thereby enabling the patient to examine, revise and reinternalize them." With her close examination of the paper's clinical material, Dr. Brett treated the audience to a clear illustration of a patient's introduction to an aspect of her internal dynamics as experienced in the transference.

In her paper, "Internalization: A Powerful and Clinically Useful Concept for Psychodynamics," Dr.

Balsam began by inviting her listeners to share in some of her experiences and exchanges with Hans. She ended her reminiscences in saying, "All of this is by way of saying how grateful we are to Hans, and to those whom we're glad to internalize along the professional way- those who are wise, straightforward, loving, giving, 'real', and with a great appreciation for the vigor of life and interaction." Dr Balsam gave a richly detailed clinical picture. Her discussion emphasized how Loewald's "peopled" internal world requires analytic conversation for intra-psychic change. She brought together her sense of the centrality of internalization, its role in structure building and, consequently, the intersubjective nature of analytic work.

In discussion with the attendees, Dr. Brett spoke about her sense of Loewald having an appreciation of balance and common sense in his interventions based upon, "where we are in the session, what to address... against a less thoughtful extremism." Dr. Chodorow responded to Dr. Phillip's concern about the use of "we" language. Dr. Marcus spoke about the radicalness of Loewald's ideas including his being one of few analytic writers who emphasize love and the therapeutic necessity of the mother's and analyst's vision for the child/analysand. Responding to one of Dr. Chodorow's clinical vignettes, Dr. Boltas remarked, "Nancy- I can't wait to be 80 and have someone center upon me like that!"

After the laughter died down,
Continued on page 8

Continuing Education Committee Report - 2015

by Deborah Fried, MD

THE MISSION OF Continuing

Education at WNEPS is to spread the word of psychoanalytic approaches to learning in a generously wide variety of arenas. Over the past five years, our classes have included studies of Milner, Ogden and Freud. We have had workshops on writing and creating children's books. We've offered study groups on mourning, trauma, borderline states and mentalization. There have been philosophy groups and in-depth film study groups.

We hope to reach students, clinicians, teachers and professionals of many sorts in this effort to look at all sorts of topics through a psychoanalytically-informed lens. Our teachers are psychoanalysts, scholars, seasoned clinicians, candidates and professors emeriti. Our mission, our teachers, our topics and our students all cover a broad range of disciplines.

Last year's classes initiated several of what we very much hope will become long-standing trends in our offerings: Ken and Lisa Marcus began a study group on gender. Paul Schwaber lead a group on a study of a swath of tragedy-themed literature. Our colleagues from northern Connecticut, Mary Ayre and Angela Cappiello looked at masochism. All of these teachers are continuing in one form or another in the coming year. We may be on the verge of a renewed aspect of Continuing Education at WNEPS; continuity of the study groups.

This coming year also brings a reprise of an ever oversubscribed class on *Children's Picture Books and the Inner World of the Child*, thanks to Lynn Reiser and Kirsten Dahl. Paul Schwaber is teaching a large group of us the endlessly enigmatic and, at times hilarious, *Ulysses*. As noted above, the Marcuses continue their study group. The Hartford team, Angela and Mary continue with a new topic, *Therapeutic Action*. Sybil Houlding once again graces our classrooms with *Thinking about Transference*, and George Hagman takes off from his recent book, *Creative Analysis*.

All of these endeavors are possible only with the detailed and diligent work of our team. Nancy Olson organizes the Continuing Education, Scientific Meetings, the Scholars Program and the Studies in Psychoanalytic Psychotherapy Program into a beautiful and elegant brochure for both paper copy and electronic distribution.

Rachel Bergeron, Co-Chair of Continuing Education, carefully edits our work, and does the superwoman job of arranging CEU and CME. Not only for Continuing Ed, but for the whole Society!

Joanie Poll puts the entire business up on the website. She has enabled online registration, bringing the Society into this century.

The Continuing Education Committee includes all those above, plus Angelica Kaner, and Lynn Reiser, whose sage advice has steered us from many a cliff

and towards many a truly good class. And we are most glad to welcome Susan Bers back to the committee where she has been of great help over many a year..

