

INSTITUTE FEATURE

CMPS... Present and Future Promise

Ronald Okuaki Lieber

Founded in 1972 by a group of psychoanalysts dedicated to the development of modern psychoanalysis, a theory of technique promulgated by Hyman Spotnitz, **The Center for Modern Psychoanalytic Studies** enters its fourth decade with optimism and opportunity. In spring 2006, soon after the new law that licensed psychoanalysts went into effect, CMPS was approved by New York State as a licensure-qualifying institute, one of the first to receive this recognition. The first class with this status brought



Above: the CMPS library which now houses on-line access to PEP for students and faculty.

eight new students and two returning students. **The One-Year Program** had fourteen registrants, some of whom will enter the certificate program, as had three from the previous year. **Our One-Year Group Experience Program** begins in Fall 2007. Interest is high and we are already fielding inquiries. (see article on page 2) **The Extension Division's "Hyman Spotnitz Lecture Series,"** (eight lectures presented by Dr. Spotnitz at PS 41 in 1978-79) always packs
continued on page 3

A Strong Voice for Psychoanalysis

Lucy Holmes

At its meeting on December 19, 2006, the Board of the Society of Modern Psychoanalysts recommitted itself to its position as a strong voice in the debate over issues which effect the profession of psychoanalysis. The mental health law, passed by the New York State Legislature in 2005, did not end this debate but served to energize and organize those who would regulate psychoanalysis in ways the Society believes are detrimental to our profession. Controversy over frequency of analytic sessions and payment of analytic fees to institutes rather than to the analyst is now raging in New York State and on a national level.

SMP opposes the idea that patients in psychoanalysis must be seen three to five times a week, and that those with specific diagnoses be required to consult a physician. We also believe that requiring analytic students to pay their institute not their analyst for sessions disrupts the dynamic of transference and resistance—the bedrock of psychoanalysis. But there are organizations and lobbyists working today to restrain our members from practicing psychoanalysis as they were trained to practice it. It is the Society's intention to protect our members, and our profession by speaking out.

SMP's annual spring meeting (date TBA) will address the battle to define psychoanalysis in New York, New Jersey, Massachusetts, and other states. Representatives from member institutes will report on the challenges psychoanalysis now faces in their states, and I will pose the question: **As a certifying and registering body for the profession of psychoanalysis, where do we go from here to support and strengthen our profession?**

BGSP Conference: "Why Drive Theory?"

Rodrigo Barahona

"The theory of the drive is, so to speak, our methodology. The drives are mythic in essence, magnificent in their elusiveness. We can't ignore them for a moment in our work—yet, at the same time, we are never sure that we are actually seeing them clearly."—Sigmund Freud

October 14th, Boston Graduate School of Psychoanalysis (BGSP) hosted a conference entitled "Why Drive Theory?" with drive theorists from three different training institutes presenting.

Keynote speaker, **Dr. Cordelia Schmidt-Hellerau** presented, "Surviving in absence: On the preservative and death drive and its clinical value." A training and supervising analyst of the Swiss Psychoanalytical Society, and faculty at The Boston Psychoanalytic Society and Institute, The Psychoanalytic Institute of New England East, and The Massachusetts Institute of Psychoanalysis, Dr. Schmidt-Hellerau presented her theoretical and clinical look at the death drive in connection with the preservative
continued on page 4

Lucy Holmes Speaks at NAAP Conference

By Alma Weisberg

SMP president Lucy Holmes was one of three speakers at the National Association for the Advancement of Psychoanalysis' (NAAP) October conference—"Destiny: A Psychoanalytic Exploration." Dr. Holmes spoke of the "promise of psychoanalysis" which recognizes that the true architect of our fate is the unconscious. Among others, Holmes cites Bolas, who equates fate with neurosis. The patient's symptom is seen as "the oracle predicting her doom," whereas, "destiny is a positive drive, an urge to articulate our true selves... One of the most important tasks of an analyst is to enable a patient to come into contact with his destiny, to articulate his true nature through the creative use of objects." Destiny is no matter of chance. Bollas' idea of personal destiny challenges us to help our patients feel that "they can control and savour their own destinies."

Holmes then asks, "What have we created together which has enabled the patient to move toward new and creative experience?" Citing discoveries in neuroscience that corroborate Freud's century-old theories and Spotnitz' 1969 writings on the curative process in psychoanalysis as "...the deactivation of certain neural pathways and the activation of others," Holmes reviewed how "psychoanalysis can change one's destiny." "When messages from the lower brain are put into words, instincts lose their primitive power, and feelings can be felt and verbalized." Giving up self-destructive habits "is often experienced as the death...of beloved early objects." Our repetitions "cannot be put to rest until psychoanalysis solves the mystery and breaks the spell." Holmes cites her devotion to psychoanalysis as "an ethical discipline—a path to liberation." Dr. Holmes received NAAP's Gradiva award in 2002.

