

Editorial: What is Psychoanalysis?

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

Speaker of the Faculty
Dallas Psychoanalytic Institute

“What is psychoanalysis?” This is a question I am asked frequently. I resist the temptation to answer a question with a question, and try to educate and demystify. However, I know that if I do a reasonable job of responding more questions will follow: Why does it take so long? Who can afford the time and money? Who still does that? Why do you have to be on a couch? What good does it do? Haven’t medications made that obsolete? The list goes on, but curiosity is a good thing. Now let me try to share my response to the first question.

I begin by clarifying that psychoanalysis can refer to a method of treatment, a model of the mind, and a research tool. As a set of theories that endeavor to understand and explain

human nature – emotions, behaviors and relationships – psychoanalysis is the most comprehensive. And, this body of knowledge and the psychoanalytic perspective is not a relic frozen in time since Sigmund Freud’s passing. Indeed, ongoing theoretical revisions, clinical experience, developmental research and other sources make this an alive and growing model of the mind. But it is psychoanalysis, the treatment, that I want to bring to life.

For me in a word psychoanalysis is about freedom. Freedom from anxiety (irrational fears), from conflict, from self-deception, from the past, from black and white thinking, from impulse, from criticism and excessive sensitivity, from envy, from shame and guilt, from environmental influences (peer pressure), from emotional constriction, from things only limited by our imagination. With such independence comes what I think of as a

capacity for contentment. More energy is freed up to be curious, autonomous, honest, tolerant, passionate, empathic, creative, and capable of intimacy, of work and of relaxing recreation. The content person can find and maintain the critical balance between love, work and play. He or she realizes that to have balance one must be able to say “no” to opportunity (you can’t do it all), and deal with the loss that entails. Such a person knows “good enough” which is freedom from perfectionism. And, the content person is better able to live in the present. The past provides a sense of continuity, a history and lessons to be learned, but it is not dwelled upon with despair and resentment. The future is to be anticipated so that realistic trouble can be avoided, but not dreaded with paralyzing anxiety. While respecting past and future, the in-

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INSTITUTE NEWS

DALLAS PSYCHOANALYTIC INSTITUTE

Diane Fagelman Birk, M.D., President

Growing toward the future

By Diane Fagelman Birk, M.D.

President, Dallas Psychoanalytic Institute

There is an air of excitement in the Dallas Psychoanalytic Institute. The faculty and candidates are working hard both to keep our current programs and to plan for future development. This involves the work of individual teachers, supervisors, and candidates as well as committees giving of time beyond their regular working day and classroom responsibility. It also includes our executive director, Tricia Oman, on whom we all rely to keep things running smoothly on an adminis-

trative level. Some of the specific achievements and activities bear mentioning.

Three of our candidates have graduated. They are Gayle Marshall, LMSW-ACP, James Bennett, M.D., and Baer Ackerman, M.D. In addition, Gayle Marshall was certified by the American Psychoanalytic Association for her competency in psychoanalysis. Dr. Jim Bennett has also graduated from his child analytic work and has applied for certification both in child and adult psychoanalysis. We are looking forward to all three of them joining our faculty and continuing to

contribute. One of our most active members and faculty, Myron Lazar, Ph.D., has been appointed as a new Training and Supervising Psychoanalyst, which in our Institute is the highest level faculty position.

Our candidate organization, co-chaired by Drs. Maryam Rezaei and Yprak Harrison, has held a meeting and begun to develop an organizational structure for themselves. In addition they are participating in most committees within the Institute, providing us with their

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Psychoanalytic case conferences – a new DPI offering

By Joan Berger, Ph.D

Dallas Psychoanalytic Institute Faculty Member

In the spring of 2003 DPI's Educational Outreach Committee, a subcommittee of the Education Committee under the new DPI governance structure, inaugurated a series of Psychoanalytic Case Conferences that feature an analyst presenting personal case material and demonstrating psychoanalytic concepts and approaches to treatment. On February 11 Myron Lazar, Ph.D., newly appointed DPI Training and Supervising Analyst, gave a thoughtful presentation of classical psychoanalytic theories and techniques as applied in the psychoanalysis of a challenging patient. The relaxed atmosphere and Dr. Lazar's careful elucidation of complex concepts allowed for informal discussion. Attendees at this first conference included UTSW psychology

graduate students, psychiatry residents, a psychiatry faculty member, and Educational Outreach Committee members.