Kathy Wilcox in the past and Anne Rodems now have done the admin work to make sure things actually transpire. Anne has already made our system of organizing classrooms, dates and times ever so much more wieldy and clear.

And the teachers! Obviously nothing happens without them. And we all know it takes many, many hours to prepare for a class; the teachers do all the work unpaid but are deeply respected and appreciated.

The current year is off to a roaring start. More students are already enrolled than in any year since I have been involved with the mission.

Here's to many more years of learning and teaching. And here's deepest thanks to all those who make this happen. □

Dr. Fried is Chair of Continuing Education Committee and a graduate of WNEIP

Public Notice

Public Notice is an added feature to Associations and serves as a public bulletin board for members interested in advertising office rentals, furniture donations or sales etc... Contact the editors to post a listing.

New & Noteworthy

• **Rosemary Balsam, MD**

Delivered a talk on *Loving and Hating Mothers and Daughters*, March 2014 at the Dallas Institute for Psychoanalysis. • Panelist with Stan Coen at the Winter Meetings of APsaA, *How Much Needs To Change In PSA? How Do We Get There?* • Discussed a paper presented by Brian Kloppenberg, *The Psychoanalytic Mode of Thought and its Application To the Non-Normative Analysis of Sexuality and Gender*, Sept, 2014 at the New York Psychoanalytic Institute. • Writer and contributor to the IPA Encyclopedic Dictionary of Psychoanalysis Task Force • Participant in a group of senior analysts who regularly meet in New York. • Presented to Candidates and Society members of the Minnesota Psychoanalytic Society, *Dora and the Sexual Secrets in Freud's Day and Now*, Oct. 2 - 4, 2015 • Responded to Salman Akhtar's most interesting talk on Four Kinds of Analytic Listening at WNEPS, Sept 19th • Will present on Nov. 9th, *The Pregnant Body Through the Looking Glass of Psychoanalysis, or What Has Motherhood Got To Do With It?*, to the School of Visual Arts, Manhattan • Larry Levenson will kindly host a dinner in Dr. Balsam's honor on October 25th for her official retirement from the EC. "I am really sorry to have grown too old for this activity, having been happy to participate since 1991, but I am just thrilled to leave the shaping of our organization in such capable hands." Dr. Balsam will continue

all else that she is presently doing! Thank Heavens!! • Published, *Oedipus Rex: Where Are We Going, Especially With Females?* **PQ**, 84:3, p. 555-588, 2015 • Published, *Eyes, Ears, Lips, Fingertips: Secrets of Sex and Gender in Dora*, **PQ**, 102:33-58, 2015 • Book Review: *Thirteen Ways of Looking at a Man: Psychoanalysis and Masculinity* by Donald Moss Routledge • Co-Editor Book Review section of JAPA. July 63:6 & Sept, 64:1, 2015

• **Eileen Becker-Dunn, MSW**

Appointed Editorial Associate for the Journal of the American Psychoanalytic Association (JAPA)

• **Angela Cappiello, MD**

Graduated the WNEIP in June, 2015.

• **Sybil Houlding, MSW**

Book Review: *On The Move: A Life* by Oliver Sacks, Alfred A. Knopf, 2015. Book Review Section, JAPA. Oct. 63:5, 2015.

• **Janet Madigan, MD**

Received the Sally Provence Award on June, 2015 from the Yale Child Study Center.

• **Drs. Lisa and Ken Marcus**

Published, *Gender/Queer: One Family's Experience with Gender Variance, Psychoanalytic Quarterly* Nov. 2015.

• **Paul Schwaber, PhD**

Delivered a talk on *Tragedy and Psychoanalysis* in March 2014 at the Dallas Institute for Psychoanalysis & at the Minnesota Psychoanalytic Society Oct. 2 - 4, 2015 • Co-

editor, *JAPA Book Review*, July 63:6 & Sept, 64:1, 2015.

• **Alan Tasman, MD**

Received the 2016 American College of Psychiatry Distinguished Service in Psychiatry Award • Retiring after 25 years as Chair of the Department of Psychiatry and Behavioral Sciences at the University of Louisville, KY.