Holmes' presentation followed one by Martin Bergman, a well-known psychoanalytic educator and author who asked "What is the destiny of Sigmund Freud in the 21st Century?" Michael Conforti, a Jungian analyst, and "pioneer in matter-psyche studies" discussed his study of the confluence of psychology and matter, bringing together physicists, biologists and psychoanalysts. Questions and comments from the audience concluded the morning program.



BGSP Announces One-Year Program

The BGSP One Year program is designed to enhance the work of clinical practitioners and professionals from various disciplines by introducing them to modern psychoanalytic principles, theories and techniques. Classes focus on case material and emphasize the application of a psychodynamically informed approach. Both experiential process and more traditional teaching methods are used to promote learning. Two consecutive evening classes are held weekly each semester. A certificate of completion is awarded. For information: call BGSP, 617.277.3915 or www.bgsp.edu.

CMPS One-Year Group Experience Program Begins in 2007

CMPS' One-Year Group Experience Program begins in Fall 2007. The program is structured to provide an understanding of group dynamics to professionals from the fields of mental health, business, education, and the arts through exposure to the theory and practice of clinical and applied group analysis. Discussion-oriented classes are in theory, maturation, and history. The course is designed to accommodate working professionals. For information or to request a brochure call: 212.260.7050 or www.cmps.edu.

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New Jersey Center for Modern Psychoanalysis

By Sheila Zaretsky,

“One Case with Three Supervisors” was the title of the New Jersey Center for Modern Psychoanalysis (NJCMP) Fall Conference held at the Fair Lawn Public Library, in September. NJCMP graduate and faculty, Kenneth Cappuccio discussed the case of an acting-out child and his mother. Dr. Audrey Goldrich was the moderator with the three supervisors, Dr. Stanley Hayden, Dr. Sheila Zaretsky, and Dr. Maurice Lovell leading the discussion. On Sunday afternoon, October 1st we celebrated Dr. Hayden’s eightieth birthday at a festive party hosted by Maurice and Pamela Lovell with dancing, marvelous food, photo sessions, awards, and gifts.

INSTITUTE FEATURE

CMPS...Present and Future Promise... *continued from page 1*

the Great Hall with people and buzz. Don’t miss the final screening of these seminal lectures on January 5th, 2007. (*see Calendar on pg. 5*) Our Fourth Annual **Education Conference** this spring saw close to fifty educators from throughout the city convene here on a Saturday afternoon. The semester course, “**Introduction to Modern Psychoanalysis**” has brought a consistent response from those wishing to learn more about modern psychoanalysis, as has our time-honored **June workshops** where people from many disciplines come to the Center.

The **CMPS library** continues to expand and now houses on-line access to PEP for our students and faculty. The **CMPS Student Association**, seeking to become an active partner in the Center’s growth, recently hosted an Open House for new students and, in conjunction with the librarian, sponsored a library and research orientation. The **Great Hall**, where classes, meetings, and events are held has also received a facelift.

The **Consultation and Referral Service** has been newly refurbished with ten rooms freshly painted and newly appointed with chairs. Advertisements for the Referral Service now run in theatres in New York City.

The **CMPS Annual Conference** on November 11th, presented renowned neuroscientist Jaak Panksepp, as keynote speaker with Mary Shepherd (BGSP) and Sara Sheftel (CMPS) as discussants. (*See pg. 6 for article on the CMPS Conference*)

Best of all was November 12th, 2006 when ten **CMPS Certificate program graduates** read their final “logs” and received their diplomas. The Center was alive with celebration. (*see article on pg. 6*)

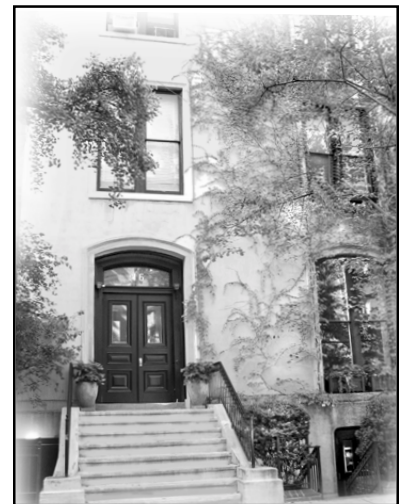
In addition, CMPS continues our involvement with the Boston Graduate School of Psychoanalysis to staff and manage the **BGSP-NY Master of Arts program in Psychoanalysis (BGSP-NY)** here in New York City. (*See article on pg. 6*)

All this success arises from the fact that CMPS offers one of the most thorough and rigorous psychoanalytic training programs in the country, which is appreciated and understood by most who come in contact with us. This has come about, not by happenstance, but through the tireless effort and devotion of a faculty who work well beyond the call of duty along with our President, Mimi Crowell. Dr. Crowell took office in the difficult times after Dr. Meadow’s death and has steered the Center into the open waters of possibility. We are most excited by this future and the promise it holds.