Additional Psychoanalytic Case Conferences are scheduled for the following Tuesdays from 6:30 to 8 p.m. on the UTSWMC north campus in Seay Building NC5.706. On March 11 respected Teaching Analyst Steve Scherffius, M.D. will bring his special perspective on contemporary psychoanalytic theories to an enthusiastic discussion of a female patient's analysis. On April 1 newly certified analyst Gayle Marshall, LMSW-ACP, will bring for energetic discussion a case in which psychoanalytic principles are applied to couple therapy. The final conference for this spring will focus on the special theories and techniques involved in child analysis in a presentation by Rhoda Frenkel, M.D., who

is both Child and Adult Training and Supervising Analyst and also the immediate Past President of DPI.

If this series is well-received, further case conferences will be planned for the coming year. For more information and to indicate interest or intention to attend (appreciated but not required) contact Joan Berger, Ph.D., Educational Outreach Committee Chair, at (972) 239-9014 or call the DPI office at (214) 648-7486. The Case Conferences are intended for psychiatry residents, graduate students in psychology, social work, and other mental health professions (not necessarily affiliated with UTSW), as well as professionals in early stages of careers – anyone interested in exploring the application of psychoanalysis in different treatment modalities.

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dividual has plenty of energy to invest in the moment, in experiencing the bitterness and sweetness of life. And, the content person has confidence and a solid sense of him or herself. Their self-esteem is not ruled by popularity or adoration. They listen to what others say about them but have an internal yardstick that provides standards, values, aspirations, and self-satisfaction. They know what they are about and can be intimate without losing their identity. They can connect, yet stay separate. Many of these sound like opposites, but reflect the dialectics of human nature. To be content is to embrace the polarities and ambivalence intrinsic to the psyche.

I feel like I've just scripted a commercial touting the incomparable virtues of psychoanalysis. So, what's the catch? It's not for everyone; it's hard work; it takes a long time; it requires commitment and conviction. It's a long war in which one must do hand to hand combat with his or her own demons. An intellectual 'knowing' why you are who you are won't get results. You have to 'believe' the insights you achieve and that requires a strong feeling component. You can't just see your demons, you have to feel them too.

Our defenses and capacity for self-deception are impressive and create invisible barriers that keep us from seeing things about ourselves, others and reality that we don't *want* to see – but *need* to see. To appreciate these defenses the analyst asks the patient to say whatever comes to mind (free associate) and refrain from editing. This sounds like a jail break, but invisible bars constrain the patient and he or she censors, edits, etc. – "I can't say that, it is inappropriate, offensive, silly, crazy, embarrassing, etc. etc." The opportunity for forty-five minutes of psychic freedom reveals the patient's inhibitions, defenses, and anxieties. With the analyst's patient and persistent interpretation of these the layers of the onion are gradually peeled away and the hand to hand combat with the demons ensues.

In addition to free association, two other "windows" into the mind are particularly valued in psychoanalysis – dreams and the transference. Dreams, and similarly daydreams, fantasy and reverie, are very private and personal. Night dreams are not random electrical discharges but screenplays written, produced and directed by the patient. As such they are revealing. The transference is the various beliefs, feelings and fantasies the patient develops towards the analyst. Because the ana-

lyst attempts to keep his or her own personal features in the background and, if the patient can suspend reality and indulge in the "as if" and "what if," the ways of relating to the person over their shoulder can reveal much about the mind of the patient. Indeed, many of the relationship difficulties that have complicated outside relations may emerge in the office making them more evident and available to be analyzed.

This description does not do justice to the complexity of psychoanalytic treatment, but provides some highlights and some basics. For people who struggle with love, work, and play, who struggle with balance in their lives, who lack the peace of mind I call contentment, psychoanalysis holds great promise. It is rarely the first therapy someone seeks and often quicker and less painful solutions need to be pursued. If they don't get the desired results then it helps them develop the conviction necessary to "bite the bullet" and commit to the most intensive of therapies. And, contrary to some assumptions, psychotropic medication and psychoanalysis are not antithetical. Medications can make painful feelings of anxiety and depression less over-

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Fall 2003 psychoanalytic therapy program is being revamped

The Dallas Psychoanalytic Institute (DPI) Educational Outreach Committee is exploring ways to upgrade and invigorate the current Psychoanalytic Psychotherapy Program. The requirements of the program and the process by which applicants are accepted are under study. Including personal psychodynamic psychotherapy and ongoing supervision as part of the two year program of study are being considered. These changes will enable those students who do not yet meet the standards of the American Psychoanalytic Association (APsaA) to apply to the DPI to be a candidate without a waiver.