• **Jean Vogel, MD**

Graduated the WNEIP in May, 2015. Editor, WNEPS Associations □

Spring Symposium 2015

Continued from page 6

Dr. Balsam responded to Dr. Boltas's comment about enactments with her thoughts as to the analyst's discomfort and how there is ample opportunity for the analyst to be stirred up in the analytic play.

In not only reprising Loewald's ideas but in further elaborating and clarifying his concepts grounded in clinical material, Drs. Balsam, Brett and Chodorow celebrated Hans Loewald and our sixtieth anniversary in a most generative and satisfying fashion. □

Dr. Wilson is an advanced candidate at WNEIP and Co-Chair of the Symposium Committee

WNEPS Founder's Award

By Carole Goldberg, PhD



DR. LORRAINE SIGGINS was presented with the Western New England Psychoanalytic Society's

Founder's Award on Saturday, September 19th, 2015. The Founder's Award honors senior members of the Western New England Psychoanalytic Society for their work in bringing psychoanalytic theory, teaching and understanding to the community at large. Dr. Siggins has been a highly committed and sustaining member of the Western New England Institute for Psychoanalysis and Society since her graduation in 1976. This marked the beginning of an impressive career, extensive involvement in the community, and personal commitment to education, training, mentoring, guidance and leadership in the field of psychiatry and psychoanalysis. She is a dynamic force in every arena.

Dr. Siggins' talent for reaching beyond the psychoanalytic community is exemplary. She began as a Staff Psychiatrist in the Department of Mental Hygiene at Yale Health in 1965. In 1989 she became the Psychiatrist-in-Chief, overseeing the Yale Health Services (YHS). The YHS encompasses the Mental Health and Counseling Center (formerly Mental Hygiene). She has impacted medical professionals in every field as well as the academic community at Yale. Dr. Siggins has and continues to make herself available to

individuals, committees and groups. She seeks to strengthen their grasp of mental health issues and enrich their understanding of student concerns through psychoanalytic perspectives. She has a special ability to articulate psychoanalytic ideas and practices for those outside the field. In this way she generates an interest in psychoanalysis by illuminating what can often seem confusing or mysterious. Since early in her career, Dr. Siggins taught mental health professionals within the Mental Health Department on a variety of topics ranging from working with university students to how Freud and psychoanalysis informs and shapes the wide range of work in student health. It is really possible to say that those outside the field of psychoanalysis, who have benefited from her vast wealth of knowledge and her willingness to guide, teach, advise, and collaborate, are far too numerous to count.

Dr. Siggins is warm, gracious and welcoming. Her sense of humor and unassuming manner puts others at ease. She offers us a wonderful example of intellectual curiosity and receptivity to new and ever changing ideas and approaches. She has a wide range of interests including art, music and travel. We are very proud to belong to the Western New England Psychoanalytic Society, an organization that Lorraine has been so vital in developing and nurturing. We are confident that she is a highly deserving candidate for the 2015 Founder's Award. □

Carole Goldberg is a graduate analyst of WNEIP and past president of WNEPS



Fellowship Program

THE AMERICAN PSYCHOANALYTIC Association Fellowship Program seeks to encourage interest and involvement in psychoanalysis among early-career psychiatrists, psychologists, social workers and academics.

Fellowship recipients receive a free subscription to TAP, the APsaA magazine, and complimentary registration at the biannual meetings of the Association. Fellowship winners are awarded travel, lodging and registration fees for APsaA's 2016 National Meeting and the 105th Annual Meeting, subscriptions to journals, access to a mentor, invitations to participate in scientific programs and support from local institutes. Competitive applicants should have a curiosity about how the mind works and an interest in how psychoanalytic ideas are pertinent to their discipline and field of interest. The application deadline is Monday, February 9, 2016. □

For more information contact Rosemary Johnson at: meetadmin@apsa.org

Please encourage your colleagues, trainees and supervisees with an interest in psychoanalysis to apply.

Scientific Meeting Reports

Salman Akhtar, M.D.,

Four Kinds of Psychoanalytic Listening

Discussant: Rosemary Balsam, M.D.