SMP Announces Scholarship Fund

By Patricia Harte Bratt

The Society of Modern Psychoanalysts is pleased to announce the inauguration of the **Phyllis W. Meadow Research Scholarship Fund**. Dr. Meadow was a pioneer in psychoanalytic education and research and the founder of SMP. Scholarships will be awarded annually to one student from each SMP member institute. Students must be advanced students currently working at the research stage of their psychoanalytic training at SMP member institutes, and who are nominated by their institutes. Institutes will evaluate scholarship nominees on: academic and clinical performance, participation in extracurricular institute activities, community events and committees. Students must have prior approval of eligibility to work at the research level and also meet other research criteria. Financial need may be used when selecting between equally exceptional candidates. Along with institute and supervisory recommendations, candidates will be asked to submit two brief essays to support their nomination. The SMP Scholarship Committee will review the nominations, and supporting materials, and present a \$500 scholarship to each approved nominee. The Society takes pleasure in offering support to candidates in training at our member institutes and in honoring the memory of Phyllis W. Meadow. For information on the scholarships visit: www.SocModPsychoanalysts.org.



"Partners" Show at BGSP Couples Art Patrons with Psychoanalysts

by Mara Wagner

"Partners,"—the exhibit at Gallery 1581 at the Boston Graduate School of Psychoanalysis—opened to another full house on Friday, October 20th.

A wide range of work by the BGSP modern psychoanalytic community is on exhibit on the school walls, including works by students, faculty, family, analysts, friends, neighbors, gallery patrons as well as artists from previous BGSP shows. The work can be viewed from 9-5 on weekdays, and by appointment until late April 2007.

In its third year, Gallery 1581 continues to build a permanent collection including oils, acrylics, watercolors, photographs, papercuts, sculpture, collage, prints and carvings. Many works are donated by the artists or purchased for us from prior exhibits. Response to fundraising has been generous and it appears, with lots of new "partners" contributing money, time, labor and artwork, we will rapidly retire the gallery's start-up debt, pay for our new storage unit, and build a collection of work consonant with the theme of the search for deep knowledge of the human condition uniting psychoanalysts and artists.

The gallery brings new people into the building, both at the opening events, signaled with tiny lights in the trees by the front door, and during "Brookline Open Studios Week-ends" when we are part of the yearly town tour of art venues. Several guests have become featured artists, therapy center analysts, and art donors. Many have expressed interest in joining an analytic group specifically for artists, a project now in the formative stages.

Contact Caroline Egnaczyk if you would like to receive calls for work for upcoming shows and/or invitations to openings, email: egnaczykc@bgsp.edu. Information about analytic groups for artists: Jon Kelley at kelleyj@bgsp.edu. For all other gallery inquiries, contact Mara Wagner at wagnerm@bgsp.edu. If you would like to join the group of Gallery 1581's "Partners" you can send a check made out to Gallery 1581/BGSP in any amount (we have received amounts from \$7 to \$1,500 so far, totaling about \$4,000). We are also accepting donations of artwork.



BGSP Conference: "Why Drive Theory?"

continued from page one

drive, and her reformulation of the transition between Freud's first and second drive theory within an implicit object relation theory. She also presented a structural theory for the realm of healthy self and object preservation and for pathological or deadened self and object parts including the devastating effects of trauma. Clinical material from a long psychoanalysis was used to illustrate how these concepts help us to understand patients' "absence" and "deadness" and the technical challenges they provide.

Psychoanalysts Eddy Carrillo, Msc., MA, and Dr. Jane Snyder then presented their views on drive theory from the technical and theoretical stances of their institutes. Carrillo, a founding member and professor of the Center for Psychoanalytic Studies of the Association for Socio-Critical Psychoanalysis in San Jose, Costa Rica, presented a case illustrating how he and his colleagues conceptualize Freudian Drive theory from a "social-critical perspective," emphasizing culture as a determinant for the inner structuring of the drive. Dr. Snyder, BGSP Provost, Faculty, and Training Analyst, discussed her work on drive theory within the context of Modern Psychoanalysis, and the work of Hyman Spotnitz and Phyllis Meadow. She presented a case that demonstrated the clinical usefulness of thinking and working within the context of the effects of bottled-up aggression in narcissism. Snyder also addressed the management of tensions inherent in containing destructive drives, and what they mean for the patient's internal object world, as well as for the analyst in the transference.

Dr. Rodrigo Barahona (BGSP) served as the conference moderator. All papers will appear in an upcoming issue of *Modern Psychoanalysis*. Dr. Schmidt-Hellerau's paper will appear in abstract only but can be read in toto in the current issue of the *Psychoanalytic Quarterly*.