As part of the effort to upgrade the process, curriculum and other requirements of the psychotherapy program, one or more focus groups will be held with previous graduates and other interested parties to obtain input and suggestions.

The two year program is being planned to begin in the fall of 2003.

If you are a potential applicant, please contact Joan Berger, Ph.D., chair of the Educational Outreach Committee, at (972) 239-9014 or the DPI office at (214)648-7486.

**For further information
about the
Dallas Psychoanalytic Institute
and its
educational opportunities,
contact Tricia Oman
at (214) 648-7486.**

Analysis available at reduced fee

The clinical Candidates in their first year of course work have recently been approved to begin accepting "control cases." These cases are treated in formal psychoanalysis under the supervision of a Training and Supervising Analyst member of the Dallas Psychoanalytic Institute(DPI) faculty. When appropriate, Candidates are often willing to treat such people at significantly reduced fees. As such, this situation can make psychoanalysis available to those who could not otherwise afford it. Additionally, there are fourth year Candidates, Advanced Candidates(who have completed their course work) and some faculty who may be receptive to seeing people in psychoanalysis at reduced fees.

For further information on these opportunities contact Larry G. Shadid, MD, Chair of the DPI Candidate Progression Committee, at 214.739.1101.

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input to continue bettering our organization. Joan Berger, Ph.D., is the chair of the Educational Outreach Committee for our Institute. This semester she has put in place four case conferences in which a member of our Psychoanalytic Institute discusses treatment cases. We have invited psychiatry residents and psychology and social work students. The first case conference program was held with Dr. Myron Lazar. The attendees were very pleased with the process and look forward to attending future sessions. In addition to the case conferences this semester Dr. Berger and her committee will be developing a two-year psychotherapy course to begin next September. This is open to all mental health professionals who are interested in a more in-depth psychodynamic understanding of work with patients. It will be taught by various members of the Institute. Dr. Berger has another important position as the chair of our Joint Patient Colleague Assistance Committee. This is a new endeavor to make it possible for our colleagues and for patients who have concerns or ques-

tions to be able to go this Committee to discuss whatever matters concern them in a confidential atmosphere. In the past there was no formal structure set up to deal with these concerns, and we are hoping that this serves a valuable and helpful function.

As we look toward the future Thomas Sonn, M.D., is chairing our Strategic Planning Committee. It has three areas of focus. The first is supporting the important two-year psychotherapy program that Dr. Berger and her committee are developing to help enhance and deepen the education of people in the mental health field including psychiatrists, psychologists and social workers. They are also developing a four-year curriculum of psychodynamic understanding and psychotherapy for the psychiatry residents at University of Texas Southwestern Medical School. The third area that they are currently exploring is the possibility of developing a child psychoanalytic program. With Dr. Bennett's graduation as a child psychoanalyst we now have four graduate child psychoanalysts, including Dr. Irving Humphrey, Dr.

Rhoda Frenkel and Sarah Rabb Bennett, LMSW-ACP. Dr. Frenkel is also a Child and Adolescent Training and Supervising Psychoanalyst. Myron Lazar, Ph.D., chairs the Curriculum Committee of the Institute and along with Rosemary Cogan, Ph.D., another of our faculty, is developing an integrated research curriculum. Each course that is taught will have a section that interfaces with relevant research in that area. In addition there will be, over a two-year period, seminars that will educate our faculty to become more cognizant and more capable of conceptualizing ways in which we can begin to develop research projects within the Institute. The University of Texas Southwestern Medical School is very interested in supporting clinical research programs, and we hope to be able to work with our colleagues within the Departments of Psychiatry and Psychology to reach the point of beginning pilot projects.

Other welcome occurrences include Dallas Psychoanalytic Institute being asked to

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whelming – thus easier to talk about and experience. These medicines can expedite therapy and analysis and make some people be able to benefit from a therapy that they could not have tolerated before.

Oh, how could I forget – the money question. People need to pay what they can afford for psychoanalysis, but for those who can't afford hundreds of dollars per week over several years, analysis is still possible. Because of the existence of the Dallas Psy-

choanalytic Institute, one of approximately thirty institutes in the United States accredited by the American Psychoanalytic Association for training of future analysts, there are always experienced psychiatrists, psychologists, social workers and licensed professional counselors, who are in various stages of their psychoanalytic training. Supervised conduct of psychoanalysis is one of the three central components of psychoanalytic training, and these candidates are often willing to see persons for whom psychoanalysis is an appropriate treatment at significantly reduced rates.