Reported by

Jean Vogel, MD

AT THE SEPTEMBER 19th

Scientific Meeting, guest speaker Dr. Salman Akhtar spoke about psychoanalytic listening. He began his lecture with a vignette and contrasted what he imagined three theoretical schools might hear in the clinical material, demonstrating that what we say as analysts depends on what we hear, and how we listen is shaped by what we think.

Taking Freud's 1912 paper, "Recommendations to Physicians Practicing Psycho-Analysis" as a starting point, Dr. Akhtar summarized the following 'shoulds' according to Freud. The analyst should listen with evenly suspended attention, attune himself to his unconscious, and must not tolerate any resistances in himself (Freud likened the analyst's unconscious to a microphone receiver).

Approximately sixty-eight years after Freud's paper was published, other writers took up the subject of analytic listening where the "grandfather of psychiatry" left off, and Dr. Akhtar divided the literature into four categories- objective, subjective, empathic, and intersubjective listening. He summarized the distinct perspectives taken by each "strand" and credited some of their primary contributors.

Objective listening's "lineage" includes Otto Fenichel, early

Charles Brenner, Paul Gray, and Fred Busch. Termed "close process listening" by Paul Gray, the analyst listens carefully to the analysand's every word, paying particular attention to shifts in the patient's flow of associations.

These analysts wonder, "what caused the turn?" According to Dr. Akhtar, Kleinians also practice close process listening, but tend to focus more on the question, "what did the turn cause?"

Subjective listening theorists include Theodore Reich, Wilfred Bion, and Ted Jacobs. In this approach, the analyst's internal experience is used as a guide to what is happening in the session, and the analysand "emerges through the analyst's associations." To illustrate his point, Dr. Akhtar reflected on two songs that came to mind for him on separate occasions with the same female analysand- the first a childhood song evocative of pre-oedipal themes and the second, a love song sung by a man to a woman. Attending to his associations brought deeper meaning to what was transpiring in the moment and helped him understand more of what was previously unknown about this patient's eroticism.

Robert Fliess offered a detailed model of empathy in his 1942 paper "The Metapsychology of the Analyst," and coined the phrase trial identification. Robert Greenberg and Heinz Kohut further developed the concept of empathic listening, an approach which directs the analyst to listen from the analysand's perspective in order to help her elucidate her internal world. The patient's psychic reality, not some idea of

factual reality, is the focus of treatment and fosters the patient's knowledge of his or her self, as well as an ability to speak of, listen to, and regulate his or her self.

Intersubjective listening is an integral part of Harry Stack Sullivan's work. Other contributors include Stephen Mitchell, Thomas Ogden, and Jessica Benjamin. This theory presupposes that all development is two-sided and mutual, occurring in a two-person relationship that is impacted and regulated by both parties, for example, mother-child, analyst-analysand. To illustrate intersubjective listening, Dr. Akhtar spoke of a female patient who came to her appointment with a bag of wine and food "not to have a picnic [with him] today," to which he responded, "What else are we not going to do today?"

These modes of listening- objective, subjective, empathic and intersubjective, complement and enhance each other, and as analysts, we use them all, striking different balances at various times, oscillating between homeostatic attunement and disruptiveness. Listening analytically calls for us to take 'leaps of faith,' and asks us to tune into voices as much words. Dr. Akhtar concluded by inviting us to listen for the poetry in our patients' prose, and to hear what is "between their words and in the cracks of the letters."

In her discussion, Dr. Rosemary Balsam introduced Dr. Salman Akhtar's book, 'Psychoanalytic

Continued on page 11

Scientific Meeting Reports cont...

Four Kinds of Psychoanalytic Listening

Listening: Methods, Limits, and Innovations,' and referenced Chapter One as expanding upon the ideas he presented at the day's Meeting. Theories of mind, she explained, connect to theories of listening in that "what we hear is affected by the theories we adhere to and our own psychic topography." Leading the audience through an acoustic journey, Dr. Balsam read and reflected upon the writings of Irish poet, Seamus Heaney and Swedish poet, Tomas Transtromer, whose poems, heard through empathic and intersubjective listening, expressed unrepresented states, felt bodily. Psychoanalytic listening, Dr. Balsam demonstrated, "opens the traffic flow of our thinking."

