

# A S S O C I A T I O N S

Newsletter of the Western New England Psychoanalytic Society

January 2020

## Editor's Note

A distinction to one of our own, Dr. Deborah Fried, is a great way to welcome the new year in our Society. This January, she was awarded the 2019-2020 Nancy C.A. Roeske, MD, Certificate of Recognition for Excellence in Medical Student Education. This honor is given to those who have made "outstanding and sustaining contributions to medical student education." If you have sat in a seminar with Debbie, it is evident how much she enjoys thinking together through a text. And that enjoyment translates into her teaching, whether at the Institute or at the medical school.

I think Debbie represents who we are as a Society: a group of people who enjoy thinking with each other. We read a text, arrive at an idea, share it, and a colleague provides counterpoint. We sit back, revise our initial thought, and the cycle is repeated. Just as the Shriners are known by their fez hats—well, I suggest we are known by how we think together, for the manner of our discussions point to further creativity, and not contention. From Rosemary receiving the Sigourney Award, to Vic Altshul's poetic dialogue with the reader, to the coming scientific meetings and the spring Symposium, our work incorporates what the other is thinking. And perhaps this is the fertile ground that produces distinguished teachers amongst us.

## President's Message

By Elizabeth Wilson, MD

While winter is in full force outside of 255 Bradley, it's a hothouse of activity inside. The months of July and August were deceptively quiet as a remarkably active fall revealed a

great deal of hard work and preparation was afoot during those warm summer days.

Western New England's hosting of the 34<sup>th</sup> Southeast Regional Child Analytic conference kicked things off while Anne Dailey's October scientific meeting stunned a standing room only audience with an interweaving of the personal, historic and psychoanalytic. Anne confronted herself and her listeners with our individual responsibility to actively wrestle with slavery's ongoing poisonous legacy. As discussant, Linda Mayes soared as she exposed the 'othering' at work in depositing our collective shame in the convenient and false view of 'the South' as a homogenous and privileged group of people. Before the

close of the month, Sheryl Silverstein and Susan Bers, in inviting Neil Altman to speak, teamed up to bring an innovative and inspired program to our community. In his commitment to bring psychoanalytic understanding to both clinical work in the community as well as to international professional organizations, Dr. Altman's generativity literally spans the globe.

In early November it was hats off to the WNEPS-CSPP Joint Conference Committee chairs Angelica Kaner and Barbara Marcus who together with committee members Lyn Yonack, Jill Delaney, Mickey Silverman and Dean Leone gathered 250 attendees to hear Otto Kernberg, Diana Diamond and Frank Yeomans present on *Treating Narcissistic Personalities; The Long Road to the Capacity to Love*. Drs. Kernberg, Diamond and Yeoman's papers created an immersive full-day educational retreat to an at-capacity crowd.



Elizabeth Wilson, MD

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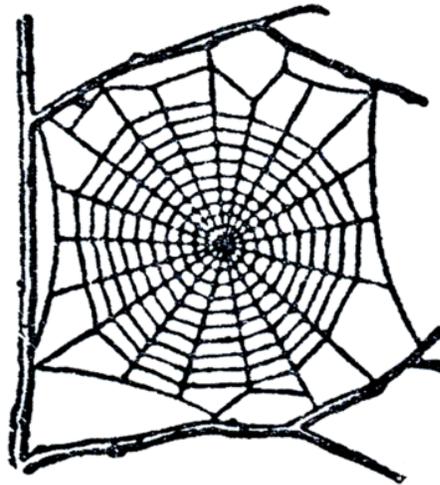
Pre-Thanksgiving, Sandra Hershberg delivered an emotionally powerful presentation as she introduced us to the German painter Paula Modersohn-Becker. Despite painting in the misogynistic art world of the early 1900's, Modersohn-Becker defied cultural taboos in unabashedly painting her female-gaze created canvases. As discussant, Rosemary Balsam roused the great depth of feeling to life in reading an excerpt from Rilke's *Requiem for a Friend*. The poem was written for Modersohn-Becker in the wake of her early, tragic death.

Judy Kantowitz's December scientific meeting presentation, *The Analyst Enabled and Disabled by What's Personal*, disarmed with its tremendous generosity of honesty and openness. The vulnerability of the analyst-analysand pair was center stage and Jennifer Myer, as discussant, brought her own gift of clarity and self-examination as she reflected upon the necessity for each analyst's personal and professional development. Both paper and discussion invited listeners to share a rare glimpse into the innermost and personal workings of their authors.

