

NEWS FOR LAY AND PROFESSIONAL SUPPORTERS
OF
PSYCHOANALYSIS

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Psychoanalytic community continues self-scrutiny

By William R. Lynch, M.D.

Editor, Psychoanalysis News

This issue appears during a significant period of self-scrutiny on the part of our local psychoanalytic community.

The Site Visit last winter and the discussions with Eric Gann from the San Francisco Psychoanalytic Society and Institute around his presentation at our Harlan Crank Symposium this spring have focused our attention on the functioning of our organization.

"We" consist of three entities – the Dallas Psychoanalytic Society, the Dallas Psychoanalytic Institute, and the Dallas Foundation for Psychoanalysis. The Society exists to serve the ongoing professional needs of psychoanalysts in the community. The Institute's function is to educate psychoanalysts. The Foundation promotes awareness of psychoanalysis in the community and provides a way for the community to support the Institute via fund-raising activities. "We" are variously distributed across these three domains.

Our various responsibilities are all related, but are different. Each arm of the overall psychoanalytic body is responding differently to the feedback we have received.

Dave Hershey, current president of the Society, has responded to the challenge by calling several executive council meetings early on in his term of office. In those few meetings he succeeded in setting his own tone of leadership. Under his direction the Society has instituted a new series of in-house scholarly activities – the Psychoanalytic Studies Series, already referred to by some as the Second Saturday Series. The Society also sponsors an ongoing study series in which the membership has been divided into three groups in order to gather together our thoughts about the functioning of our group. Rhoda Frenkel, president of the Institute, has grappled with that organization's complexity and has started two initiatives. One is an ongoing task force charged with studying the very structure of our Institute and perhaps the

interrelationships between the Society, Institute, and Foundation. This Governance Committee consists of Les Secrest, chair, Steve Scherffius, Cass Ragan, Herb Gomberg, Larrie Arnold and Mark Unterberg. Rhoda also charged Jerry Lewis, III, with the task of organizing a long range planning group. She wants to see proposed goals for one year, five years, and ten years down stream. Gerald Melchiode, chair of the Foundation, wants to more visibly connect the Institute with the community. His idea of accomplishing this is via a new vision for the Foundation. He plans to organize many of the psychoanalytic community's ongoing volunteer activities under the umbrella of a new Child Development Center, which, he envisions, would eventually provide a locus for the Institute's educational activities as well as for the volunteer activities.

In the last editorial of this newsletter I said that I was filled with hope at the then nascent efforts to address our problems. Now I am filled with pride.

DFP Benefit Program

The Dallas Foundation for Psychoanalysis
invites parents, educators, and legal and mental health professionals
to hear

Dr. Judith Wallerstein present "The Unexpected Legacy of Divorce"

Wednesday, October 4, at 7 p.m.

in Hoblitzelle Auditorium of the Hockaday School

This program is offered free to the public, but contributions are welcomed.
To make donations, contact the DFP offices or Executive Director Elizabeth Buchanan at (214) 691-6054

See related article on page 4

INSTITUTE NEWS

DALLAS PSYCHOANALYTIC INSTITUTE

Rhoda S. Frenkel, M.D., President

Harry Potter, Psychoanalysis, and Hope

By Rhoda S. Frenkel, M.D.

President, Dallas Psychoanalytic Institute

It is summer and I'm about to escape
to a mountain top . . .

So, what could impact on a flight
to a mountain top . . .

Harry Potter!

It can't be fortuitous that Harry Pottermania is ubiquitous in all forms of the media, conversations, and even on the couch. What does Harry Potter have to do with psychoanalysis? What on earth (in reality) can Harry Potter have to do with psychoanalysis or The Dallas Psychoanalytic Institute? It turns out quite a lot.

