Number 19 www.dalpsa.org March 2004

Editorial

By Gerald Melchiode, M.D.

Training and Supervising Analyst, Dallas Psychoanalytic Institute

I knew that title would get your attention. Why are we so preoccupied by sex? Did you see Janet Jackson's right mammary gland on T.V. during the super bowl half-time show? I missed it. I don't much like halftime shows. I think they are pretty boring. To tell you the truth seeing Ms. Jackson's right mammary gland would not have made it any less boring for me. I think the whole thing was crass. But why was there such an uproar? The F.C.C., which has not

SEX

done much of anything for the last three years, sprang into action and put the network and Ms. Jackson on the carpet. Mammary glands must really be dangerous. Why else would the U.S. attorney general need to protect us by covering the breasts of nude statues in the Justice Department headquarters. I have treated patients for close to 40 years and I cannot remember one telling me they were traumatized by seeing the female breast.

The uninformed often criticize Freud as only being interested in sex. Freud was a keen observer of the human condition and through his clinical work concluded that many of his 19th Century Viennese patients

were conflicted about their sexual impulses. He added the aggressive drives as a source of conflict following the years of the First World War when millions lost their lives in Europe in the name of nationalism. I have seen many more patients who were victims of childhood violence; namely, sexual and physical abuse, abandonment and neglect. I find violence obscene.

The American people are hypersensitive when it comes to sex but desensitized when it comes to violence. I wonder what Freud would have to say about all this. I need to end this essay now; I have to watch the last episode of Sex and the City.

INSTITUTE NEWS

DALLAS PSYCHOANALYTIC INSTITUTE
Diane Fagelman Birk, M.D., President

President's Perspective

Ongoing Development and Growth at DPI

Our Institute is doing well in the second year of its new system of governance. There are many avenues for participation of both faculty and candidates in teaching as well as on committees. We have graduated five candidates this year: Drs. Ackerman, Bennett, Peris, and LMSW's Marshall and Walvoord. We have four other candidates very close to graduation as well. Our fifth year class of candidates is completing their didactic work this year, the first step toward graduation. This bodes well for new energy and creative ideas as many, if not most, of our graduate candidates then become part of our faculty.

Our increased teaching presence in all four years of the UTSWMC psychiatric residency program has been very well received. The Division of Psychology wants their students to be able to attend our psychotherapy classes and they have been awarded a small number of scholarships as have the psychiatry residents.

Some of our candidates have recent noteworthy achievements. Maryam Rezai, M.D., a fifth year candidate, has become the Residency Training Director for the Division of Child Psychiatry. Allen Stringer, M.D., Chief of the Department of OB/GYN at Baylor University Medical Center and

Director of the Division of Gynecology for Texas Oncology and a fifth year academic candidate, was accepted for full psychoanalytic training by DPI through a waiver granted by the Committee on Research and Special Training of the APsaA. Dr. Stringer and one of our faculty, Rosemary Cogan, Ph.D., had their poster "Diagnosis of Ovarian Cancer: Regression in Early Memories in the Face of Danger" accepted for the Research Poster Session at the American Psychoanalytic Association meetings in New York City last January. Dr. Cogan is an academic and productive researcher at Texas

See GROWTH on Page 2.

April conference on depression features DPI analysts

A professional conference entitled Depression Across the Life Cycle: The Interplay of Experience and Biology will take place on Wednesday, April 14, and Thursday, April 15, 2004, at the Eisemann Center in Richardson.

Members of DPI who have been deeply involved in planning this prestigious conference include Course Director Diane Fagelman-Birk, M.D., and Conference Co-Coordinator Joan Berger, Ph.D.; and analysts Jerry Lewis III, M.D., and Gerald

Melchiode, M.D., who will chair panel presentations exploring current perspectives in diagnosis and treatment.

The conference is sponsored by Jewish Family Service and The University of Texas Southwestern Medical Center. It will offer continuing education credits for M.D.s, including family physicians; psychologists; social workers; LMFTs; educators and daycare providers; RNs; LPCs; and LCDCs. For information, brochure, and application call (972) 437-9950, ext 329.