BGSP Spotnitz Master Class

Eileen Keating, Stephen Soldz & Caroline Egnaczyk

A BGSP extension course featuring DVD presentations from a 1978 lecture series given by Hyman Spotnitz, MD, MEDSci was offered in the fall 2006 semester. The series was one of the first comprehensive public presentations of the theory of modern psychoanalytic technique and as such is an important historical document. The videos that feature Spotnitz lecturing and working with questions from the audience, provide an unusual opportunity to experience a master clinician at work. A panel composed of BGSP faculty who have worked with Dr. Spotnitz, facilitated commentary and discussion. The course is being held on the regular BGSP class Fridays from 4:40pm to 6:30pm.



SMP Winter/Spring 2007 Calendar

Institute full name & address is listed with first calendar entry. Please submit calendar dates to Charlotte Melnik at Melnicks@hotmail.com. No Ads will be taken

Friday, January 5th, 7:30-9:30PM

Center for Modern Psychoanalytic Studies (CMPS) continues Hyman Spotnitz's seminal lectures on film. Final lecture: "The Toxoid Response: Process of Immunization from Recurrence of Pathology." \$20; students: \$10. CMPS, 16 W. 10th Street, NYC. 212.260.7050 • www.cmps.edu

Friday, January 12th

Vermont Graduate School of Psychoanalysis (VGSP) (formerly Cyril Z. Meadow Institute) presents **Treatment in Turmoil: Resistance to Therapeutic Learning**. Final of 4-part presentation in Brattleboro VT. 802.257.0919/617.277.3915.

Tuesdays, Jan. 16 • Feb. 13 • March 13, 5:30-6:30PM
CMPS Open House: Learn about a career in psychoanalysis. Get a tour and see how our program might meet your needs. CMPS: 212.260.7050/www.cmps.edu

Tuesdays, Jan. 16 • Feb. 13 • March 13, 5:30-6:30PM
Boston Graduate School of Psychoanalysis-New York (BGSP-NY) Open House: Get a tour and introduction to our Master of Arts in Psychoanalysis Program. BGSP-NY, 16 West 10th Street, NYC. 212.260.7050/bgsp-ny.bgsp.edu

Sunday, January 21st, March 4th, June 3rd
Brooklyn Seminars in Modern Psychoanalysis (BSMP) Brunch Sessions continue the topic: "Finding Your Focus." Speakers, respectively: Elliott Schuman, Ernie Brod and Michaela Schaeffer. Information: BSMP: 212.807.0344.

Sunday, February 4, 2007, 2:00 PM
New Jersey Center for Modern Psychoanalysis, (NJCMP) presents Dr. Gerald Fishbein speaking on "Persistence," Why keep on keeping on? Come hear what is on his mind. Event will take place at the Fair Lawn Public Library.

Saturday, February 24th, 10:00-11:00AM
Boston Graduate School of Psychoanalysis (BGSP) Information Session at BGSP, 1581 Beacon Street, Brookline, MA. Call: 617.277.3915 or visit: www.bgsp.edu.

Sunday, February 25th - Noon-1PM
Vermont Graduate School of Psychoanalysis (formerly Cyril Z. Meadow Institute) Information Session: Learn about the Doctoral Program in Psychoanalysis. VGSP, 40 Tucker Reed Rd, Dummerston, VT. VGSP: 802.257.0919/www.bgsp.edu.

Tuesdays, April 10th 1-2 PM • May 8th 5:30-6:30 PM, June 5th 1-2 PM
CMPS Open House: Learn about a career in psychoanalysis. At CMPS, Call: 212.260.7050/www.cmps.edu.

Tuesdays, April 10, 1-2PM • May 8, 5:30-6:30PM, June 5th 1-2PM

BGSP-NY Open House: Get a tour and introduction to our Master of Arts in Psychoanalysis Program. Call BGSP-NY: 212.260.7050 or visit: www.bgsp-ny.bgsp.edu

Sunday, April 15, 2007, 10AM-3PM

The Academy of Clinical and Applied Psychoanalysis presents Clinical Talks: Open Conference on "Emotional Resilience and Difficult Encounters." ACAP, 301 South Livingston Ave., Livingston, NJ. 973.736.7600 • www.acapnj.org

Saturday-Sunday, April 28-29, 11AM-6PM

BGSP Gallery 1581 Opening: "Inner Life," (at BGSP) part of Brookline Open Studios Tour features artist and Massachusetts College of Art Professor, John Baker, a painter with an analytic background from the Boston Psychoanalytic Society and Institute. Baker will speak on BGSP's opening night Friday, May 4 after classes. Info: egnaczykc@bgsp.edu.



