

NEWS FOR LAY AND PROFESSIONAL SUPPORTERS OF PSYCHOANALYSIS

Number 14

September 2001

By Bill Lynch, M.D.

Newsletter Editor

Midsummer. We've just had our first 100° high temperature day. My mind and body want to find a cool dark place and be still.

But there is a need to have this newsletter in the hands of you readers in time for you to learn of and plan to attend our fall Founders Day program. With this event we of the Dallas psychoanalytic community celebrate the origination of psychoanalysis (at least that version sanctioned by the American Psychoanalytic Association) in Dallas. Later in this issue Jim Bennett will acquaint or reacquaint you with Erna Furman, our guest lecturer for that October 6 event. Fred Griffin, our scout in Missoula, has offered to contribute another piece from his Montana perspective. You will also hear from the heads of our Society, Institute and Foundation.

EDITORIAL

Spelling out this brief review of what's in store for you in this issue called to mind a conversation Myron Lazar and I had with Bob Glick, our most recent visiting teacher. The three of us were going over a few problems we were having here in our psychoanalytic community. Bob gave some sage advice. He encouraged us to focus our energies on things that we enjoy doing. Work to promote psychoanalytic scholarship; find ways to further research in our methodology; hone our technical skills – anything but obsess on the inevitable problems that come up as a part of human group life. As you will see in reading through this issue that is exactly what many of us are doing.

One for instance is the following. David Hershey, the Dallas Psychoanalytic Society's current president, has asked me as program chair to explore the possibility of establishing cooperative ventures with other psychoanalytic com-

munities in our region. The Houston group has expressed interest in further discussions in this regard, and we plan to approach analysts in Austin and New Orleans also. This could be another source of stimulation for psychoanalytic scholarship.

Also the analytic society is exploring the possibility of obtaining a consultation from outside experts on large group process. We spend the bulk of our time focused on the admittedly complex interactions in a dyad. It does not necessarily follow that we have thereby developed any expertise in observing and handling the exponentially more complex interactions of large groups.

Summertime and the living is hot in Dallas. By the time we read this in September, the sweltering agony will be replaced by the hopefully-not-too smug awareness that we can take the heat.

INSTITUTE NEWS

DALLAS PSYCHOANALYTIC INSTITUTE

Rhoda S. Frenkel, M.D., President

Why Nice was nice!

By Rhoda S. Frenkel, M.D.

President of Dallas Psychoanalytic Institute

The International Psychoanalytic Association had its 42nd Congress in Nice, France, in late July. Most of you are well aware of the various allures of the Cote D'Azur. The French Riviera, even if crowded, is a prized destination whether for vacation or meeting or both.

Members of the American Psychoanalytic Association, one of 60 component organizations of the International, are automatically members of the International Psychoanalytic Association. Nevertheless, over the years only a few members of our Institute have participated in the Congress or in the Pre-Congress which is devoted to

educational issues. The issues at the national level, let alone the international arena, have seemed very remote to us. It is interesting then that we are all struggling in one way or another with the same problems. Several aspects of this meeting were unique and presented a healthy, hopeful vista for the future of psychoanalysis.

Much of psychoanalysis is devoted to understanding how individual development has adversely or positively contributed to current conscious and unconscious feeling and functioning. The past is not just discarded as old and irrelevant. What was healthy and useful is reintegrated, what was harmful or hurtful is mourned, but not forgotten. While dwelling on the past is not helpful, remembering the mistakes helps us

avoid repeating them, and integrating what was good helps form a foundation for successful living.

Nice, as many other older cities in Europe, served as an interesting parallel to the Congress. It is a large city that has vastly expanded its population base. For a time, its Old City, the Vieux Cite, was bypassed as old, dull, past its prime and not the place to be. In recent years, the charm of its old winding streets and buildings have been rediscovered and renovated. Newer shops and restaurants have opened preserving the charm of the past, but providing for current tastes and trends. The older churches and municipal buildings also have been restored, so that during the

See NICE on Page 2.