Jean Vogel □

Dr. Vogel is a graduate analyst in Adult Psychoanalysis, WNEIP and an Editor of Associations, WNEPS

Charles E. Parks, Ph.D.,
Alterations of Defense in Child Analysis: Process and Technique in Work with Children
Discussant: Joan Poll, M.D.
Reported by
Prakash Thomas, MD

AT THE OCTOBER 17th Scientific Meeting, guest speaker Dr. Charles Parks prefaced his presentation of a three-year analysis of a girl suffering from a traumatic neurosis by referring to early debates on the vicissitudes of defense mechanisms as seen in child analysis. Does the child's immature defenses dissolve and disappear in an analysis or do they stick around? Are they replaced by more mature defenses, or do the primitive defense structures remain viable in the background? Dr. Parks referred to the 1975 Ernst Kris study group's conclusions that a pediatric patient's defenses do not disappear, rather interpretations in the course of analytic treatment alter the child's mental contents, which in turn alter defensive formations used by the patient.

There are characteristic patterns of defense found in a latency-age

child in the course of normal development. Dr. Parks sought to examine their evolution in the three-year analysis of girl beginning when she was around 6-years old. His conclusions from this case study were consistent with the Kris' study. Analytic treatment provided a mitigation of anxiety and guilt in the child, which decreased the need to defend against unwanted impulses. Moreover, the child developed more flexible defense structures through the course of treatment.

Dr. Parks presented this case study by examining how his child patient dealt with three breaks in treatment, including termination. The child had suffered a traumatic separation from her mother who experienced life-threatening complications from the labor and delivery of her second child. In the evaluation phase, Dr. Parks encountered a young girl overwhelmed with feelings of rage, envy and jealousy toward her mother and younger sister. Her ambivalent relationship with her mother impeded the progressive

Continued on page 12



British Psychoanalysts
Michael Feldman & Eileen McGinley

SAVE THE DATE!

JOINT CSPP/WNEPS CONFERENCE

October 22 & 23, 2016

&

WNEPS Psychoanalyst, Kay Long

Scientific Meeting Reports cont...

Alterations of Defense in Child Analysis

course of her development. She presented as so traumatized that psychoanalysis was indicated to adequately address her conflicts. Dr. Parks commented on the child's out of control behavior in the first year of analysis, "At times I felt traumatized, sickened with despair, overwhelmed by the girl's relentless pursuit of her own and others' destruction." And she seemed to have especially angry feelings when the analyst had to go away.

Dr. Parks considered the child's defensive behaviors toward the three breaks in treatment as revealing how she managed the difficult affects associated with separation. He described her patterns of externalizing her feelings, her somatization, her displacing onto the analyst intolerable feelings, her attachment and eating difficulties at home, and her aggressive, punitive treatment toward the analyst. The analyst commented in one session on her use of displacement by noting how the child started a fight with him to get out of her mind horrible and embarrassing feelings. The child heard this comment and responded positively: she began to explore her affects as her own.

Dr. Parks traced how her less mature defenses slowly developed into more mature latency-stage defenses over the three breaks in treatment—at the start, middle and end of the analysis. As the child matured in treatment, she was able to explore a wider range

of painful affects, and her defenses were not as rigid. More mature defenses came to the fore such as reaction formation and sublimation, though still co-existing with primitive defenses. Dr. Parks noted that her defenses did not dissolve or disappear; rather there was a change in defensive structure such that less organized defenses became less prominent, and mature defenses were more robust.

With normative development in the latency-stage, the child sees herself as more of an active agent, capable of control, delay and modulation of impulses. As termination approached, the child displayed defensive aspects with a more nuanced quality: separation was not seen as overwhelming but as opportunities for individuation. The analyst found that all defenses were still present, though in altered form, not as blocks to feeling, but as clues and signposts to affect. Though much remains repressed, the patient's sublimation is richer in content.

Dr. Parks noted the process of attenuating superego functioning in which unwanted impulses underwent smoother repression. With treatment, the child began to take pleasure in development enhancing identification as she talked of Eleanor Roosevelt's life and the trauma she suffered as a child, implying the possibility of overcoming her own traumatic separation. As she felt less guilty over her fantasies, she was able to experience greater pleasure with the positive aspects of her impulses, which served as fuel for playful, passionate living.