On January 4th, the Psychoanalytic Psychotherapy Program celebrated the graduation of their third class. Five psychotherapists, completing both classroom and supervisory work, graduated the two-year training program and enrollment is underway for an incoming class.

It's a new year and the lights are on in our meeting-rooms, thanks to the hard work of the continuing education committee. Colleagues are coming together to psychoanalytically better understand a range of topics including racism, non-binary gender identification, sublimation and sex. The inspired creativity and dedication of our society committee members make this exciting learning possible. The impassioned efforts are far too numerous to detail here but the behind the scenes activity is impressive and ongoing. I look forward, in this summer's edition of *Associations*, to reflect back on the spring of 2020 and all that we as a society have been offered to enjoy. In the meantime, check out Oscar Hill's newly created website and mark your calendars for Saturday April 18<sup>th</sup> as Salman Akhtar will be our annual symposium's visiting speaker. Together with Lorraine Siggins and Sybil Houlding, Dr. Akhtar will consider the psychoanalytic implications of parental loss. ◆ ◆ ◆

**Redesigning *WesternNewEngland.Org*:  
A Conversation with Oscar Hills, MD  
By Prakash Thomas, MD**



*As storefronts and façades stood to represent the people inside, now websites do the same and more. Yet few of us are likely to understand the minutiae and hours involved in creating a new website. We are indebted to*

*Oscar for his work, but curiosity drove us to wonder how he went about the challenge of creating our new virtual façade. Hence this interview...*

PT: *In designing the WNEIP/WNEPS website, I imagine you considered a variety of people who would seek out information online about the Western New England. How did you balance the website with insiders and outsiders in mind?*

OFH: Now, there's a great psychoanalytic question! How do we balance the demands from the outside with those from within? Well, without having been so philosophical about it, I began the design with younger users from the outside in mind. Because such users are often on their "devices," the site had to be *responsive*, a term of art meaning it had to adjust its size and options on the fly to be usable on phones, tablets, computers, TV's, watches, and the like. This also means "graphics oriented and 'swipe and tap'-centric" in addition to the old menu driven interfaces (which it retains as well, of course). These attributes obviously fit well with a more generally contemporary design than do purely data-oriented websites that remind me of the old phrase, "death by PowerPoint." The photos and design attempt to reflect our energy, passion, youthfulness, and diversity – somewhat aspirational standards, I'll grant you, but fully in keeping with our mission.

Once I had cobbled together that sort of

design, I tried to have anything one might want to find available in at least three ways no matter where you find yourself on the site. This would include menu's, links on a given page, banners and sliders, "off-campus" menus, footers, and a robust search engine. Then I turned my attention to the needs of members. Here members need to sign in to their accounts which in turn grant them access to an extensive directory, course information, bill paying, members-only calendars, and the like. All navigation is the same as it is to non-members, but it is extended to more options for members. The site is all a work in progress, of course, and we welcome feedback from users regarding both content and usability.

I should add, and I know everyone will be relieved to hear, anyone can pay a bill or send us money without having to sign in or do anything other than click "send money." My inner Treasurer asserted himself in that design decision.

*PT: How do you hope members of the Institute and Society would make use of the website*

One hope is that a page will be created for each course taught in each program the Institute and Society offers. I have already done this for Psychoanalytic Theory II, and for a seminar Don Moss conducts. The typical page might include a syllabus, and downloadable papers for each session, and even downloadable recordings of each session in some cases. Such a page is only available to current enrollees in the course.

Such functions are also available for large programs such as the Symposium, and we also handle ticket sales, for which we have far more sophisticated functions (such as scanning in tickets at the front door) available should we need them. And, not to perseverate, but paying bills of all kinds is very easy on the site!

*PT: Are there further versions or developments to the website you are considering in 2020 and beyond?*

Perhaps my biggest initial goal in designing this site was to do so with maximal extensibility.



Because we control the Linux server, there is almost nothing on the Internet that cannot be done on our site, from streaming audio and video to selling individualized audio or visual coursework or lectures on a one-to-one basis to interested people.

One thing that I have created already is a Psychoanalytic Blog. But to produce a blog properly requires a huge time and energy commitment, which is why most of them fail or lie fallow. So, it will remain to be seen when/if we launch the blog. The point, I suppose, is that the site has the capacity to express all the creativity and energy we are able to bring to it.