Spring 2007

SMP's Annual Meeting. Date TBA Look for details in the mail and at: SocModPsychoanalysts.org. (See article pg. 1)

Spring 2007

CMPS Fifth Annual Education Conference. Date: TBA. For details call CMPS: 212.260.7050 or visit www.cmps.edu

June 2007

CMPS Gala Twilight Dinner & Cruise around Manhattan Island. For details call: 212.260.7050/www.cmps.edu.

July 1st – July 6th

BGSP Annual Cape Cod Conference. 617.277.3915

August 5th – August 8th

ACAP Annual Summer Conference on Long Beach Island, "Difficult People" Call: ACAP: 973.736.7600/acapnj.org



Boston Graduate School of Psychoanalysis announces that Cyril Z. Meadow Institute will now be known as

Vermont Graduate School of Psychoanalysis

For information on our Doctorate in Psychoanalysis, call VGSP: 802.257.0919 or 617.277.3915. VGSP is a division of Boston Graduate School of Psychoanalysis

COMEDY FROM THE COUCH:

AN INVITATION FROM ROBERT J. MARSHALL, PhD

Humor has a checkered place in the history of psychoanalysis. Freud himself had mixed feelings about jokes and humor. On the one hand, he frequently pathologized humor equating its use with defenses, delusions, intoxication, neurosis and denial of reality, (while reluctantly admitting to Fleiss that he was collecting jokes.) On the other hand, after writing his "Interpretation of Dreams, Freud published his "jokebook," "Jokes and Their Relation to the Unconscious." There is evidence that the jokebook was simmering in Freud's mind when he wrote what many consider his most significant work. The relation between dreams and jokes suggests that if dreams are the "royal road to the unconscious," humor is a language of the unconscious. Freud collected a vast array of jokes, particularly Jewish humor, and characterized humor as "one of the highest psychical achievements."

In 1920 Freud significantly addressed the meaning of play, using his grandson's play of throwing and retrieving a reel. Freud saw play as a "great cultural achievement—a renunciation of instinctual satisfaction." Freud also introduced the concept of "instinct for mastery," and the defense mechanism of turning passive into active and surmised that play was the reenactment of trauma with satisfaction of instinctual impulses. In 1928, Freud revisited humor in a positive manner, characterizing it as "liberating," "the victorious assertion of the ego's invulnerability," and "rebellious." He also saw humor as having value to the ego as a way of expressing conflict and overcoming suffering.

Succeeding generations of psychoanalysts have mirrored Freud's ambivalence. In 1971, Kubie, an influential analyst, summarized the dangers of humor and laughter in treatment, chilling many analysts. However, as we came to understand the sources and uses of our countertransferences, analysts seemed to loosen up and discuss the place of humor. Winnicott, in his views on play, contributed to lightening the therapeutic experience.

Hyman Spotnitz and his early students, especially Sherman, Bernstein, Rosenthal, and Meadow, have been adroit in using humor in individual and group therapy. My personal experience with Spotnitz as compared with any other analyst, attuned me to the virtues of playing in the "theater of the absurd." His outrageous ego-syntonic joining and mirroring, seeming zaniness and flouting of reality and authority suggested his enjoyment of drives and primitive processes. Sessions were sometimes hilarious.

THE ABOVE IS PREAMBLE TO AN INVITATION to all clinicians to contribute anecdotes of humor in their practice. You may experience the same ambivalence that Freud and other clinicians have felt about humor. But fuse your drives and resolve your resistances to sharing some of the funny moments that are usually poignant and meaningful. Comments and clarifying interpretations are welcome. As you write, you may find that something is "lost in the translation." This is to be expected because of the many unconscious nuances that are difficult to articulate. And, remember — humor is the language of the unconscious—that of the patient and the analyst.

I will start things off with a couple of examples from my practice:

A woman who had devoted many years to her psychoanalysis described the aftermath of the funeral services for her mother. Her enlightened rabbi invited the small family into his office and asked the members to talk about the mother. As the rabbi arranged the chairs, my patient chirped, "Rabbi, can I use the couch? That's the only place I can talk about my mother." The patient and I laughed, but realized that her story signaled a request for increased sessions.

A young mother returned from the hospital with her newborn baby. After putting her baby to sleep, she collapsed into an armchair and kept wondering, "When is the real mother coming home to take care of everything?"

She and I were amused at the ludicrousness of her demanding question but it told us she felt strong enough to analyze her conflicts about being a mother, and her relation to her own mother.