In her thoughtful discussion, Dr. Joan Poll commented on how emerging defenses were essential in normative progressive development of latency. However, greater malleability in the child's defenses afforded a greater capacity for pleasure in living. Latency-age children are not able to cope with the absence of defenses in treatment, rather the alteration of defenses were much more relevant in restoring progressive development.

In child analytic work the aims are different than in adult analysis. Child analysis seeks to protect a patient's fragile structure of defenses while using interpretation to change the structure without interrupting progressive development. Misplaced interpretations, however, can interfere with development. Concurrent work with the parents help scaffold the child's development. Dr. Poll provided an analogy of a large tree trunk she often uses with parents. The goal of treatment is not to place the child on the top branch, but to help them return to the trunk, the flow of development. If the child veers from the trunk's growth trajectory, she risks developmental arrest and maladaptive behaviors. Analysis must tread the delicate line of interpreting defenses while allowing the child to shift from immature to mature defenses consistent with progressive development. □

Dr. Thomas is an advanced candidate in Adult Psychoanalysis, WNEIP and Co-Chair of Associations, WNEPS

Poetry Corner

Below are a variety of inspirations from our analytic community:
Compiled by, Mary Ayre, MD

Do Sleeping Dogs Lie?

Lie there sleeping dog, haunches twitching.
Are you in your dog dream hounding
Some feral bitch, sniffing her hind-quarters,
And like the jackal you really are,
Howling at the moon?
Old tongue loller,
Red-eyed liar,
The jig is up.

The secret now is known old nose brain.
You have feigned to be friend,
But are friend in fact to no one,
But that snarling bitch.
Why, malingering for centuries,
Have you charaded civil ways
And left to fits and dreams
Your wolfish savagery?

Legend says, when Adam named all beasts,
A gulf sprang wide to sever him from them.
You stood gazing at the gap.
When the widening reached its peak,
You leaped the breach and took your place
At Adam's shadowed side.
And so Fidel, began your servile
Masquerade.
And still today, you leap to live
With those who tame their lust
Between two legs,
And teach you the game
Of sit and beg.

Listen dog, was it some conspiracy
You struck with your lupine pack?
You'll live disguised among the foe,
Then bring back word,
How the one who thinks he's king,
Fails to follow his own informing nose.
Or dog, was it at the breach
You saw the stream in Adam's eye?
You watched his breast.
You heard his sob
And sigh
And so in hope and envy at his tears,
Forsook your own
And let your dog self
Fly.

- Joan Wexler

I have known some lovely dogs and deeply loved one of them but I never forget that at heart they are all wolves.

Robert

Mother's disbelief.
Her son once Homecoming King -
Now, no words, just grief.

Thiet Thone

Hands reach through walls.
Revolving door admissions;
Then Buddhist rescue.

Radek

Iron curtain parts.
Mind set in grey cinderblock-
Now free, loses hold.

- Eileen Becker-Dunn

During my tenure at the Yale Psychiatric Institute, I witnessed the sadness and madness of young minds breaking. These Haiku are testament to some of those brave hearts.

Cemented

Each glimpse,
every new understanding threatens
the deadness and so cannot be tolerated.
He won't abide by it.
Crushing
all possibilities, leaving
me breathless,
suspended, between
death
and life
myself,
so palpable I
don't want to swallow.

How
dead is dead
enough
to want to die?

- Jean Vogel

I worked with a patient for a time who pinned himself down with such force that he couldn't move. During our sessions, I witnessed him make connections in his mind that caused his face to brighten and clear for an instant before his expression would cloud over and close again. I wondered how much of that he could take. How much anyone could. This poem is about my experience with him.

New Love

His little voice, the first thing that I hear
The only true enchantment I now know
Each tiny note a tale I cherish dear
Some feeling old and yet not long ago
Slow to arise and yet enlivened still
I strain to clear my view and find the time
The passage quick but even now a thrill
The greeting manic, magical, sublime
He can't decide what it will be today
A lamb, a bear, a pirate, these should do
A swell in me, to see him lost in play
A smile, a tear, to see his world ensue
She: "Now you will know what it means to love"
Indeed I do, there will be none above.