In closing, I hope I have provided a satisfactory description of psychoanalysis. To my colleagues I would like to say that what I have offered here is what psychoanalysis is to me. In fact analysis is like the proverbial elephant – too large to be seen comprehensively from only one angle. Indeed, I would welcome and invite those of you who have different perspectives to contribute on this subject in future newsletters. And, to those of you who have been told that analysts never talk, note that one simple, innocent question produced all of these words!

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write a piece for The Ink Blot, which is the internal communication organ of the Department of Psychiatry at University of Texas Southwestern Medical School. We will be “spotlighted” in the next edition, and Dr. Larry Thornton is writing the article. We received a letter from the Vogel Alcove thanking us for our monthly participation in case conferences there, which they think has enhanced their understanding of working with children and parents who struggle with very difficult situations. They have asked

that we continue this for the coming year. Jewish Family Service of Dallas has given us their award for 2002 Volunteer Organization of the Year. Because of this award we will now be entered in a city-wide contest for pro-bono outreach and volunteer work. Dr. Deborah Peel, who graduated from our Institute, was the first psychoanalyst to testify before a congressional committee, the House Judiciary Constitution Sub-Committee, regarding privacy issues. Dr. Joan Berger and Gayle Marshall are presenting an ethics program for the psychoanalytic social work group in Dallas.

We live in a complex world and with the issue of war on the horizon we can anticipate difficulties for families and children. We have an opportunity to help people understand these difficulties and help them deal with the potential traumas and losses that could occur by using our understanding of the human mind. Our efforts in furthering our knowledge through our work and with research that we plan to develop continue. It is our hope that this knowledge and training can be used to bring understanding and help to those who feel perplexed, traumatized or confused. We strive for excellence as we go into the future.

SOCIETY NEWS

DALLAS PSYCHOANALYTIC SOCIETY

Bill Lynch, M.D., President

President's Column

By Bill Lynch, M.D.
President, Dallas Psychoanalytic Society

It was 11° Fahrenheit late that January night when we arrived in New York for the American Psychoanalytic Association meeting. Upon checking in at the Waldorf we discovered that the type of room I had reserved was not available so we were offered a suite for that night instead. Entering that suite of rooms we discovered a breathtaking view of the Chrysler building perfectly framed by our window. Beautiful. Such a stark and wonderful contrast to my room when I was last there – a cramped space with a

view of other buildings and a postage-stamp sized glimpse of the sky.

The weather was cold but the atmosphere at the meetings was warm and inviting. Particularly pleasing was my experience sitting in on a meeting of the Committee on Societies. One of several psychoanalysts I had written to regarding their experiences in establishing Psychoanalytic Centers in their communities was Richard Lightbody, M.D., of Cleveland, the current chair of the committee. He responded promptly with a desire to answer any questions that I might have had about that issue, but also suggested that

I participate as a guest in the Committee on Societies meeting. I agreed and was very pleased to find an interested and friendly group.

The committee was very concerned with how we were doing here in Dallas and eagerly discussed several examples the evolution of community psychoanalytic centers. For as many different reasons as there are different centers, a number of communities have integrated society, institute and foundation functions under one umbrella organization. As we discussed Dallas'

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The Psychoanalytic Society Study Series

By Myron S. Lazar, Ph.D.

**President-Elect/Program Chair
Dallas Psychoanalytic Society**

The Psychoanalytic Society Study Series was the brain child of our current president, Bill Lynch, created during his term as president-elect. The Series was well received in the past and there was encouragement to continue it during this academic year.

One change from the first two years of the Series was to offer some programs to those outside of our Society. Our first two programs of the year met this criteria. Beginning on September 21, Drs. David Hershey and Madukhar Trivedi presented a very informative workshop on "The Anatomical Changes in the Brain due to Psychic Trauma." Following that, on November 2, we celebrated our 20th Anniversary of the Society with our annual Founders' Day lecture during the morning. And in the evening, at the home of John and Jane Walvoord, we had an awards banquet honoring all the founding members of the original Society. Hearing our history formally presented by Drs. Herbert Gomberg, Kenneth Altshuler, Rhoda Frenkel, and Gerald Melchiodi, with commentary from many other of the founders who were in attendance, was both fascinating and informative. It was reported that the Mother of the Society was Rhoda Frenkel and the Father was Kenneth Altshuler. In the evening awards presentation, all of the Founding Members received certificates of appreciation and

Kenneth Altshuler was awarded a plaque in appreciation of his role in starting the Dallas Psychoanalytic Institute. The Dallas Foundation for Psychoanalysis generously gave us a grant to videotape the proceedings. (This tape is now available for purchase by contacting me at my office – 214-691-1153.)