If you put aside the fact that the Harry Potter books are good fiction and fun to read, they also are well written, with excellent plots and fascinating characters in an exciting mystery-adventure series. However, the universality of their appeal speaks to some common human need, which, in my opinion, is partly due to our need for hope. The books are more than fanciful stories about the power of magic, they are metaphors for how we can learn about ourselves, overcome adversity, and transcend a sense of helplessness when we find ourselves in predicaments for which we do not see or even believe there is a solution or a way out. Given time, effort, and motivation, the initially good, but downtrodden Harry ultimately is able to triumph over his adversaries. According to a Newsweek (July 17, 2000) interview with J.K. Rowling, she began writing the series because she thought they would be fun to write and to read, but she didn't intend for each chapter to be a lecture on ethics. Nevertheless, she feels her books are deeply moral. In the same article, Newsweek quotes a 12-year-old speaking not only for his generation but for all of us when he says, "The Harry Potter books are like life, but better." The article's author, Malcolm Jones, heartily agrees, as do millions of readers in diverse cultures around our world. The need for hope is universal.

Not unlike Cinderella, Harry Potter, an

orphan, is raised and abused by cruel relatives until the age of 11. Although he tries his best to be good, he is treated as if he is innately and purposefully bad. Yet, he knows sometimes "weird things" happen that he consciously didn't intend, but that he gets punished for anyway, often by being locked in the small cupboard beneath the stairs where he sleeps.

He is rescued from his tormented (abysmal) life on his 11th birthday by the sudden appearance of a powerful half-giant, Hagrid, who tells Harry that he's a wizard, the offspring of legendary parents and a legend all on his own. Harry can't believe it's true. How could he be a wizard when he can't stop the hateful behavior of his relatives, when he lives in ill fitting hand-me-down clothes often covered with spiders, and is often beaten up by a school gang led by his cousin. He tells Hagrid, "I think you must have made a mistake. I don't think I can be a wizard." Hagrid chuckles and replies, "Not a wizard, eh? Never made things happen, when you was scared or angry?" Harry gives this some thought (the beginning of self discovery) and realizes that all the odd things that got his relatives most furious with him happened when he had felt desperately scared, or embarrassed or angry. He became aware that he had, in fact, in some way, made some weird things happen in order to protect himself or to get revenge.

Thus, the Harry Potter Saga begins with a moment of insight and of hope. Each of the books is planned to cover one year in Harry's life at Hogwarts, a boarding school for young magical girls and boys. Each book, and the fourth was just published, is considered better than the last. These are stories, parables of discovery - of one's heritage and background - of growth and development.

Individuals, groups, institutions, countries - all need hope for the future. In psychoanalysis and psychoanalytically oriented psychotherapy (the psychoanalytic therapies) individuals are helped to uncover (discover) aspects of their history and personality that were outside of their

conscious awareness. They learn origins of conflicts that have weakened them, but also find strengths to resolve these conflicts that in turn lead to confidence and improved self esteem rather than discouragement or despondency.

In institutions such as our own, where we have had our share of problems, we also need to become more aware of our unrecognized strengths, as brought out clearly in our recent site visit, and learn to marshal them to our advantage. With that in mind, I have asked Jerry Lewis, III, M.D., to form a Strategic Planning Committee. Too often in the past we have been reacting and responding to immediate needs, good ideas, or, more recently, one crisis after another. While we have found short-term answers, as a group, many of us have felt dejected. The committee has been charged to define our future needs and goals on a one year, five year, and ten year basis. Because a vision without a plan is simply a dream, the committee also has been charged with developing a plan of action, which can be slowly realized over the next decade. The committee will be composed of three newer members of the Education Committee (E.C.) and three non-Training Analysts, with a senior member of the E.C. in an advisory capacity. Ultimately, the entire faculty should have input into this committee since it is planning for the future of the Institute. We have to imagine and decide how and where we want to be in a decade in terms of academics, financial stability, community outreach, and improved channels of communication to keep up with our growth. Much as the Harry Potter series covers Harry's progression from age 11 to 18, preadolescence to adulthood, we are now in a similar growth spurt, and our next site visit will be in seven years.

There are always forces from within or outside, either as individuals or groups, that can be dangerous or harmful. The "magic" lies in our ability to harness the power of our minds to both protect ourselves and have the courage to envision and plan for a positive future.

DPI Governance Committee makes preliminary report

By Cass Ragan, M.D.