*PT: Arundhati Roy, who wrote The God of Small Things, studied architecture and said she conceived of her famous novel like a blueprint for a building. Is there is any such analogy that is*

*comparable to designing a website?*

I'll try. First, there is the simple use and layering of space with respect to form and function. Our site should allow you to traverse areas of interest in our organization in a logical and related way. We wouldn't want you to feel completely disoriented at any time, a low bar, I'll admit.

Then there is the question of finer design. We hope it reflects a graceful interface between psychoanalysis and the larger culture, with a blend of historical fidelity and avidity for the future.

Last, and not unrelated to your first question, is that architecture reflects a culture, including various inequities. Not least of those is big versus small, a paradigm for parent and child, but also a close relative of have and have not. In its effort, at the level of form of thought, both to reduce an atavistic reliance on exclusion and to promote a progressive inclusive synthesis, psychoanalysis participates in the health of the individual mind, the small, and thus the health of the culture in which it is embedded, the large. The website strives to reflect those values across many dimensions in its structure and content. Hey, Prakash ... you asked ...



## Interpretation

By Victor Altshul, MD

Freud's book on humor has some dumb jokes,  
but one of them really had me howling.

One guy says to another,  
"Life is a suspension bridge,"  
and the other says, "Why is that?"  
and the first replies, "How should I know?"

By your blank stare I see that you too  
don't get it. Few do. Let me explain.  
Keep in mind that the first speaker  
intends to be understood figuratively,  
but realizes that his metaphor is overwrought,  
not amenable to ready understanding;

so the second speaker, suckered in,  
asks what he has been set up to ask,  
enabling the first speaker to shift levels of discourse:  
his irritable dismissal of the second man's innocent query  
is predicated on the assumption that his original remark  
was intended not as metaphor but as literal truth,

and implies that the second man is a dummy  
who doesn't understand the nature of metaphor.  
The humor, then, would seem to turn  
on sudden and unexpected shifts  
in logical modes of discourse, and on the first man's  
sadistic manipulation of his unsuspecting stooge.

Freud would hasten to add  
that the reader, unconsciously eager  
to identify with the first man's sadism,  
takes vicarious pleasure in its expression, that is,  
in the second man's masochistic participation  
in his own humiliation.

No one has yet understood this explanation  
or sees why the joke is funny.  
Why don't we just call it a day?



**Rosemary Balsam at her Sigourney Award Presentation during the IPA's 51st International Congress.: QEII Center, Westminster, London, July 26th 2019. Celebrating with her are fellow WNEPS members: Angela Cappiello, Paul Schwaber, Barbara Marcus, and Elizabeth Wilson.**



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**Book Review: The Klein Tradition,  
edited by Kay Long and Penelope  
Garvey, Routledge Press 2018  
By Deborah Fried, MD**

The Klein Tradition brings together 28 new papers in honor of Melanie Klein and followers. The book spans the world, including Great Britain, America, Germany, Brazil and Israel. We are presented with a wide variety of new papers by a wide range of authors, including two non-analysts who are behavioral economists. And this is not just a compilation of papers. They are creatively and carefully organized in several different ways:

First, the papers are grouped into 4 categories: Historical Frame, Theory and Practice, Work with Children and Applied Contributions. Then, appealingly, the editors have annotated each chapter and organized them thematically, enabling scholars, educators, clinicians and readers of any stripe to hone in on a topic and locate all the salient papers. So if, for example, you want to learn about mourning, you simply turn to that heading in the

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wonderful introduction and see that papers by Britton, Rockwell and Paul will slake your thirst, even though these papers are located in separate parts of the book.

Kay and Penelope take care to describe each author, noting birthplaces and historical events as pertinent to the intellectual shaping of the author. This offering is itself most welcome, as the details of each life provide ways to understand how the writer began form their ways of thinking as illustrated in the paper we can then read.

And the final organizing principle is the rich and lively index, a key assist when you need to know about helplessness, Homer or hedge funds. Did I mention this is a wide-ranging book?

Melanie Klein, it seems to me, has been of increasing importance at Western New England, probably for more than the past 20 years. We have seen a surge of classes, electives, study groups, scientific meetings and the ever-popular Melanie Klein Trust program for candidates, now in its 9<sup>th</sup> year. This program enables study groups to present detailed

clinical material to a senior British Kleinian analyst, Richard Rusbridger, who comes to New York or New Haven several times a year; the groups are coordinated by Kay who also hosts them and consults to the groups. They are a gift to the participants and those they treat.