Psychoanalytic psychotherapy courses offered for 2004-2005

Plans are proceeding to offer a two-year psychotherapy program that would address requirements for a waiver from the American Psychoanalytic Association for those who wish to pursue formal psychoanalytic training but do not have the necessary prerequisites.

Following this year's successful series of six-week courses and case conferences, there will be offerings for advanced therapists and those not interested in the full two-year program.

To add your name to the mailing list or to obtain further information, contact DPI at (214) 648-7486 or at Patricia.Oman@UTSouthwestern.edu or Joan Berger, Ph.D., DPI Education Outreach Committee Chair, at joanberger@mail.com.

From GROWTH on Page 1.

Tech University. She, along with another colleague, had a second poster accepted entitled "Personality Pathology, Adaptive Functioning and Strengths at the Beginning and Ending of Psychoanalysis."

Three of our six week psychotherapy courses – "Psychoanalytic Concepts in Clinical Practice" taught by Gerald Melchiode, M.D., "Therapeutic Alliance with Children and Adolescence: The Role of Parent Consultation" taught by Jim Bennett, M.D., and "Attachment Issues in Adult and Child Psychotherapy" taught by Judy Kane, M.D., and Sarah Rabb, LMSW-ACP, – have been very well received. Our fourth and last course for this academic year will begin March 9, 2004. It is entitled "Stories of Desire: Narratives in Psychotherapy" and will be taught by Marc Litle, M.D.

To further our growth and education on the road to developing a research arm of the

Institute, on April 3 we will have psychoanalyst and researcher Sidney Blatt, Ph.D., Professor of Psychiatry and Psychology at Yale University Medical School, conduct a workshop for our faculty and Society members. Dr. Blatt and two colleagues were awarded first place for their research poster at the January meeting of the APsaA. It was titled "The Sense of Self in Anorexia-Nervosa Patients: A Psychoanalytically Informed Method for Studying Self-representation." Their article on this subject has been accepted for an upcoming publication of "The Psychoanalytic Study of the Child." Dr. Blatt will also make additional presentations at the Medical School Grand Rounds, to the faculty and students in the Division of Psychology and meet with our psychoanalytic candidates.

As this academic year approaches its close, DPI strives for continued growth in our educational and outreach endeavors.

Reduced fee psychoanalysis is still available

The candidates in training in the Dallas Psychoanalytic Institute treat what are known as "control cases" in psychoanalysis under supervision. Psychoanalytic candidates are experienced clinicians who are in the process of receiving the most rigorous training a therapist can obtain. In this context, people who are suitable for formal psychoanalysis can obtain this treatment for fees that are adjusted to their ability to pay. Additionally, there are some Advanced Candidates and faculty who are willing to adjust fees to provide psychoanalytic treatment.

If you have an interest in exploring this opportunity, you may contact Larry G. Shadid, M.D., Chair of the DPI Candidate Progression Committee, at (214) 739-1101.

A Good Read

By Myron Lazar, Ph.D

"The Dream Interpreters," by Howard Shevrin (International Universities Press, 2003) is a novel about a fictitious psychoanalytic institute in Tennessee that is undergoing the strains of searching for a new research director. There is an intense undercurrent of competition for the position and lots of activity used to gain leverage. The story speaks through the narratives of seven analyses - wives of faculty, wives of candidates, faculty members and candidates-intraining analyses. Much countertransference is struggled with, which sometimes moves into action. The benefit is that you can watch this unfold and empathize with all the participants. Each analysis is very compelling and full of conflict and agony and ecstasy the usual stuff. In short, the novel portrays an institute in conflict trying to stay intact and alive. The struggles in the institute are representative of the individual conflicts being carried out and exposed in the several analyses. Dr. Shevrin's book is my pick of the year!

SOCIETY NEWS

DALLAS PSYCHOANALYTIC SOCIETY Bill Lynch, M.D., President

President's Perspective

Listening to others and changing ourselves

At this winter's meeting of the American Psychoanalytic Association (the American) I attended my first Executive Council meeting as Dallas' Executive Councilor. The meeting was considerably more interesting than I had anticipated mainly because of two excellent presentations from invited consultants. Niko Canner, an intelligent and articulate management consultant, and Victoria Bjorkland, an attorney specializing in the law regulating nonprofit organizations in New York State brought invaluable insights for our consideration.