On December 14 we invited the president of the American Psychoanalytic Association (APsaA), Newell Fischer, M.D., to talk with the Society, Institute Faculty and Candidates about the troubling results of an independent marketing survey, funded by APsaA, which indicated that psychoanalysts were seen in some negative ways by other mental health professionals and the public at large. He encouraged us to work in our organization and community to address these perceptions so as to not prevent the value and message of psychoanalysis from reaching the rest of the professional community and the public.

On January 11, the Society and Institute held its annual Ethics workshop for all its members and candidates. It turned out to be a very productive, hard working meeting stimulated by excellent ethical vignettes created by David Hershey. On March 1 the Society turned over its first Saturday of the month time to the Institute for a Faculty Enrichment program with candidates in attendance on the topic of "The Learning and Teaching of Psychoanalytic Theory." The discussion leaders were Drs. Irving Humphrey and John Hendricks.

We have two more programs planned for this academic year. The first will take place on Saturday, April 12, at the SMU Meadows Museum jointly sponsored with the DSPP Arts Committee. Featured will be the showing of the Academy Award winning film "Il Postino" (The Postman), followed with a paper presentation and discussion by Dr. Gemma Ainslie, a psychologist in private practice in Austin, a founding member of ASPP, and an Instructor with the Houston/Galveston Psychoanalytic Institute. After the film discussion, we are jointly hosting an antipasto/wine/dessert reception for \$20 a person at Momo's, 8300 Preston Center Plaza, from 10 p.m. to ? where we can socialize with members and friends of both organizations (a flier is forthcoming). The final program of this academic year will take place on April 26 for Society members and candidates. Dr. Edwin Wood, a Training and Supervising Analyst from the Houston/Galveston Psychoanalytic Institute, will present a case and also will lead a discussion of a candidate case on Friday, April 25.

Plans for next year are currently being formulated with two interesting programs in the works. On October 11, co-sponsored with DSPP and IPC, we are inviting a Parisian Lacanian analyst to present his work to us. On November 1, we plan to invite a well known psychoanalyst to speak on the topic of "Neuro-anatomy, Consciousness and Psychoanalysis." Both of these programs will be open to all. Stay tuned for further developments.

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specific needs along with others' experiences, several useful suggestions were made. Offers of further consultative help were made and I established contact with the committee's liaison to the Dallas community. Over all it was a warm, congenial and helpful experience. The experience with the Committee on Societies and the friendlier atmosphere at the meetings in general was exciting. I found myself eagerly awaiting my next opportunity to attend the general meetings.

Back here at home we continue to enjoy our regular Saturday morning colloquia, our new

executive board meetings and our general business meetings. A recent example of a successful Saturday morning program was an ethics exercise organized and conducted by Dave Hershey. It was innovative, very interesting and quite useful. The degree of enthusiastic participation was very encouraging. John Kamphaus and I are working up a new set of proposed bylaws for the board to review. We need to flesh out the bare-bones bylaws that were used in our recent incorporation. The executive committee-inspired discussion portion of our business meetings have been particularly stimulating. In the most recent meeting after conducting the business we had a stimulating discussion of the Enron fiasco using passages from the book "Pipe Dreams: Ego,

Greed and the Death of Enron" by Robert Bryce. We used this story of business ethics failure as a springboard into issues of relevance to our group. All in all I have a sense that we are growing in a very positive direction.

As I finish this piece for the newsletter we have experienced two cold, icy days. The days in New York were cold but dry. I really don't like the cold. Times like these convince me that I live far too north. Yet like in the meetings in New York, here in our psychoanalytic community I feel a growing warmth that comes from colleagues cooperating in developing this group into a proud example of a well functioning psychoanalytic center.

An Appeal for Privacy: Without the right to consent, psychoanalysis cannot exist

By Deborah Peel, M.D.

Co-Chair, Committee on Government Relations and Insurance, The American Psychoanalytic Assoc.