The Klein Tradition starts with the one chapter I can actually say anything about, though I deeply suspect the other chapters are well worth the read; this first, by Kay and Penelope, comprises the entire first section of the book, Historical Frame.

**Chapter 1: “Melanie Klein: Her main ideas and some theoretical and clinical developments”**

Elegantly and clearly written, the chapter starts right off with Klein’s physical appearance, as described by Virginia Woolf:

*“A woman of character & force some submerged- how shall I say?- not craft, but subtlety: something working underground. A pull, a twist, like an undertow: menacing. A bluff grey-haired lady, with large bright imaginative eyes.”*

...and then we are introduced to the indelible impact of the theories that lay behind those eyes; it is a terrific way to start a book.

We are shown how carefully Klein attributed her ideas to those who deeply influenced and clarified her thinking, and then steadily led through Klein’s personal and professional histories, carefully curated so we can begin to imagine how she developed novel and keen understandings of young children. Of many details, one most curious is her mother’s urging Klein to get away from her own young family (with whom the mother lived) to pursue treatment. One wonders what would have happened if Klein’s own mother had not been so insistent.

We learn of Klein’s relationships with Ferenczi, Abraham and Jones, her moves between the World Wars from Hungary to Berlin and later London as she fled the dangers leading up to the Holocaust; and her relentless

imaginative energy as she fought tradition and discovered her own ways of understanding mental life. She developed her famously creative play with, and intense writings about, children. She derived an essential, core concept, that of unconscious phantasy. A detailed look at her patient Rita clarifies how well an early interpretation of alarming transference, when kindly and clearly stated, rapidly enabled a scared, silent child to return to a play nursery and begin treatment under the gaze of those bright, imaginative eyes.

As the chapter continues with rich descriptions of seminal ideas, it is delightful and important to attend to the caveats Klein put on her own notions. For example (p 12): when faced with scorn that babies cannot really think as Klein described, she said “nor do I believe that the baby would feel that it is full of good milk. *It has not any conception of what milk is* (emphasis mine). It would feel though that something good, satisfactory, something which is equated with the good object, has gone into him.” We are being reminded not to get caught up in confusing the descriptive for the literal.

The chapter goes on, with Klein’s important ideas lucidly and vividly described, *here listed*:

- Unconscious phantasy, especially about being attacked, attacking, retaliation and then inhibition of core drive to learn.
- Emphasis on mothers’ bodies, source and target of phantasied attacks.
- The extremely early Oedipus, combining the terror of those unconsciously imagined attacks by and on the mother, and the subsequent retaliations.
- The relationship to internal objects as above, with projective defenses against falling apart and to deal with:
- The Death instinct, with internally cut up mental fragments. (May I just put in a word here about horcruxes, a more recently coined term in popular children’s literature? In the Harry Potter series, a horcrux is JK Rowling’s wildly imaginative concretization of the fragments of a disturbed mind that are



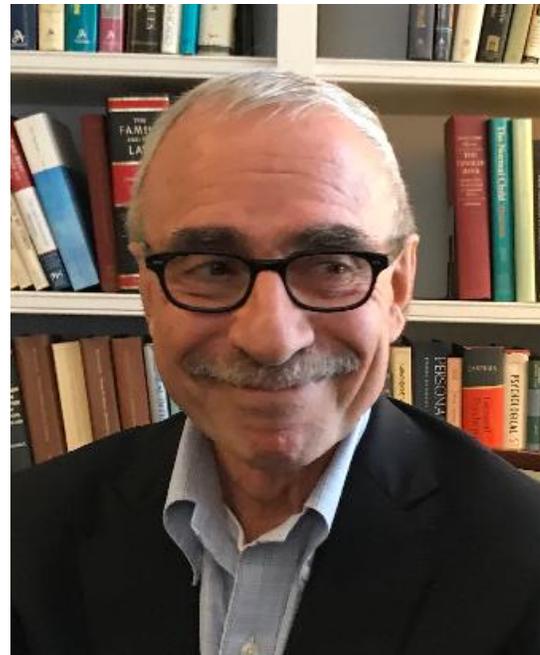
Melanie Klein

expelled and put into an object- literally, for instance, a pendant or cup. A deeply clever use of Klein, who apparently JKR knew nothing about but intuitively understood a great deal of.)