Mr. Canner's message in a nutshell was that our organization is, and has been, embroiled in a protracted internal conflict over governance issues while the state of psychoanalysis is neglected. And somehow for the good of this organization, and perhaps by extension this form of treatment, the American needs to finally resolve these issues of

conflicted governance. He set out a clear template for addressing the problem. His main point was to establish a goal and do it as opposed to interminable dwelling on process issues.

Ms. Bjorkland's opening remarks were that we – the American – live in a "parallel universe" in that we have the most complex bylaws she has ever seen. Like Mr. Canner she spelled out a clear way of solving our troubles.

I have not been involved in any direct way in these matters heretofore so I have yet to form a clear opinion about them, even so much as having a clear idea of what the many facets of the problem may be. Yet, it is obvious that a long running power struggle between two arms of the American – the Council and the Board of Professional Standards – is a part of the difficulty. It did become clear to me during this meeting that it

has been going on for a long time. Ms. Bjorkland read a memo she had run across dating from 1952, in which legal counsel had warned the organization of serious problems in how the organization was structured.

Upon further reflection it occurs to me that this story may be viewed in a hopeful light, if it bespeaks a willingness to reflect on our "self" in an attempt to understand the troubles. The American invited highly qualified thinkers into its domain for the specific purpose of helping us examine ourselves and how we work. We heard what they had to say and received specific recommendations about what to do. The American is now in the same privileged position of any of us who have subjected their inner workings to psychoanalysis. Let us hope that we can all do something with what we have learned about ourselves.

You may contact Dr. Lynch at (214) 739-1050.

Discussing the IPC papers: Bringing out the Argument

By Monty Evans, Ph.D.

Psychoanalysts and other discussants frequently ask how I might best approach my commentary when I discuss an IPC paper on an unfamiliar topic. Here is a template device devised by Paul Fortunato of the University of Illinois at Chicago. I came across this helpful tool while participating in SMU's Center for Teaching Excellence. When responding to a paper, there are various ways and combinations of ways to respond, including:

- * disagree with some key statement
- * agree with something the author says

- and then say even more about it than he or she did
- * point to something the author says that seems to go contrary to something else he or she says
- * point to something the author says and give a counter example from the text
- * argue with the author by showing that he or she is leaving out some key aspect of the story or some key issue or argument
- * blow your author out of the water by showing that he or she is totally wrong or
- * praise your author for making some extremely important point, and add some-

thing important to that point.

Some commentaries lose their impact when the discussant comes in to discuss a paper and then offers up a lecture on a different topic as if the article stands on its own. Please give us your perspective on the articles. Your continued support and participation in the IPC is important to me and others in the psychoanalytic and academic community.

Thank you for considering this bit of pedagogical philosophy.

For further information on the IPC you may contact Dr. Evans at (214) 648-4339.

Summary of a scientific paper on psychoanalysis Clinical conversations between psychoanalysis and imaginative literature

By Fred L. Griffin, M.D.

The physician enjoys a wonderful opportunity actually to witness the words being born. Their actual colors and shapes are laid before him carrying their tiny burdens which he is privileged to take into his care with their unspoiled newness. He may see the difficulty with which they have been born and what they are destined to do. No one else is present but the speaker and ourselves; we have been the words' very parents. Nothing is more moving.

Williams Carlos Williams from Autobiography

Psychoanalysis has a long relationship with imaginative literature and its authors. Freud began a tradition of viewing authors and the characters they create in their works as if they were patients and of seeking to discover universal themes that may explain man's deepest motivations. Analysts frequently interpreted what these pieces of literature really meant and (often) who their authors really were as people. Psychoanalysts that came after Freud tended to read works of fiction from a perspective that Freud himself openly acknowledged when he said that he came to "look for a confirmation of my findings in imaginative writings." More fruitful approaches to literature awaited a better appreciation for the analyst's subjectivity and for the intersubjective nature of clinical experience between analysts and their patients.