We need your check now! It's hard to believe, but everyone's right to consent to the release of his/her medical and mental health records will be eliminated on April 14, 2003. This unprecedented, massive intrusion into the privacy of our entire nation has been lost in the fear of war and the rush to Homeland Security.

Medical privacy will end soon unless we act now to save consent. Our checks will help fund a suit to stop the U.S. Department of Health and Human Services (HHS) from forcing compliance with the Privacy Rule, also known as the Health Insurance Portability and Accessibility Act (HIPAA).

The American Psychoanalytic Association will file an injunction to stop the amendments to the Privacy Rule which eliminate consent from becoming the law of the land, if our members and friends and supporters help with the legal costs. But the suit has to be filed before April 14, the date the changes become effective, so send your check now!

If we don't act now, the amendments to the Privacy Rule will grant health plans "federal regulatory permission" to access every person's cradle-to-grave medical records, without notice, without consent, and without any liability for the damage, shame, or discrimination that may result from the use and sharing of this highly sensitive personal information.

If we don't act now, after April 14, health care providers and psychoanalysts must share access to all patient records, even if our patients refuse consent. It won't matter if a patient never sees another doctor again for the rest of his or her life, or if treatment was paid for out-of-pocket to guarantee privacy, ALL medical and mental health

records can be accessed via "federal regulatory permission."

Patients will never know who violated their privacy, because the so-called 'Privacy Rule' does not require audit trails. Recourse is impossible without knowing who had access to personal health information.

Congressman Markey is trying to get Congress to focus on the impending loss of medical privacy. But he can't get enough of his colleagues to sponsor, much less to pass a law restoring consent. Because Congress and our nation have been consumed with how to be safe and how to stop terrorism, medical privacy simply has not been seen as a critical issue. Time has run out for a legislative solution in Congress. Privacy rights, like civil rights, Constitutional rights, and basic human rights are far too easily lost in times of great fear.

The right to consent is the basis for trust in physicians and psychoanalysts. It is essential to healthcare. Analysts have long led the fight to save consent and privacy, because privacy is an absolute requirement for effective psychotherapy and psychoanalysis. We have closely tracked all the threats

to privacy from Congress and federal regulatory agencies beginning with the Clinton Healthcare Initiative. This plan to eliminate consent is the greatest threat we have seen. Its effects are so far-reaching and destructive, it must be stopped. Ask everyone you know to contribute, we need everyone's help!

The right to consent is the only guarantee of privacy for the most sensitive information that exists about each of us: information about our minds and bodies. No right to consent = no privacy = no psychoanalysis. Unless each of us writes a check, in a little more than a month, the ethical and moral foundation for health care and psychoanalysis will end. Will you help save the right to consent? Chief Justice Brandeis called privacy "the right to be let alone." Will you help protect the right to privacy, the most precious right of free people?

Please send \$200, \$300, \$500, or as much as you can. Make your check out to: Powers, Pyles, Sutter, and Verville, ATTN: Privacy Litigation. Send it to: Jim Pyles, Powers, Pyles, Sutter, and Verville, P.C., 1875 Eye Street, NW, Washington, DC 20006

Glen Gabbard to speak this fall to Missoula-related group

The Missoula, Montana, Psychoanalytic Study Group would like to announce a program presented by Glen Gabbard, M.D., on September 19, 2003.

In the morning Dr. Gabbard will conduct a half-day program, "Psychoanalytic Therapy of Borderline Personality Disorder." He will then meet privately with members of the study group to discuss "Boundaries and Boundary Violations." In the

evening he will enlighten and entertain the community of Missoula with a discussion of his book, "The Psychology of the Sopranos," complete with video clips of the television show and stories of the making of the Sopranos.

For more information contact Fred L. Griffin, M.D., at (406) 721-9511 or FGMONT@AOL.COM. It is a beautiful time of the year to visit Montana.

Psychoanalytic Super Bowl

By S. Richard Roskos, M.D.
Executive Councilor

Although it seems unlikely that the Super Bowl will ever be held in NYC, on a yearly basis luminaries from around the world come to “The Big Apple” for the meeting of the American Psychoanalytic Association (APsaA), formerly known as “The American” (a term deemed politically incorrect).