- Christopher Leveille

An Excerpt From 'Baltics'

by Tomas Transtromer

The bay has become eccentric--today jellyfish are swarming for the first time in years, they pump themselves calmly and gently forward ... they drift like flowers after a sea burial, if you take them out of the water the entire form disappears, like when an unspeakable truth is lifted up out of the silence and expressed as lifeless gel, yes, they're untranslatable, they must stay in their own element...

Something wants to be said but the words don't agree.
Something that can't be spoken.

I recently became acquainted with the poetry of Tomas Transtromer through Rosemary Balsam's allusion to his poetry in her discussion at the scientific meeting (above). An excerpt from one of his poems "Baltics" describes the medium of sea life: The poem communicates a complex version of internal experience, a layering of the primitive and analytic selves.

- Mary Ayre

Reflections



Remembrances of Rima Brauer, MD

Compiled by, Mary Ayre, MD



1938 - 2015

Dr. Rima Brauer: An Appreciation

By Rosemary Balsam

PAUL SCHWABER, MY husband and I are very sad indeed that our friend and colleague Rima has passed away. She was a buddy of “our era.” We enjoyed reminiscing with fondness, irony and indulgence about all the wonderful, quirky senior characters of the WNE that were hale and hearty still into the 1980s. At society meeting and dinners we had fun remembering the usual wicked moments of candidate years —the time Linnea Hopper said “this”, or Al Solnit went “that,” or Dick Newman said “the other”. Rima would argue with me for greater protection of the candidates when assigning new control cases from the Low Fee Clinic. She was concerned for

their disappointments about analysands who dropped out of treatment, and worried that this could foster disillusion. Rima was cautious herself and she said that when she was a candidate she chose three cases, which could guarantee her graduation within a specified time. I, on the other hand, (still) believe in the benefits of analytic exposure, and privilege a more extensive experience with variety and immersion. I think actually neither of us won that argument, as each of us had spent a similar amount of time in our respective candidacies, and neither of us ended up the least bit disillusioned!

Rima was a gifted scientific thinker, a very intelligent and spirited interlocutor, an excellent teacher and a fine psychoanalyst. She was a terrific doctor, liked challenging patients, and some who found other therapists wanting, felt her to “get” them. Rima was sensible – not a gift to be taken lightly in psychoanalysts. She did not suffer fools gladly, could be trenchant in her commentary and had little patience with situations where a therapist had faulty integrity. Thus

she was upright, but with a sense of humor and a tender compassion for others. She cared deeply for her patients and she cared deeply for our profession.

Together Lee and she were wonderful and nurturing parents to their children who, like them, were brilliant and multi-talented. The family interests were wide – I recall lovely sailing trips with them, and having much admiration for a master bedroom in one of their elegant houses, that looked out on the stars – an ever-present reminder of the romance they shared, and also in the science of the universe. They worked together, no doubt long hours on the well-known study of the practice data of APsaA that was enormously useful to the rest of us.

Rima’s beautiful book, Listening to the Melody of the Mind was warmly and appreciatively reviewed in our section in JAPA in 2009. The book is a testament to all the wisdom she accumulated in her years of treating and teaching, and we regard it as a really lovely gift to

Continued on page 16

An Appreciation cont...

the next generation of students.

Reference: [Listening to the Melody of the Mind: The Psychodynamic Psychotherapist](#). By Rima Brauer and Gerald Faris. New York: Jason Aronson, 2009
Reviewed by David A. Carlson
JAPA, December 2009; vol. 57, 6: pp. 1494-1499. □

Dr. Balsam is a Training & Supervising Psychoanalyst at WNEIP

Thoughts of Rima

by Gerald Faris, PhD

RIMA BRAUER WAS a mentor, colleague and friend. Her calm, wit, and emotional intelligence made her the gifted psychoanalyst I knew. Her wise grasp of human relations was shown by some of her observations as we exchanged ideas and psychoanalytic concepts and as we wrote two books together. She thought of psychoanalytic therapy as the work of "Listening to the Melody of the Mind."