From NICE on Page 1.

daytime and evening, Nice's Old City is alive and thriving.

At both the Pre-Congress and the Congress itself there was a clear recognition that psychoanalysis and psychoanalytic education are at a crossroads. Organizationally and theoretically what has worked for the International, no longer works. What we are experiencing locally and nationally is a worldwide challenge, reflecting the normal development of the individual in whom crises occur, which can spur further growth. The International has made a serious attempt, so far quite successfully, to develop a new infrastructure with a truly democratic and broad-based exposure to, and input from, all the countries. There will be an entirely new mode of election of officers, generation of and structuring of its programs, as well as a new approach to its Journal so that the International Psychoanalytic Association and its Journal will truly represent the heterogeneity and broad breadth of programs of psychoanalysis in the world.

An example of the changes is the sudden (in psychoanalytic time) remarkable transposition of the International Journal of Psychoanaly-

sis, which until recently actually has been "the house organ" of the British Society of Psychoanalysis. This resulted from some anomaly of events during World War II which finally will be corrected by a soon to be released publication of a true Journal of International Psychoanalysis.

Another example I found to be particularly important was the emphasis on research and how truly relevant it can be to our clinical practice, as well as how we educate our candidates. Research from the Columbia University Center in New York, seems to indicate that too much emphasis has been placed on the length, psychopathology and number of cases that candidates complete, rather than a more in depth study of what they have learned. Thus, a candidate may not get credit for work with a seriously ill patient whose analysis was not completed, yet the candidate may have progressed and learned a tremendous amount. Conversely, some patients do so well that, while the analysis is successful, the candidate may not have learned as much.

Genuinely exciting new observations were described in research of the developmental responsiveness of infants in the first three to six months of life. One such study showed how in-

fants who have not established a comfortable bond with their mothers prefer to look at themselves in mirrors rather than to interact with the mother. These infants appear most vulnerable to developing narcissistic disorders in which they seem not able to appreciate, interact or comprehend responses other than from their own mirror image.

What is emerging at the International Association is a blending of the 3000 members of American Association with the 8000 members in the rest of the world, blending the old with the new into a positive creative scientific union – truly a hopeful, fresh and stimulating future for psychoanalysis.

Apply now!

Now is the time to apply for the DPI class that begins in September 2002. For information and application forms call Larry Shadid, M.D., Chair of the Candidate Selection Committee, (214) 739-1101, or Tricia Oman, Dallas Psychoanalytic Institute Administrator, (214) 691-6054.

Musings from Missoula

By Fred L. Griffin, M.D.

I am happy to announce that Missoula, Montana is the site of the first affiliated study group of the American Psychoanalytic Association. This new category of study groups sponsored by the American is designed for communities where there are one to four American-trained analysts and therapists of all disciplines who are interested in studying psychoanalysis. The Missoula Psychoanalytic Study Group (MPSG) was approved by the Executive Council in May 2001. It currently boasts 20 members.

The impetus for the creation of the MPSG came from my need to create an analytic community in which I could live and practice. After moving from Dallas to Missoula four years ago, I began giving talks, then continuing education courses through the Department of Psychology at the University of Montana where I am on the affiliate faculty. What I discovered was that there were many experienced therapists in the community who had been exposed to psychoanalytic

concepts and supervision during their training, but who did not have a place in which to explore analytic approaches to their work at this time

During this past year the MPSG met each month and discussed pre-circulated papers that became the stimulus for discussions about the members' clinical work. This first year's program evolved around our interest in countertransference. The current year's program begins with a visit by Harvey Rich, M.D., an analyst from the Washington (D.C.) Psychoanalytic Institute, who will present a half-day workshop in September entitled "Two Perspectives on the Clinical Encounter with Creativity." Glen Gabbard, M.D., will visit us in the summer of 2003. Hopefully this event will attract analysts and other psychotherapists from outside Montana to visit Big Sky country during one of its beautiful summers.