CMPS Certificate Program Graduates Class of 2004-2006

June Bernstein

Sunday November 12th, the CMPS Certificate program graduation took place. Dolores Welber presented the instructor's log, and the graduates of classes 2004-2006 gave their final logs. Each log was highly individual and conveyed an emotionally meaningful account of that person's growth and transformation during the training. Mimi Crowell, President of CMPS, and Faye Newsome, Chair of the CMPS Board, presented certificates. Certificate recipients included: Class of 2004, **Eileen Brennan**; Class of 2005: **Mark Bernstein, Frances Goldfarb, Patrice LaMariana, and Jennifer Wade**; Class of 2006: **Robin Benjamin, Milena Cornick, Barbara Goldsmith, Stephen Guttman, and Carol Lerner**.

After the program there was a champagne reception with food, mingling, reunions, talk, congratulations and a generally festive atmosphere. Lee Meltzer took everyone's picture, while members of the graduation program committee including Carol Citarella Garvey, Cynthia Kaplan, Harriet Lenk, and Raul Plasencia (*who baked the magnificent cake pictured above*) presided as hosts.



Graduate, Raul Plasencia's cake says it all.

ACAP in our New Headquarters and in the Community

Sheila Zaretsky



In June 2006 ACAP moved to 301 South Livingston Avenue, Livingston, NJ and now inhabits the second floor of a small suburban bank with large windows overlooking tree-lined streets. We doubled our space with a large library, auditorium, student and faculty lounges, kitchen, additional treatment rooms, and offices.

This past year, ACAP has been busy hosting public events and taking advantage of our expansive new home. February 6, 2006, Dr. Vicki Semel and Dr. Patricia Bratt did an in-service training for the Bayonne DYFS. April 19-20, Dr. Bratt was at Little Angels Preschool in Livingston to present "Growing Emotionally Resilient Children." May 10 and June 21, Drs. Semel and Bratt presented a workshop for Child Life Specialists, "Making the Tough Times a Little Easier." June 11, Annette Vaccaro presented, "Out of Control: Increasing Frustration Tolerance through Art," and Dr. Sheila Zaretsky did a two-part workshop on adolescence, June 20 and 27. August 6 through August 9, we were at Long Beach Island for our 23rd annual summer conference on "Emotional Resilience." Without breaking stride, August 15, Dr. Zaretsky did a workshop on: "Working with the Mentally Ill in Groups" at Bergen Regional Mental Hospital. August 23, Dr. Bratt presided at a Back-to-School Open House and luncheon in appreciation for hospital and day program executives who host our externship students. Dr. Semel discussed, "Living Well in Difficult, Multi-Generational Families" at ACAP's October 18 Open House. Call: 973.736.7600 for the when and the where of all that is going on at ACAP.



Boston Graduate School of Psychoanalysis-New York Graduates First Masters Class

June Bernstein

An historic event took place on November 12th at BGSP-NY. The first class in New York to complete BGSP-NY's accredited Master's program in psychoanalysis received their diplomas. Ronald Lieber, Administrative Director of BGSP-NY introduced the proceedings followed by June Bernstein, representing BGSP-NY faculty, who read an instructor's log. **Steven Sabowitz** and **Josie Oppenheim**, speaking for the BGSP-NY Masters' student body, provided the high point of the afternoon when they gave hilarious and brilliant accounts of their experiences in completing the program. Mimi Crowell, Program Director and Jane Snyder, Provost of BGSP, conferred diplomas. Lynn Perlman, Dean of BGSP Graduate Studies, was called from the audience to hand the diploma to her niece, **Amy Merbaum Althoff**, a member of the graduating class. In addition to those already mentioned, the graduates included: **Merle Barash, Murray Birnbaum, Hanni Dimitstein, Hedi End, Stephen Guttman, Cheryl Kramer, Juliane Maxwald, Elizabeth Stearns, Christian Talbot, Ira Wind, and Gail Zweigenthal**.

First Annual Phyllis W. Meadow Award Ceremonies

Jennifer Wade

Winners of the first Phyllis W. Meadow Award for Excellence in Psychoanalytic Writing sponsored by The Center for Modern Psychoanalytic Studies and the Boston Graduate School for Psychoanalysis were honored at an awards ceremony on June 23rd at the Center for Modern Psychoanalytic Studies in New York City.

Claudia Luiz, (Boston), won the \$3,000 first prize for her paper, "Pushing Through Boundaries of Inner Space: The Need for Analytic Transparency in the Treatment of a Juggler" where she eloquently describes a 16-year modern psychoanalytic treatment. Three authors received honorable mention. **Stephen R. Guttman** (New York) and **Patrick Lee Miller** (North Carolina) questioned psychoanalytic tradition. Guttman asks, "Is Hysteria Still Relevant?" and Miller reviews one of psychoanalysis' primary fables in "Oedipus Rex Revisited." **Alina Schellekes**, (Israel,) skillfully draws a portrait of her analysis with a preoedipal patient in "Writing As a Protective Shell; The Analysis of a Young Writer." All four winning papers will be published in the upcoming issue of *Modern Psychoanalysis*.