Still, we analysts have tended to emphasize what creative writers can learn from us, not what we can learn from them about what we do. And while the substantial changes in our view of the analytic situation over the past twenty years have improved our clinical work, our ideas about how we may make use of the experience of reading literature has not kept pace with our fuller appreciation for the nature of the experience that is being created between analyst and patient. We have yet to fully appre-

ciate just how much we may learn about what we do every day in our clinical work by exploring the way that literary forms are created by imaginative writers.

Each piece of original imaginative literature that is successful in arousing complex emotions in us does so not only through its themes or through the kinds of characters it portrays. The imaginative form that is created embodies the manner in which the author conducts psychological work in his or her own characteristic manner.

In the clinical situation we analysts seek to create an imaginative space (referred to as the "analytic space") in which we can explore our patient's inner experience and engage in doing psychological work with them. We depend upon our creativity—our imaginations—to more fully understand what our patients are trying to communicate to us about the difficulties they are experiencing in their lives. In a sense, the analyst is attempting to "read" what is being "written" about the patient's inner and outer worlds as the "story" of the patient's life unfolds in the analytic situation.

There are times when the analyst's creativity may be compromised as a result of emotional forces that are being generated in the course of psychoanalytic or psychotherapeutic work. Analysts may find value in turning to works of fiction both to stimulate their imaginative capacities and to profit from the author's manner of generating and shaping experience. In so doing, a piece of fiction (such as a short story) may assist us in ways not unlike the manner in which a valued colleague may be confidentially consulted when the analyst is faced with a therapeutic impasse with his or her patient. Reading a piece of imaginative literature may generate a new emotional experience for the analyst-as-reader and may lead to enhanced selfawareness. In turn, this experience can stimulate the analyst's imaginative capacities and allow him or her to view the analytic experience from a new perspective. In certain of my clinical encounters where the analytic (imaginative) space has been compromised, I have been less able to think about, much less articulate, what I am experiencing in the clinical situation with my patient (in the transference-countertransference). In my attempts to imagine my way into what is happening, my thoughts, fantasies, and reveries have at times been fueled by works of creative writers—by the language and by the manner in which experience is shaped/formed in the text. The works that come to my mind in these circumstances often contain something of the set of feelings that are occurring between me and my patient.

But there is no simple relationship between the experience captured in the work of fiction and that found in my interactions with my patient. Rather, there is something in common between the unspoken "language" of my experience with the patient and the language used by the writer of fiction—in his or her work to which I find myself associating. It is something that the language is doing "alongside and beyond" (from Betty Joseph) what it is being said in both the imaginative form constructed by the writer of fiction and in the imaginative form jointly created by me and my patient.

"Clinical Conversations between Psychoanalysis and Imaginative Literature," centers on a clinical experience in which the analyst and patient are at an impasse. It became clear that the analytic space—the imaginative space between analyst and patient—had collapsed. Rather than turning to the self-analysis of my own dreams or fantasies or to a colleague to resolve this impasse, I found myself without conscious intention turning to a piece of fiction to find my way into the analytic experience and then out of the dilemma posed by this impasse. I then provide an introduction to William Carlos Williams, the physician-writer to whose work I turned. Lastly, I explore how Williams' short story ("The Use of Force")

See CONVERSATIONS on Page 5.

Society Scientific Programs

Programs for 2003-2004

By Myron S. Lazar, Ph.D.

Outgoing Program Chair, DPS

I am ending my term as Program Chair of the Society, turning over direction to Joseph Gaspari, and feel particularly pleased with this year's activities. It has been a year that saw us begin, in concert with the Institute, to explore doing some clinical research with an introductory workshop last September ably led by Rosemary Cogan, Ph.D., from Texas Tech University. Strengthening our ties with other psychoanalytic organizations in the community was accomplished with the excellently attended Lacanian program in the fall with Francis Hofstein, M.D., from Paris, France. This was followed by further explorations into the expanding area of neuropsycho-analysis with lectures by Morton Reiser, M.D., from Yale University Medical School. At the end of 2003, Deborah Peel, M.D., from Austin, informed us about the character and developmental history of the American Taliban. This was followed by our annual joint ethics workshop with the Institute, ably led by Gerald Melchiode, M.D.