The MPSG is also involved in the dissemination of psychoanalytic ideas to other disciplines and to the broader community of Missoula. When Harvey Rich comes to Missoula in September, he will discuss with the community at large his book, "A Celebrated Life: Capturing the Mean-

ing of Life's Moments." It is hoped that this presentation will reach out to Missoula's artistic, literary, and academic communities and promote cross-pollination among various groups whose lives and work could be enriched by psychoanalytic ideas. In the same spirit I am teaching a continuing education course in the fall of 2001 entitled "The Truth in Fiction: Explorations in Psychoanalysis and Literature." Participants in this course will include therapists, authors, teachers of literature and of creative writing, and readers of fiction from the community of Missoula. It is my hope that these activities will stimulate an interdisciplinary dialogue among these groups.

Fred L. Griffin, MD practices in Missoula, Montana and is a Corresponding Member of the Dallas Psychoanalytic Society. His e-mail address is FGMONT@AOL.COM Website for the Missoula Psychoanalytic Study Group is: <http://www.ronan.net/~esph2o/mpsg/>

Editor's note: We will include in our next newsletter more of Fred's "musings." He presents his ideas on the therapeutic or growth promoting aspects of reading works of fiction.

Scholarship student reports on her two year course

By Sarah Aberg, LMSW-ACP

Student in the Dallas Psychoanalytic Institute's Child and Adolescent Psychotherapy Course

I have been asked, as the recipient of the scholarship award offered by the Dallas Psychoanalytic Institute and the Dallas Society of Psychoanalytic Social Workers, to write a brief article about why I am taking the Institute's two year course on child and adolescent psychotherapy. The course has provided me an opportunity to examine some of my ideas about the study and application of psychoanalytic theory to the population with whom I have worked for the past ten years: children and families involved with child protective services. This is a population generally made up of highly disturbed people with severe problems caught in an extremely chaotic legal system. From the beginning of my work and studies I have been drawn to psychoanalytic thought but had little idea how to directly apply the knowledge. Social work has long been influenced by psychoanalysis but during my tenure at university, this was not looked upon with favor. My professional life began with Child Protective Services (CPS) where I investigated alle-

gations of abuse and neglect as well as "case-managed" people involved in the system. These people had terrible circumstances in their private lives that confounded my ability to comprehend and begged the question, how was I supposed to help? The CPS system offered it's structure that seemed to change every six months. The university offered eclectic theory about problem solving and people's ability to change, and the legal system offered a look at the politics of managing social need. However, the basic question remained, how could I help?

First, I realized that I needed help myself, and through my therapy experience I learned a lot about the complexities of a helping relationship. (That experience convinced me that there was some hope for change after all!) The university and the protective system taught me about inter-generational transmission of trauma and that helped me understand some of what I was seeing. However, it was psychoanalytic theory that offered a structure with which to begin to organize the chaotic information I was getting about people and their lives. Transference and countertransference concepts helped me develop a capacity to understand the content of people's com-

munication and to reflect upon my responses in a conscious manner. The concept of resistance helped me understand the difficulty people have changing their lives despite their desire to do so. In struggling to listen to and understand the relationship established between people in order to provide help, I have witnessed growth, change, health, maturation, and development, along with tears, frustration, anger, sorrow, grief, sadness and despair. Psychoanalytic theory helps me contain strong feelings, hold the reflective position, and climb off my heroic white horse. This psychotherapy course fosters my continued professional development along these lines.

And so, I hope with my studies to help children who have lost their parents and parents who have lost their children. I hope to be better able to listen to people whose voices are filled with pain, I hope to contain some of that affect and to understand and apply the nature of a helping relationship. In the interplay of my listening and talking and their listening and talking I hope no less than to interrupt the cycle of trauma that families hand down from generation to generation, and I hope for a better life for the children and adults with whom I work.