Dr. Meadow, made writing a centerpiece of analytic training at the institutes she founded in New York, Boston, and Vermont. She believed the future of modern psychoanalysis depended largely on the development of a literature that could successfully communicate modern psychoanalytic theory and technique to a larger audience.



Based on the success of our inaugural effort CMPS and BGSP are again offering \$3,000 to the winner of the

Second Annual Phyllis W. Meadow Award for Excellence in Psychoanalytic Writing.

In addition, the three authors receiving honorable mention will each receive \$500 at an awards ceremony to be held in conjunction with the CMPS annual conference in November of 2007. **Entries must be submitted by June 1st, 2007.** The judges are looking for clinical, theoretical, and/or personal writing that best contributes to the literature of psychoanalysis. Winning papers will appear in the journal, *Modern Psychoanalysis*. For information on the submission requirements for the Meadow Award visit: cmps.edu or bgsp.edu or call 212.260.7050.



CMPS on E-Bay

Ronald Okuaki Lieber

On Sunday, October 22nd, the CMPS community gathered at the "Great Hall" for a delicious brunch and celebrated the beginning of an exciting new initiative: **CMPS on E-Bay**. The event kicked off the CMPS annual fundraising in a unique way, and with the help of eBay, we created something quite innovative.

CMPS is an unusual institution in that it is primarily tuition driven. In order to continue to grow, CMPS seeks more funding. A contribution to the CMPS E-Bay collection is an exciting moneymaker and a bargain opportunity for people all over the world. And it has given CMPS a new venue for raising funds. CMPS faculty, students, alumni, and friends perused their attics, went through their closets, opened old chests, looked where ever, and found stuff they've been saving but never used. Silver serving sets, an Underwood typewriter in pristine condition, antiques, electronic goods, designer clothing, and other collectibles were placed on the web. The company *iSoldIt* managed the auction and the school community provided the goods. **Donors are encouraged to contribute their tax-deductible items valued at \$50 or more.** For information on how you can be a part of the excitement call **Ron Lieber: 212-260-7050.**

Brooklyn Seminars to Address "How to Find Your Focus"

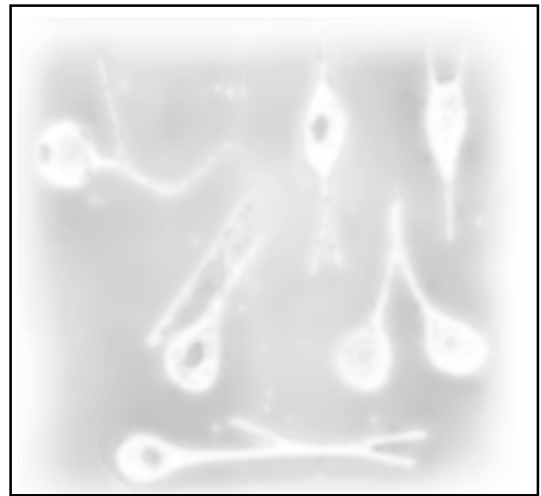
Ernie Brod

This year Brooklyn Seminars in Modern Psychoanalysis (BSMP) examines "How to Find Your Focus." Today's world puts us on overload. Multitasking in our family, workplace, and social relationships, we often feel like we're living the movie, "Groundhog Day"—in an endless loop of the same old same old. Amidst all this, we need to take care of ourselves, to overcome the inner voices that hold us back, and the expectations others set for us. This year's seminars explore how to peel away the layers keeping us stuck and turn the noise around us into a clear signal, so that we may **find our focus**. Seminars take place at 170 Rugby Road. 2007 dates : January 21, March 4, and June 3. We begin at 10:30 am with an introductory speaker, then break into workshop groups, and conclude with a sumptuous brunch. Information: 917.602.9394 or erniebrod@yahoo.com.

CMPS Conference: Jaak Panksepp and The Neuroscience of Emotions Implications for Psychoanalysis

by Thomas Twyman

Saturday, November 11th, 2006 CMPS was host to "The Neuroscience of Emotions: Implications for Psychoanalysis." This year's keynote speaker was the renowned neuroscientist, Jaak Panksepp. Sara Sheftel (CMPS) and Mary Shepherd (BGSP) were discussants, and the afternoon panel moderated by CMPS president, Mimi Crowell included CMPS senior analysts, June Bernstein, Robert Marshall, Ted Laqueria, and Dolores Welber.