The final program of the year will feature a visit from Sidney Blatt, Ph.D., a distinguished Professor of Psychology, Psychiatry and Psychoanalysis from Yale University Medical School. He will be presenting the second in our Research series on April 3, 2004. Dr Blatt will also be making a Grand Rounds presentation on factors leading to successful short term treatment of depression on Friday April 2nd. Later that same day he will lead a panel for the Clinical Psychology graduate students at UTSW Medical School on different paradigms of assessment.

Morton Reiser, M.D. (front) presented the DPS Founders' Day Lecture, "Matters of the Mind and the Matter of the Brain," on November 1, 2003. With him are (left to right) Dallas Psychoanalytic Society Founders Drs. Rhoda Frenkel, Herbert Gomberg, Frank Cody and Gerald Melchiode.

Programs for 2004 -2005

By Joe Gaspari, M.D.

Incoming Program Chair, DPS

We have some exciting programs planned for 2004-2005. In September, the Dallas Psychoanalytic Institute/Society will be hosting the Regional Child Psychoanalytic meetings. Irv Humphrey, M.D., and Jim Bennett, M.D., are planning a Saturday program.

In mid October we plan to have Linda Mayes, M.D., a child psychoanalytic researcher at Yale present to us on a Tuesday evening. She will also be speaking at Psychiatric Grand Rounds on Wednesday at 12 noon. On Wednesday evening she has chosen the topic, "Romantic Love," for her presentation at a community event sponsored by the Dallas Foundation for Psychoanalysis.

Later in the year, Frank Cody, M.D., has agreed to lecture on "Idealization and DeIdealization in Institutes." Bob Bennett has also agreed to present on psychoanalytic group therapy.

In addition we will have our annual Ethics program in January 2005. I would welcome any ideas you may have about future programs. You may call me at (214) 369-6335.

From CONVERSATIONS on Page 4.

re-opened an imaginative space and fostered a form of self-analytic listening that assisted me in resolving this therapeutic impasse. Throughout this discussion I demonstrate how I employed the works of Williams and those of the psychoanalytic writer Bion in my clinical experience with the patient as a means of restoring my imaginative capacities and resuming meaningful psychological work with my patient.

Fred L. Griffin, M.D. is a corresponding member of the Dallas Psychoanalytic Society. He lives and practices in Missoula, Montana, and his e-mail address is fgmont@aol.com. Dr. Griffin will hopefully appear in Dallas in the not too distant future to present on his work. A related article by Dr. Griffin, "One Form of Self-Analysis," is due to be published in the July 2004 edition of "The Psychoanalytic Quarterly."

Note: For further information on DPS activities visit the website at www.dalpsa.org.

FOUNDATION NEWS

DALLAS FOUNDATION FOR PSYCHOANALYSIS Marc S. Litle, M.D., Chair

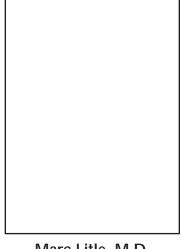
The Chair's Perspective Foundation Building

Foundation is defined in Webster's Third New International Dictionary as 1: the act of founding: as a: the act of taking the first steps in building or of building for the first time b: the act of establishing on a permanent basis typically with provisions for future maintenance. 2.a: the basis upon which something is founded: the basis upon which something stands or is supported b. archaic: a basis of agreement: UNDERSTANDING.

As I begin my term as chair of the Dallas Foundation for Psychoanalysis (DFP) I find myself thinking of origins definitions. It stirs in me a deep sense of responsibility for what has been and what is yet to come. The Foundation has grown and expanded over the years in ways both intended and unexpected. The current Board and I find ourselves gazing on this current structure in the hope of building on the best of what has been with an eye towards the future. I think of the cathedral at Chartres or the I.M. Pei addition to the Louvre and I am humbled by what a delicate task it is to add to a work in progress.