SOCIETY NEWS

DALLAS PSYCHOANALYTIC SOCIETY

David Hershey, M.D., President

Society expands intellectually and organizationally

By David Hershey, M.D.

President of Dallas Psychoanalytic Society

The Dallas Psychoanalytic Society has been active on two fronts in expanding what it does this year.

Under Program Chair Bill Lynch's guidance, we have: 1) Held scientific meetings each month, using our membership and local resources for presentations and discussions. 2) Begun negotiations with Dr. Eric Nestler, new Chairman of the Department of Psychiatry at Southwestern Medical School, regarding ways we analysts and the Department of Psychiatry can collaborate more closely. One plan in the works is to hold an interdisciplinary seminar next June on Neuroscience and

Drive Theory co-led by an analyst and a neuroscientist. 3) Begun negotiations with representatives from the Houston, New Orleans, and Austin psychoanalytic societies regarding having a round-robin cycle of scientific meetings hosted each year in each city. 4) Organized another year of monthly scientific meetings starting off with a film viewing and discussion. In early September we will study "Run, Lola, Run" at Diane Fagelman-Birk's home. The formal discussion will be co-led by Myron Lazar, Ph.D., of our Society and Institute and Scott Churchill, Ph.D., from the University of Dallas.

It has become clear that with growth and evolving complexity many of our bylaws and other administrative machinery need updating.

To this end we are doing the following: 1) A new bylaws committee, chaired by Joan Berger, is reviewing all our bylaws to identify areas needing updating and make specific proposed changes. 2) A "Patient and Colleague Assistance Committee" is being structured whereby any person – analyst, patient, or any member of the community at large – can draw attention to "unbecoming conduct" in any of our membership so that we may then help. 3) We are updating the Society's Ethics Committee so that it is a standing committee (as opposed to ad hoc) with clearly defined composition and staggered dates of members' tenure.

These activities are the signs of life of our organization. It maintains itself and adapts to the changing environment.

Erna Furman is October 6 Founders Day speaker

By **B. James Bennett, M.D.**

Founders Day lecture – October 6

Erna Furman, distinguished speaker and honored early childhood expert, will be this year's speaker at the Dallas Psychoanalytic Society's annual Founders Day Lecture, Saturday, October 6, 2001, at 9 a.m. at Southern Methodist University's McCord Auditorium. Her presentation is entitled "Coping with Lost Relationships." Mrs. Furman brings with her a wealth of experience as a child psychoanalyst, licensed psychologist and qualified teacher. At the Hanna Perkins Center for Child Development in Cleveland, Ohio, Mrs. Furman devotes herself to training child analysts, treating children of all ages, working with parents and under five-year-olds, directing the Mother-Toddler Group, and teaching mental health professionals and educators.

Mrs. Furman's research, also Center-

based, has always encompassed the clinical, theoretical and applied aspects of psychoanalysis, and has focused on a wide range of interests. Among these are the study of parental bereavement ("A Child's Parent Dies"), normal and pathological child development and parenting ("Helping Young Children Grow"), early personality growth ("Toddlers and Their Mothers"), applications of psychoanalytic findings to education ("What Nursery School Teachers Ask Us About," "Preschoolers: Questions and Answers"), and contributions to the understanding of motherhood and the early mother/child relationship ("On Being and Having a Mother"). They are reported in eight books and over 200 articles, a number of which have been translated into German, French, Dutch, Finnish, Spanish, Italian, and Polish, and they have also been the topics of over 500 presentations to scientific and lay audiences.

Psychiatry Grand Rounds – October 5

Mrs. Furman will also deliver the Psychiatry Grand Rounds at UT Southwestern Medical School on Friday, October 5, 2001, from 10:30 a.m. to 12 p.m., on "Mothers, Toddlers, and Care." She will be discussing some of the controversies surrounding the sequelae of day care exposure on emotional and relationship development in young children.