We once had a joint court appearance where we testified that a patient we had evaluated in a murder case was incapable of resisting the demands of his lover to commit the crime because of his dissociation due to a psychiatric condition. The prosecutor asked each of us if the patient would have done whatever his girlfriend told him. Rima answered, "Yes." "You mean if she told him to join the foreign legion, he would have?" Answer, "Yes." "And if she told him to come home, he would?" Answer, "No." Aha, the prosecutor thought he caught her. "And why not?"

Rima's answer: "Because the foreign legion wouldn't let him!" The court crowd broke out in laughter.

Below is the dedication to her in the book we just completed:

With deep appreciation to my former mentor, colleague and friend, from whom I have learned so much and with whom I have shared so much. This book is the final product of our collaboration, ideas and growth. From it, we hoped you might gain some sense of the depth and breadth of our thinking, and that Rima and I, through this work, have touched you and in some way enriched your lives. □

Dr. Gerald Faris, PhD is a psychologist and co-author with Rima Brauer of 'Listening to the Melody of the Mind: The Psychodynamic Psychotherapist, (Jason Aronson, 2009)

A Consummate Clinician

by Ted Mucha, MD

MY MAIN PROFESSIONAL

relationship with Rima Brauer was in my role as Director of Psychotherapy at the Institute of Living. Rima was one of our most sought after individual psychodynamic psychotherapy supervisors. She was exceptional. The psychiatry residents appreciated her clear, precise style of supervision in helping them clarify the patient's complex issues and initiate appropriate interventions. Rima also provided a supportive caring atmosphere in which they could consider their own countertransference in the therapeutic process with the patient. She was very influential in several of our residents pursuing careers as psychodynamic

psychotherapists and psychoanalysts. She is greatly missed. □

Dr. Ted Mucha, MD is a graduate in Adult Psychoanalysis at WNEIP and the former Medical Director of The Institute for Living

Words for Rima

by Jean Vogel, MD

RIMA BRAUER TAUGHT a psychodynamically-oriented class in my residency that left a deep impression. It was my first contact with her. Rima spoke of medication effects in ways I had never heard before. She explained that Prozac helped dissolve the glue binding the superego and ego. This accounted for the decrease in anxiety and obsessions as well as the 'frontal lobe apathy'. Finally there was a description I found relevant - a combination of ideas that, at last, someone put together.

I marveled then and many times since, how her mind brought order and clarity to what was previously unshaped or did not exist, and how her ideas, once shared, felt so absolutely true- 'ah, yes,' and then how they'd grow into a tumble of thoughts and connections in my own mind until something brand new appeared. This is what Rima did, as a teacher and advisor, and she did it with great astuteness and matter-of-factness, as if bringing light to dark places was not at all a big deal, or a wonderful gift. But it was. □

Jean Vogel, MD is a graduate analyst of WNEIP and an Editor of Associations, WNEPS

2015 - 2016 Scientific Meetings

- November 14** **Sandra Buechler, Ph.D.,
Educating Tomorrow's Analysts**
Discussant: Jean Vogel, M.D.
- December 12** **Alfred E. Margulies, M.D., Hidden
in Plain Sight on Locked Wards:
On Finding and Being Found**
**Discussant: Marshall
Mandelkern, M.D.**
- February 27** **Nathan Kravis, M.D., Embedded
and Couched: the Function and
Meaning of Recumbent Speech**
Discussant: Joan Wexler, M.S.W.
- April 30** **David Carlson, M.D.,
Psychoanalysis: A Call to Battle**
**Discussant: Lorraine Siggins,
MD**

Submissions for the ***Public Notice*** and ***New & Noteworthy*** columns may be sent to the Editors:

Eileen Becker-Dunn
eileenbd@me.com

Mary Ayre
mayre@yahoo.com

Lisa Driscoll
lisacampbelldriscoll@gmail.com

Jean Vogel
jeanvogel@charter.net

Prakash Thomas
<pkthomas@yahoo.com>

or to:

Associations
c/o Ms. Anne Rodems
255 Bradley Street
New Haven, CT 06510