- And not to forget: loving libidinal impulses drive the awful fears of loss and underpin the eagerness to connect, as the authors take care to note lest the famous Kleinian emphasis on aggression overshadow the deeper libidinal urges.
- Developmental highlights include the paranoid/schizoid and depressive positions and the very early arrival of the superego.
- Pathology, notably psychic retreats and primitive defenses, including projective identification and transference enactments.

The section on technique includes the debates with Anna Freud, and the splintering into analytic factions. We are then offered clinical examples of projections into, and internalizations from, the analyst. Kleinian clinicians make predominant use of the immediate, here-and-now experience between patient and analyst to make interpretations, rather than focusing on the patient's history, and it is noted that current Kleinians are more apt to use metaphor than concrete physical interpretations. They are quite cognizant of libido and love in addition to destruction and hate, while using an expanded concept of Klein's developmental time table.

This first chapter is a most coherent, thoroughly detailed yet quickly paced read. I have used the chapter for its excellence as a teaching guide for candidates; I think it important to have access to this historical frame, as well as such richly annotated new papers in the Klein tradition. I look forward to learning from the entire book over time.



*Neil Altman, PhD*

### **Psychoanalysis in the Community By Sheryl Silverstein, PhD**

On October 9, 2019, at the initiation of Sheryl Silverstein, PhD and with the help of Susan Bers, PhD, WNEPS and WNEIP began an exciting new venture: Psychoanalysis in the Community — how to bring a psychoanalytic sensibility into community work (i.e., inside out), and how to think about curriculum changes that would prepare candidates to bridge community work with their psychoanalytic training, (outside in).

Neil Altman, PhD, a psychoanalyst in New York City who chairs a subcommittee of APSaA that seeks to promote institute-based education and training for community based psychoanalytic work, led a discussion with a group of 10 Western New England faculty and candidates. He began by having us think about how psychoanalytic principles (abstinence, anonymity, transference) might be thought about differently when applied to a community setting. He described his community psychoanalytic work in India and the collaborations he has fostered between psychoanalytic institutes and community organizations in the U.S. Our members explained how the Yale Psychiatry Residency Program and the Yale Child Study Center each have a strong community element in their training and programs.

As for current and future projects: Dr. Altman's task force is developing an online course about community psychoanalysis for institutes and community clinicians, to be taught by faculty on the task force. Currently, candidates on the APsaA candidates-in-the-community committee have an opportunity to apply for mentorship for community psychoanalytic projects. This allows them to meet (in person or online) with a faculty analyst from any Institute to help them with their self-initiated project. He also mentioned that a candidate at the Oregon Institute applied for and received a private grant to fund a program in collaboration with her institute to work with the homeless. Eventually, Dr. Altman would like to have a candidate track in Community Psychoanalysis within institutes.

A discussion ensued on how our Institute might begin this venture with an elective on community-based psychoanalysis. One suggested project was to consult with those doing front line work, such as those teaching police to be more aware of prejudice. The meeting ended with Dr. Altman explaining his understanding of the concept of privilege as a communication about economics and politics. In a book he is currently working on, he makes the distinction between guilt, in the Kleinian sense as a means of leading to action and reparation, and white guiltiness, a hypocritical stance that does not lead one to action. Overall, it was an inspiring and thoughtful discussion, and a good beginning.



## In Memoriam: Roy Schafer (1922-2018)

By Rosemary Balsam, MD



Roy Schafer was born December 14, 1922, and died on August 5, 2018. Trained as a psychologist, he was a magnificent teacher, a major theoretician of psychoanalysis, a brilliant scholar, author of many influential works, and a talented clinician. He was restlessly creative, open to new ideas and gifted in his luminous multidimensional appreciation of the human mind.

Born in New York of Russian Jewish immigrants, Schafer attended high school in the Bronx, and college at the City University of New York. He maintained his New York accent and soft baritone chuckle forever. In 1950, he earned a PhD degree in clinical psychology from Clark University. Schafer began his long professional life in the famous Menninger Clinic in Topeka, Kansas, conducting psychological diagnostic research with David Rapaport. Early he became known for foundational work on the Rorschach test. Both he and Rapaport were recruited to the Austen Riggs Center in Stockbridge, Massachusetts, where his colleagues included Erik Erikson and Robert Knight.