The Dallas Foundation for Psychoanalysis, the Dallas Psychoanalytic Society, the Dallas Psychoanalytic Institute, the Dallas Society for Psychoanalytic Social Work, and the University of Texas Southwestern Medical School are sponsoring this event.

For further information regarding the October 5 Psychiatry Grand Rounds and the October 6 Founders Day lecture contact Elizabeth Buchanan at (214) 691-6054.

Interest in psychoanalytic therapeutic nurseries grows

By **B. James Bennett and Sarah Rabb Bennett**

With the growing interest in Dallas in the formation of a psychoanalytically oriented child and family development program, inquiries have been made about the successful programs around the country.

The two programs that stand out as examples to follow are the oldest and the most recent, respectively: The Hanna Perkins Center in Cleveland, Ohio, which celebrates its 50th anniversary this year, and the Child Development Center of Houston/Galveston Psychoanalytic Institute, which opened its new building in 1996, housing the Institute classrooms, library and administrative office on the second floor and The Harris Therapeutic Nursery on the ground floor.

Both centers began with modest goals, initially without their own buildings. Psychoanalysts provided consultation and teaching to schools, daycares, and child and family mental health professionals that taught psychoanalytic concepts and ideas.

Once a critical mass of public support was achieved and a sufficient number of trained personnel became available, both centers broke ground on their own buildings. They have succeeded because they offer a psychoanalytic alternative and not "competition" to other forms of treatment in the community. They provide not only a therapeutic resource but also a place where there can be guidance for parents, and training and research with both medical and non-medical caregivers and professionals.

The focus of their work is on common childhood disturbances such as separation anxiety, sleep difficulties, soiling, temper tantrums, etc., which if left unresolved can derail normal child and family development. Helping parents and other caregivers realize that these behaviors in young children reflect internal difficulties, and addressing impediments to understanding can permit all parties to cooperate in getting the child back on a normal development track.

Facilitated by the Dallas Foundation for

Psychoanalysis, the faculty and candidates of Dallas Psychoanalytic Institute continue to offer consultation and teaching at various centers around the city – The Vogel Alcove, Dallas Independent School District, Highland Park School District, and several private schools. This year the DPI began the two-year Extension Course in Child and Adolescent Psychotherapy for both medical and non-medical professionals – a good start toward achieving our goal of a thriving child and family development program in Dallas and, eventually, a child and family center.

For more information about activities of the Dallas psychoanalytic community go to www.dalpsa.org

DALLAS PSYCHOANALYTIC INSTITUTE INSTITUTE NEWS
DALLAS PSYCHOANALYTIC SOCIETY SOCIETY NEWS
DALLAS FOUNDATION FOR PSYCHOANALYSIS FOUNDATION NEWS
Editor – William Lynch, M.D. Assistant Editor – Jerry M. Lewis, III, M.D. Assistant Editor – Cass Ragan, M.D. c/o Dallas Psychoanalytic Institute 8226 Douglas, Suite 802 Dallas, Texas 75225 (214) 691-6054

FOUNDATION NEWS

DALLAS FOUNDATION FOR PSYCHOANALYSIS

Gerald Melchiode, M.D., Chair

Analysts give \$2,000,000+ in service to community

By Gerald Melchiode, M.D.

Chair of the Dallas Foundation for Psychoanalysis

How do we measure the impact that psychoanalysts have on our community? One way is to quantify the work analysts and candidates do for which they receive partial or no compensation. To accomplish this, our psychoanalysts

and candidates were recently surveyed, with impressive results.

Our faculty and candidates voluntarily teach and supervise psychiatric residents as well as medical, graduate psychology, social work and undergraduate students. They also supervise mental health professionals and conduct analysis and psychotherapy at reduced fees. Addition-

ally, many volunteer administratively for non-profits, schools, religious organizations and social agencies.

The survey revealed that these highly trained mental health professionals, excluding work done for the Institute, Foundation or Society, provide over 13,000 volunteer hours annually at a value of more than \$2,000,000 to our community.