For those you who are interested in psychoanalytic thought, this meeting is an intellectual smorgasbord. There are many small group discussions on such topics as analytic listening, fatherhood, the vulnerable child, treatment of suicidal patients, psychoanalysis and sports (co-chaired by yours truly). This year I learned in a presentation by Howard Shevrin that Freudian Drive theory may have been correct after all with abundant support from neurobiological studies. Other topics included thoughts on terrorism, new psychoanalytic views, the concept of resistance in the 21st century, and advances in separation individuation theory. There was really something there for everyone.

One of the most delightful symposiums was chaired by Glen Gabbard with director/actor Harold Ramis (of Ground Hog Day, Animal House, Analyze This, Ghostbusters, etc.) discussing his own brushes with the mentally ill as a mental health technician, as well as his abundant forays into psychotherapy.

The who's who of psychoanalytic theorists who presented papers or led discussion groups included S. Akhtar, H. Blum, I. Brenner, F. Busch, A. Cooper, S. Firestein, N. Fischer, G. Gabbard, L. Horwitz, T. Jacobs, O. Kernberg, P. Kernberg, R. Michels, J. Novick, K. Novick, A. Ornstein, P. Ornstein, E. Person, F. Pine, M. Reiser, O. Renick, J.M. Ross, R. Schafer, E. Schwaber, L. Shengold, C. Socarides, D. Stern, R.

Stolorow, S. Twemlow, P. Tyson, J. Wallerstein, and R. Wallerstein.

If bureaucracy, administration, and politics are more your bent, there is the Executive Council, which I have had the pleasure of attending as your representative for the past five years. Of note this year is the formation of a new affiliate society in southern Los Angeles area and an affiliate study group in Memphis. Membership has remained stable at approximately 3,300. There are also 101 new candidates with ages ranging from twenties through to sixty-five with about 60 percent to 70 percent female.

Our political efforts in Washington remain stellar, with common knowledge that APsaA is the one group that has championed privacy; although it looks like the battle is still to be fought this year.

One is encouraged to go to the website of APsaA which has many links and also has many ways of promoting psychoanalysis, such as the “psychoanalytic time line” where the contributions of the most notable personages in the history of psychoanalysis are summarized, but so far, as dead analysts only. “Talking points” are also available when one needs to be succinct about what psychoanalysis is.

The TAP has been redesigned and updated. Of particular interest is a recent legal consultation with an expert attorney concerning our bylaws. Not surprisingly, we are out of compliance, which is apparently not uncommon for membership organizations which have not kept up to date with the legal changes concerning non profit corporations throughout the past 50 years. Although it is not unusual, we have serious deficiencies and we must, with due diligence, work to bring ourselves in to compliance. One interesting and perhaps ironic note is that the Board of Professional Standards is in a legal

sense a “nullity”; is something that the law does not recognize. It must either become a committee of the corporation or a separate corporation itself (such as the Psychoanalytic Foundation, a wholly owned subsidiary of the APsaA). There is also to be a bylaws amendment voted upon soon which would in essence remove the bylaws requirement that one needs to be certified to be a training analyst or to serve on a committee on the Board of Professional Standards.

However, the most memorable events by far from this Executive Council were the announcements that Myron Lazar was officially appointed a Training and Supervising Analyst, and that Gayle Marshall was certified in adult psychoanalysis. Also, Jane Walvoord gave her farewell address to the Executive Council and received a standing ovation for being the Affiliate Council's president for the past two years. The Dallas Psychoanalytic Society and Institute were well represented and well served.

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SOCIETY NEWS

DALLAS FOUNDATION FOR PSYCHOANALYSIS
FOUNDATION NEWS

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FOUNDATION NEWS

DALLAS FOUNDATION FOR PSYCHOANALYSIS

John Gunn, Jr., Chair

Thoughts from the Chair

By John Gunn, Jr.

Chair, The Dallas Foundation for Psychoanalysis

These are challenging times for all of us. The after effects of 9/11 and the prospect of war with Iraq continue to produce uncertainty and undermine a national economic recovery. Many individuals' incomes and security portfolios have suffered severe declines. These influences have had a devastating effect on non-profit giving. The Dallas Foundation for Psychoanalysis is not immune to these conditions: our contributions are off over 50 percent this year and we will not be able to sustain existing operations without additional funding. I am

asking for all of you who have not made a contribution to the Foundation this year to do so at this time.

You may be asking yourselves, "Why should I?" The bottom line is this: If those with an understanding of psychoanalysis do not, why should anyone else?