Assistant Editor, Psychoanalysis News

In January 2000, after review of the findings of the Site Visit by the American Psychoanalytic Association, Dr. Rhoda Frenkel sensed the need for a revision of the structure of the organization and of its bylaws. This initiative was in keeping with recommendations made by the site visitors, who praised our success in training well-qualified psychoanalysts, but who also discerned weak points in the organizational structure and functional relationships. Particularly, they noted that too few people were carrying too much responsibility for the organization's strategy, planning, decision-making, financial management, and oversight. This problem was seen to be systemic, structural, and group-driven, leading to substantial burnout of leadership, and corresponding disinvestment by disillusioned faculty. The intellectual and libidinal life of the organization had shown symptoms of stagnation. It was then in the context of these concerns that Dr. Frenkel boldly took the initiative and appointed several concerned psychoanalysts on faculty to study the issue

of Institute (as opposed to also studying Analytic Society and/or Analytic Foundation) organizational bylaws, structure, and function, and to make serious and substantial recommendations for possible evolutionary changes.

To this committee she appointed six faculty members: Les Secrest, chair; Herb Gomberg; Mark Unterberg; Stephen Scherffius; Larrie Arnold; and Cass Ragan. The committee has met on four occasions, discussing basic principles, studying bylaws and structures of other institutes, reviewing pertinent literature on the effect of structure on the teaching and learning functions of the analytic training process, gathering informal input, and examining various structural and functional paradigms and their permutations. It has been slow and meticulous work, opening many new questions. A fundamental premise has been agreed upon: that institutional structure and functioning should reflect a more egalitarian and function-specific coordination of talent and group investment, particularly to mitigate burnout of any leader. Leaders may wish to be engaged again in new and different ways, and at later times following the expirations of their terms

of service.

We have particularly noted the usefulness of finding and developing talent specifically suited for specific organizational functions. This is to say that simply by virtue of having demonstrated capabilities and skills as a training psychoanalyst, one may not necessarily be specifically suited for a given governance function. Using these precepts, with the basic assumption that the Psychoanalytic Institute is, in essence, a "learning organization" with specific, differentiated structural and functional needs, the Governance Committee will plan a tentative presentation of its findings and recommendations in September 2000 to formally solicit input and feedback from all faculty members. This input will then be weighed, synthesized, and integrated into a more formal proposal for deliberation and approval by the Education Committee of the Institute, which currently functions as the defacto Executive Committee of the Dallas Psychoanalytic Institute.

It is hoped that vision, judgment, and consideration will, in the long-term, carry the day, as we enable our Institute to negotiate its "adolescent" growing pains!

Founders Day

The Dallas Psychoanalytic Society,
The SMU Interdisciplinary Psychoanalytic Consortium,
and The Dallas Foundation for Psychoanalysis
celebrate

The Dream 100 Years Later

Saturday, October 21, from 9 a.m. to 1 p.m. in McCord Auditorium in Dallas Hall, SMU

John Herman, Ph.D. – *Freud's legacy and the neurobiology of dreaming*

David Hershey, M.D. – *The use of dreams from an ego-psychological perspective*

Ronald Schenk, Ph.D. – *How modern Jungian analysts view dreams*

Barbara Anderson, Ph.D. – *What the dreams of field workers reveal*

Lynne Alvarez – *The Place and Use of Dream Sequences in Theater*

The public is invited.

There is no charge for this event, which is generously supported by a grant from Wyeth-Ayerst

See related article on page 5

FOUNDATION NEWS

DALLAS FOUNDATION FOR PSYCHOANALYSIS

Gerald Melchiode, M.D., Chair

It's the vision thing!

By Gerald Melchiode, M.D.

Chair, Dallas Foundation for Psychoanalysis

I have been attending Foundation board meetings from the beginning, and I have noticed a common reaction from the lay community (non-analysts/non-candidates) in the room when we discuss raising money for the Dallas Psychoanalytic Institute. Their mouths gape and their eyes become glassy as they enter a deep trance. Occasionally one will come out of the trance and query, "How do I ask someone to contribute to a psychoanalytic institute when I, myself, am unclear as to what it is?"

For our non-analyst board members and the community at large, a psychoanalytic institute is difficult to appreciate, particularly regarding its value to the community. Thus, raising money for Institute goals and programs is a tentative commitment at best for lay board members.