I am planning to spend the spring adding new members to the Board. We will then meet in a retreat to examine how we can best further the goals of the foundation. With greater numbers we can diversify our efforts. I would like to build upon the efforts of Joan Raff, L.M.S.W., James Bennett, M.D., and Sarah Rabb-Bennett, L.M.S.W., who have formed lasting relationships within several schools during their development of school consultations. It is within these personal relationships that our goodwill and knowledge have the chance to find a receptive audience. These relationships are essential for the DFP and the Institute. It is my hope that the DFP can reach out to establish continuous and mutual relationships with different organizations and individuals within the larger Dallas community. I believe that it is within these intimate encounters that we may broaden our support and introduce ourselves to those who may have only known us from afar or not at all.

I would like the Board to participate as a joint sponsor of programs with other groups as we did in the fall with the DSPP, DPS, IPC and DSPSW. We have skilled and sophisticated colleagues and it is my hope that we can find more ways to collaborate together for the benefit of us all. I would like the Board to develop educational programs throughout the year for different target audiences. I will encourage the Board to seek out novel ways to reach out to the community



Marc Litle, M.D.

as Diane Fagelman Birk, M.D., and Gerald Melchiode, M.D., have done with the production of the DVD "Helping Parents Help Their Children." This is a five-part discussion of childhood from infancy to adolescence from a psychoanalytic perspective. This is available for distribution* and will be aired on Dallas Cable Television*.

Our work is sacred and private. The Foundation can play a major role in bringing our care and understanding beyond the confines of our individual offices. I rely on the dedicated men and women of the Board to help me and we in turn need the help of all who wish to build a future with us. For us to become the Foundation all desire we need you all to be our foundation and to support us with your ideas and contributions. Supporting each other we build a path for others to know psychoanalysis and to find it enchanting, enriching and healing.

*For information on these and other DFP activities, contact Elizabeth Buchanan, Executive Director, at (214) 566-5083.



DALLAS FOUNDATION FOR PSYCHOANALYSIS

DPI and DFP add two new school consultations

By Sarah Rabb-Bennett, LMSW-ACP and B. James Bennett, M.D.

It is with great pleasure that the Dallas Psychoanalytic Institute (DPI) and the Dallas Foundation for Psychoanalysis (DFP) announce the addition of two new consultative liaisons with Lindsley Park Community School in East Dallas and Lamplighter School in North Dallas.

At Lindsley Park and Lamplighter, Jim and Sarah Bennett meet monthly in 90-minute consultations with the teachers and school counselors. They discuss various issues that may confront teachers, families and students in their educational setting. DFP board member Joan Raff, L.M.S.W., our li-

aison at Lamplighter, is involved in coordinating contacts with several other schools.

It has been our experience with these schools and in other consultations, like the Vogel Alcove where homeless children are in daycare, that the psychoanalytic developmental model helps to generate ideas that teachers can thoughtfully use to help support students in their school endeavors. The application of psychoanalytic concepts to school consultation has gained prominence throughout the United States. Reports from various centers underline the fact that many of the students and their families do not seek mental health treatment when they present with academic and behavioral symptoms that can sometimes lead to a cycle of school and social failure and dropout. Teachers and school personnel who have a working knowledge of normal development that includes psychoanalytic concepts of transference, defenses and other unconscious processes of the mind are better able to intervene effectively with these students. Teachers confirm that psychoanalytic principles are also helpful to them with their own personal experiences in the classroom. A major component of the approach involves building healthy relationships in the school environment that lead to more productive and pleasurable life experiences.

The DPI and DFP look forward to the ongoing consultations with these and other schools that have interest in psychoanalytic ideas.

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October 2003 to Present

We are so grateful to our donors who allow us to fulfill our mission.

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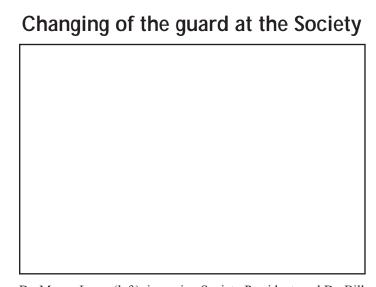
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Gail Weisblatt

Mary L. Wyant, M.D.

Julie Zvara



Dr. Myron Lazar (left), incoming Society President, and Dr. Bill Lynch, outgoing Society President, enjoy each other's company at the Founders' Day event.



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