Part of the mission of the Foundation is educational. Many members of the public lack familiarity with or harbor prejudices against the psychoanalytic process. The Foundation is needed to sponsor lectures, tapes and discussion groups that examine subjects of interest to the public from the

psychoanalytic perspective and show that insights from this point of view can help their lives.

We recently filmed five half hour segments on "Parenting." These will air on cable TV and tapes will be made available to the public for free. Filming, editing and production of these tapes takes cash. The Foundation will be sponsoring a panel on "War" in a couple of weeks, described in detail elsewhere in this newsletter. Outreach efforts such as these are necessary to increase understanding of what psychoanalytic thought has to offer and make it available to the public at large. Please help us continue this work.

DFP Addresses Concerns About War – March 21

By Gerald Melchiodo, M.D.

Chair of Dallas Foundation for Psychoanalysis

On Friday, March 21, at 7 p.m. at SMU's Dedman Biological Sciences Building Lecture Hall 131, a panel will discuss "War and Its Consequences: The Reaction of Children, Adults and Nations." This program is open to the public.

Gerald Melchiodo, M.D., DPI Training and Supervising Analyst and Clinical Professor of Psychiatry at UTSW Medical School, will examine the Einstein/Freud correspondence on "Why War?" Additionally, Melchiodo will discuss a paper, written by Freud, during the First World War. This analysis will reveal that many of Freud's and Einstein's concerns are pertinent today.

S.M.U. William C. Clements Professor of History, Ed Countryman, Ph.D., will describe the manner in which our nation has reacted to war, popular and unpopular, throughout our history.

The way children deal with war, those impacted di-

rectly and indirectly, will be addressed by B. James Bennett, M.D., Child and Adolescent Psychoanalyst and Clinical Associate Professor of Psychiatry at UTSW Medical School. He will provide practical and helpful recommendations on how to talk with children about their anxieties and concerns. Following the panel discussion the audience will have the opportunity to pose questions and present comments.

One mission of the DFP is to enhance the emotional and mental health of children and families in the Metroplex. As many of us are worried and confused about impending conflict, the DFP attempts to deal with these issues in a timely and constructive manner. We hope you will attend. Reservations are not required and there is no charge for admission. However, please arrive early as seating is limited.

For more information about this program or the Dallas Foundation for Psychoanalysis, contact Elizabeth Buchanan, Executive Director, at (214) 566-5083 or e-mail: elizbuch@airmail.net.



DALLAS FOUNDATION
FOR PSYCHOANALYSIS

DFP Donors

**We thank you who enable us to provide services
to enhance the emotional health of children and families.**

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Psychoanalytic Talking Points

As Psychoanalytic Foundations across the country struggle to develop strong public support, the American Psychoanalytic Association's Public Information Committee has begun work on some talking points.

In creating this list, the hope was to provide a clear description of psychoanalysis for discussion with potential patients, potential candidates, the media, and community members.

A psychoanalyst can help you:

1. Get relief from painful emotional symptoms
2. Feel understood as a unique individual
3. Achieve emotional freedom
4. Improve your personal relationships
5. Become more productive at work
6. Take more pleasure from life
7. Change lifelong coping strategies that are ineffective
8. Understand feelings and behaviors that don't make sense
9. Gain greater control over your life
10. Stop self-destructive behavior patterns
11. Understand yourself
12. Prevent the past from interfering with the present
13. Talk things over in a safe and private environment
14. Unlock your creative potential

The Missions of the Dallas Foundation for Psychoanalysis are

- 1) to educate the community about the unique value of the psychoanalytic perspective,
 - 2) to support the Dallas Psychoanalytic Institute, and
 - 3) to bridge the resources of the Dallas Psychoanalytic Institute to the needs of our community.
- For further information, or to contribute, contact Elizabeth Buchanan, Executive Director, at (214) 566-5083.

The DFP Presents A Panel Discussion

***War and Its Consequences:
The Reactions of Children, Adults and Nations***

Gerald Melchiode, M.D.
DPI Training and Supervising Analyst
Clinical Professor of Psychiatry UTSW Medical School

Ed Countryman, Ph.D.
S.M.U. William C. Clements History Professor

B. James Bennett, M.D.
Child and Adolescent Psychoanalysis
Clinical Associate Professor of Psychiatry UTSW Medical School

Friday, March 21, 2003, at 7 p.m.

Southern Methodist University
Dedman Biological Sciences Building, Lecture Hall/Room 131

Information: Elizabeth Buchanan, DFP Executive Director
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