During a recent Institute faculty colloquium a visiting San Francisco psychoanalyst described the wonderful activities of his society. When he detailed the child devel-

opment program, in which analysts consult with schools or agencies, evaluate children for reduced fee treatment, and provide child psychotherapy training seminars, I realized that we were providing the same services but had failed to package and promote them. Our faculty and candidates consult with the Vogel Alcove, D.I.S.D., Jewish Family Service and local PTAs. We give lectures to medical residents and students in child development. We supervise and teach child psychiatry fellows at the medical school. The Institute now offers a two-year child and adolescent psychotherapy course. Our candidates treat children in reduced fee analyses and our Institute serves as a regional site for child psychoanalytic programs with the Houston/Galveston and the New Orleans institutes. Additionally, as our candidates begin to explore child analytic training for themselves, we are investigating the creation of a therapeutic nursery.

The mission of the Foundation has always been clear, namely, to support the Institute and to promote psychoanalysis in our community. It is really the *vision* that has

been unclear and needs articulation. It may not be readily understood by the community or the Board. Could one vision be a child development center that would ultimately house a therapeutic nursery? In addition to providing a much needed service for the community this would also benefit the Institute in a number of ways. First, it gives the Institute a tangible, easily recognized and understood function in the community. Second, it provides a location for candidates to do child observational research. Third, it serves as a site for child research. Finally, it creates a physical space for meetings and classes to occur.

The Foundation needs to visibly connect the Institute with the community. I recently saw a T-shirt designed for a fund raiser for a volunteer fire department. The shirt read, "come to our pancake breakfast and we will come to your fire." Support the fund raising activities of the Foundation and our Institute faculty and candidates will continue to provide volunteer and reduced fee services for the children and families of the metroplex.

Oct. 4 benefit defines impact of divorce on children

By Jerry M. Lewis, III, M.D.

Assistant Editor, Psychoanalysis News

How are children affected by the divorce of their parents? "The Unexpected Legacy of Divorce: A 25 Year Landmark Study" by Dr. Judith Wallerstein will be published in September. This completes her trilogy on the subject and addresses the issues faced by children of divorced parents. Dr. Wallerstein, one of our nation's foremost authorities on the impact of divorce on children, expressed a keen interest in appearing in Dallas on behalf of The Dallas Foundation for Psychoanalysis (DFP).

In support of the work of the DFP, Dr. Wallerstein will present her new research in a benefit program at Hoblitzelle Auditorium of the Hockaday School on Wednesday, October 4, at 7 p.m.

Dr. Wallerstein's efforts to

benefit the DFP have received support from a number of local businesses, institutions, professionals, and philanthropic citizens.

To date, Underwriters (\$1000 or more) include the family law firms of Mims & Rochelle, Koons, Fuller, VandenEykel & Robertson, and Verner & Brumley, as well as Angie and Bill Barrett and Nancy and Jeff Marcus.

Sponsors (\$500 to \$999) include Anne Turner Beletic, Harris-Methodist HEB, and Briggs/Freeman Real Estate.

Benefactors (\$250 to \$499) include Gail Alexander, M.D., and Tom Railsback.

Additionally, the Dallas Society for Psychoanalytic Social Work, Tom Goranson and Victoria B. Coburn, L.P.C. have contributed at the Friends level (\$100 to \$249).

These generous donations will enable the DFP to continue raising public aware-
See BENEFIT on Page 5.



DALLAS FOUNDATION
FOR PSYCHOANALYSIS

SOCIETY NEWS

DALLAS PSYCHOANALYTIC SOCIETY

Dave Hershey, M.D., President

Complicated Shadows: The Dream 100 Years Later

By Gerald Melchiodi, M.D.

Chair, Dallas Foundation for Psychoanalysis

Please mark your calendars for Saturday, October 21, to commemorate the 100th anniversary of the publication of Freud's "Interpretation of Dreams." The Dallas Psychoanalytic Society will celebrate Founders Day with the help of the SMU Interdisciplinary Psychoanalytic Consortium and the Dallas Foundation for Psychoanalysis. A series of presentations by a multidisciplinary group of scholars is scheduled from 9 a.m. to 1 p.m. at McCord Auditorium in Dallas Hall, SMU.