Schafer pursued traditional ego psychology in the then new Western New

England Institute of Psychoanalysis in New Haven, where he became a Training Analyst and colleague of Hans Loewald. He was the Chief Psychologist in Yale Department of Psychiatry (1953-1961), and later worked with Yale students in the health services (1961-1976). In 1975-1976, he became the first Sigmund Freud Memorial Professor at University College London, and returning to New York, he wrote about, taught and supervised analyses at the Columbia University Center for Psychoanalytic Training and Research. Also a Clinical Professor at Weill Cornell Medical College, he left that post in 1979 to establish a private practice in the city. Due to his ongoing developmental interests and his experiences in London, he began to bridge American classical ego psychology with contemporary Kleinian thinking.

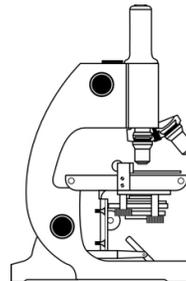
Schafer was alert to societal change. During the tumultuous seventies, for example, he was strongly influenced by female student patients. This yielded rare writing by a *male* analyst showing Freud's limitations due to his cultural phallogocentric bias. Part of Schafer's genius was to pursue novel ideas in spite of – or perhaps because of – opposition, which he found intellectually exhilarating. He won the prestigious Sigourney Prize in 2009 for his elaboration of hermeneutics and narrative in psychoanalysis: *Re-telling a Life: Narration and Dialogue in Psychoanalysis*, 1994. Among his other 10 books are: *The Analytic Attitude*, 1984; and *Tragic Knots in Psychoanalysis: New Papers on Psychoanalysis* 2009, all evidence of the sustained energy and passion with which he pursued avenues of psychoanalytic understanding through the years.

Schafer was the father of three daughters, Laura (a fellow psychoanalyst), Amy, and Sylvia, with his first wife, Sarah, a psychologist. Later he re-married, (becoming twice a widower) to Cecily de Monceaux, a London psychologist, and Rita Frankiel, a New York psychoanalyst.

Those of us who were fortunate enough to have been mentored by him, including many students influenced by his capacious generativity in dignifying their own thinking, will forever be grateful and feel blessed to have known him. Our psychoanalytic field will miss his challenging voice, his intellectual strength, his standards of excellence, his gifts of

imaginative vision, and his constant call to seek further.

[A version of this article was published previously in *The American Psychologist*, Vol. 74, No.7, 848. Laura Schafer contributed the picture of Roy to the author.]



## WNEPS

**Scientific Meetings  
2019–2020  
4-6 pm**

**255 Bradley Street,  
New Haven, CT**

### **January 25<sup>th</sup>**

Christopher Lovett, PhD  
***The Erotics of the Container***

Discussant: Gretchen Hermes, MD, PhD

### **March 14<sup>th</sup>**

Madelon Sprengnether, PhD  
***From Freud's Mourning to Mourning Freud***

Discussant: Sybil Houlding, MSW

### **April 4<sup>th</sup>**

Katie Gentile, PhD  
***Kittens in the Clinical Space: Disrupting  
Transgenerational Trauma Through  
Witnessing Animal Subjectivity***

Discussant: Debra Nudel, PhD

### **May 30<sup>th</sup>**

Jack Foehl, PhD  
***Lived-Depth: Dimensionality and Thirdness  
in Psychoanalytic Process***

Discussant: Lyn Yonack, LICSW

**2020 WNEPS**  
SPRING SYMPOSIUM

Saturday April 18th, 2020  
8:30 AM – 12:45 PM  
YALE CHILD STUDY CENTER

## **When a Parent Dies: Clinical Implications of Enduring Loss**

Salman Akhtar MD, Lorraine Siggins MD  
Discussant: Sybil Houlding LCSW FAPB



Untitled Window Drawing, Eva Hesse, 1969.

### **Symposium Committee**

Chair: Erica Weiss MD

Co-chair: Shannon Drew MD

Christopher Leveille Psy D, Linda Mayes MD, Joan Poll MD,  
Sheryl Silverstein PhD, Prakash Thomas MD

### **Sponsored by The Western New England Psychoanalytic Society**

For more information contact Anne Rodems

@ 203-562-2103 or by email: [arodems@wneps.org](mailto:arodems@wneps.org)

or visit our website [www.wneps.org](http://www.wneps.org)

*Western New England Psychoanalytic Society—255 Bradley Street New Haven CT 06510*

*Associations Editorial Board:* Prakash Thomas, MD, Lisa Driscoll, PsyD, Katharine Addleson, LICSW

*Send Submissions to Associations to:* Anne Rodems ([arodems@wneps.org](mailto:arodems@wneps.org)) or [prakash.thomas@yale.edu](mailto:prakash.thomas@yale.edu)