DR. PANKSEPP BEGAN by stating that the purpose of affective neuroscience is to bring together our understanding of mind (the cognitive), brain, and behavior such that we will understand more thoroughly the "deep neural nature of affect." He clearly distinguished between his work and that of the behavioral neuroscientists, who ignore internal processes, and cognitive neuroscientists, who consider emotion to be an artifact of cognitive activity. Based on research conducted in the animal lab, Panksepp identifies several "emotional phenotypes" which a wide range of animals have in common: separation distress and bonding; social play; laughter/joy; care and nurturance; lust; seeking; fear and panic; and, rage. He suggests that affects developed in order provide "comfort zones" for the individual: i.e., the distress cry of the infant who experiences the lack of the maternal presence summons the mother whose return comforts and calms the child. In Panksepp's framework "comfort" supports survival. Anything which creates discomfort or distress becomes antithetical to survival. He sees a deep neural connection and continuity between the infant's "perception" of the mother's absence and its cry of distress, the mother's return, and the infant's reestablished "comfort." Thus, the nature of affect consists of a process of perceptions or sensations of pleasure or pain, followed by emotional arousal, which in turn is followed by instinctual or (we analysts might say) "drive-related" behavior. Panksepp was clear that he uses "drives" differently than we tend to. Affect refers to aspects of a total organic process—perception, emotional arousal, and instinctive behavior are founded on a neurological and physiological base and shaped by evolutionary influences. Mind and body can only be divided into parts artificially for the purpose of study.

Panksepp also reported on findings that have emerged from his research with regard to autism, addiction, and the importance of "rough and tumble" social play for both animals and human children between the age of 2 and 10 years.

Discussant, Mary Shepherd focused on how she sees the Cartesian body-mind split reflected in the split between cognitive and affective neuroscientists, and classical and modern psychoanalysts. The split among psychoanalysts is seen as particularly striking with regard to their understanding and treatment of psychoses. According to her conception of Panksepp's model, the process of emotional arousal, rooted in instinct, under the inhibiting influence of the cortex can be modified and tempered to the point that repetitive and compulsive behavior becomes more amenable to judgment. "One mind, a continuum, from complete domination by emotional action in psychosis, to a mature human being who has a great deal of choice of action, and a range of complex feeling."

Discussant, Sara Sheftel took note of the particular relevance of Panksepp's work to modern psychoanalysis because the emotions—of both patient and analyst—are at the core of modern psychoanalytic clinical theory.

Emotionally significant experiences in the transference are deemed primary in the process of maturation and cure taking precedence over intellectual understanding. Sheftel also cited the significance of the work of Hyman Spotnitz who brought together neurobiology and psychoanalysis in forming his theory for the treatment of schizophrenia.

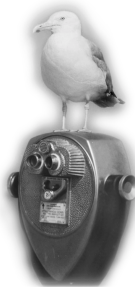
The afternoon panel brought continued comments and questions from the audience whose participation throughout the day was indicative of the especially rich topic which was further explored in the workshops that followed. A social get-together concluded the day.

Jaak Panksepp's presentation was distinguished by the clarity and interest of his material, and his feeling for the importance and implications of his research for people. His work appears to be groundbreaking for neuroscience itself, and deeply suggestive for psychoanalysis and for educational and social policy.

ACAP LBI Conference

Stephanie Simon

“**E**motional Resilience: Thriving while Surviving Life Challenges” was the topic of ACAP’s annual conference at Long Beach Island, held in August 2006. Emotional resilience—the ability to regroup and recover equilibrium in times of crisis and difficulty—is essential to coping with the challenges we all face in daily life. Workshops focused on applying ACAP’s methods as a path to finding emotional resilience in work, love and play. Using case examples, participants were helped to develop strategies useful in managing interactions and strengthening emotional resilience with their children and families, their co-workers, and their patients. The beaches of Long Beach Island and the warm welcome given by ACAP faculty and students allowed attendees to unwind and learn in an experiential way. The workshops addressed participants’ emotional and educational needs. And throughout the conference days and nights there were times to just have fun—often over wonderful food, and in many different settings. We left the island feeling good about our exploration of emotional resilience, and happy with the time spent with friends and colleagues. Many were anticipating ACAP’s many events up in Livingston throughout the year, until summer 2007 when we again come down to Long Beach Island.



Jung and KPI: Does Religion Help or Hinder Maturation?

Thomas Thacker

November 4th, Kentucky Psychoanalytic Institute (KPI) joined with the Kentuckiana Friends of Jung to sponsor a presentation by Richard Sweeney, PhD, entitled, “**C. G. Jung’s Contribution to the Psychology of Religion.**” A Jungian analyst and licensed professional clinical counselor, Sweeney offered an analysis of the ways in which religion may help or hinder psychological and spiritual maturation. His discussion included: helpful and unhelpful god-images, the relationship between dogma and symbol, the question of religious authority, fundamentalism, and various conceptions of good and evil. He also examined how religion promotes or limits the expansion of consciousness, personally and culturally. The program was received by an audience who showed its appreciation with many questions and comments. KPI looks forward to continued collaboration with the Kentuckiana Friends of Jung.

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Copy Deadline for Summer Issue of *the Analyst*: April 30, 2007