Spring Forum benefits parents, professionals

By Gerald Melchiode, M.D.

Chair of the Dallas Foundation for Psychoanalysis

Concerned parents and professionals turned out on April 11, 2001, for the Dallas Foundation for Psychoanalysis (DFP) Spring Forum featuring Dr. Glen Pearson and Dr. James Bennett. The take home message was that medication should only be prescribed for children and adolescents in the context of a trusting psychotherapeutic re-

lationship. Following an excellent and provocative presentation by Dr. Pearson and a thoughtful discussion by Dr. Bennett, the audience asked a number of important questions. One sensed the frustration that parents have in getting quality treatment for their children with current managed healthcare restrictions.

The Shelton School provided a wonderful setting for the evening. The Foundation was grateful to receive educational grants from Astra

Zeneca and Forest Pharmaceuticals to help defray costs associated with the event. It is through support such as this and the generosity of our donors that we are able to provide free educational events to the families of our community.

The success of our events is dependent on the work of Board members. We are so grateful for the assistance of Victoria Coburn, John Gunn, Ann Harrell, Marc Litle, Joan Raff, Dee Velvin and Jacques Vroom.

DFP raises awareness of psychoanalytic view – and profiles board member Joan Raff

By Elizabeth Buchanan

Executive Director of the Dallas Foundation for Psychoanalysis

The Foundation, in further pursuit of its mission of raising public awareness of the unique value of the psychoanalytic perspective, is launching two new programs this fall: a book club and an informal parenting group. DFP Board members Joan Raff and Dee Velvin have graciously agreed to coordinate these groups. Initial meetings for each will occur in October.

The book club will begin with a discussion of Myla Goldberg's fictional work, "The Bee Season," led by Gerald Melchiode. Subsequent selections will be discussed by other Institute faculty and candidates.

Topics for the parenting group will be generated by the participants while members of the Institute will be invited to present and lead discussion. Discipline, self-esteem development, sibling rivalry and divorce are examples of possible topics about which psychoanalysts have much to share.

These opportunities are efforts to link the resources of the Dallas Psychoanalytic Institute to the needs of our community. For further information contact Elizabeth Buchanan at (972) 980-1809.

Austin, Texas, native Joan Raff received her undergraduate and MSW degrees from the University of Texas at Austin. Her mental health background includes work at Dallas Child Guidance, Presbyterian Hospital Child and Adolescent Inpatient and Outpatient Units and a private practice focusing on marital and family therapy.

Joan's devotion to the Foundation is impressive. She helped create the Friend's Group and has been involved in every Foundation event since the organization's inception.

She is a member of the Dallas Society for Psychoanalytic Social Work, the Lamplighter Parents Association Board and a past member of the Junior League of Dallas. She currently takes classes at the Institute. In her spare time, Joan enjoys being with her husband, Ken, and children, Joseph (6) and Elizabeth (2), reading and playing tennis.

We are so grateful for her enthusiasm and devotion to the cause of the Foundation.



DALLAS FOUNDATION
FOR PSYCHOANALYSIS

The Dallas Psychoanalytic Society, The Dallas Psychoanalytic Institute,
The Dallas Foundation for Psychoanalysis, Dallas Society for Psychoanalytic Social Work,
and The University of Texas Southwestern Medical School

invite the public to join them in celebrating

Founders Day

at 9 a.m. on Saturday, October 6, 2001

featuring

Mrs. Erna Furman

'Coping with Lost Relationships'

Southern Methodist University, McCord Auditorium

For more information call Elizabeth Buchanan, DFP Executive Director, (214) 691-6054.

Typesetting and Layout by The Wordwright • Lillian Sills • P.O. Box 600386, Dallas, Texas 75360-0386 • Phone/Fax (214) 373-3048 • Phone/Recorder (214) 373-3049 • e-mail: lrsills@aol.com

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