Our first speaker, John Herman, Ph.D., will talk about Freud's legacy and the neurobiology of dreaming. He will review the latest findings in the field and highlight the current controversies. Dr. Herman is a nationally recognized expert in sleep research. He is the director of the sleep disorder center at Children's Medical Center, Dallas, and is director of education for the Dallas Soci-

ety for Psychoanalytic Psychology. He is an associate professor at UT Southwestern Department of Psychiatry.

David Hershey, M.D., president of the Dallas Psychoanalytic Society, a teaching analyst for the Dallas Psychoanalytic Institute and an SMU graduate student in anthropology, will be the next speaker. Dr. Hershey will discuss the use of dreams from an ego-psychological perspective with some notes on cross-cultural variability.

Ronald Schenk, Ph.D., LMSW-ACP will follow with a presentation on how modern Jungian analysts view dreams. He is a senior training analyst with the Inter-Regional Society of Jungian Analysts and is the author of three books on depth psychology.

The next speaker, Barbara Anderson, Ph.D., is Professor Emeritus of Anthropology at SMU where she has held the Chair of University Distinguished Professor and established the master and doctoral programs in medical anthropology. She has authored

or co-authored several books. Her presentation will focus on the dreams of field workers and what these dreams reveal about the experience of moving from one culture to another.

Lynne Alvarez, a published poet and author of 21 plays and adaptations, will be the final speaker. Her works have been included in the Best Women's Plays in 1994 and 1997. She is the recipient of numerous theater awards and grants. She teaches play writing at the NYU Tisch School of Arts. Ms. Alvarez will present "The Place and Use of Dream Sequences in Theater."

The format of brief stimulating lectures will allow for interaction between the presenters and the audience. There is no charge for the event so seating is first come first available. In an effort to limit expenses there will not be a separate mailing. Please retain your newsletter for information. I look forward to your attendance. The program is generously supported by a grant from Wyeth-Ayerst.

From BENEFIT on Page 4.

ness of the unique value of the psychoanalytic perspective, supporting the Dallas Psychoanalytic Institute in its efforts to educate psychotherapists and psychoanalysts, and linking the resources of the DPI with the needs of our community.

Dr. Wallerstein, a dynamic speaker, will share new and surprising findings from her 25-year research project. Parents, educators, and legal and mental health professionals should all find this program enlightening and interesting. This information will surely stimulate a lively discussion within the community.

Donations for this benefit program are being accepted at the DFP offices or by contacting Elizabeth Buchanan, executive director, at (214) 691-6054.

DPS sponsors Psychoanalytic Studies

By William R. Lynch, M.D.

Editor, Psychoanalysis News

This year under direction of David Hershey, current president, the Dallas Psychoanalytic Society is sponsoring the Psychoanalytic Studies Series. Bill Lynch, the Society's current program chair, is coordinating the series. This is seen as a set of scholarly gatherings for our members. We want to facilitate an ongoing, thoughtful exchange of ideas centering on our field, for and by our members. In addition to its educational function, we see this series as providing a self-nurturing function for our society.

The first meeting of the series was held Saturday morning, July 15, in the Institute

classroom. Jim Bennett led the group in a discussion of a paper from a recent issue of the Journal of the American Psychoanalytic Association. The group was small but lively. We had considerable fun enlarging on the points made in the paper. On September 9 Dave Hershey will present his paper, "A Study of Ritual Human Killing and Related Phenomena, As Manifested in Nine Cultures." Steve Scherffius will be our formal discussant. This paper should provide much food for thought regarding aggression in our culture and in individuals.

As the academic year unfolds we will hear from Rhoda Frenkel, Cass Ragan, and Herb Gomberg. They will be presenting original papers. This series will be fun and intellectually stimulating.

DALLAS PSYCHOANALYTIC INSTITUTE
INSTITUTE NEWS

DALLAS PSYCHOANALYTIC SOCIETY
SOCIETY NEWS

DALLAS FOUNDATION FOR PSYCHOANALYSIS
FOUNDATION NEWS

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