

NEWS FOR LAY AND PROFESSIONAL SUPPORTERS OF PSYCHOANALYSIS

Number 18

www.dalpsa.org

September 2003

One view of psychoanalysis: Who is kidding whom?

By Gerald Melchiode, M.D.

Training and Supervising Analyst,
Dallas Psychoanalytic Institute

We deceive ourselves all of the time. We keep unpleasant or unacceptable motives, thoughts, feelings, experiences, expectations, and behaviors hidden from ourselves. We do all kinds of things to keep them out of our awareness including downright denying them, attributing them to other people, rationalizing, or just forgetting them. Keeping things out of awareness is hard work. It consumes mental energy, restricts our personality, and keeps us out of touch with our true self.

The psychoanalyst's primary objective is to help us understand the truth about ourselves. Since those things we keep out of

awareness are painful the process of uncovering them is difficult. Our patients (when beginning a psychoanalysis) have the best intentions to be frank and to cooperate in the process of self understanding. But, soon patients become anxious about what they are about to discover, or worry about the analyst's reactions. How they hide things from themselves in analysis and how they relate to the analyst affords both patient and analyst a direct window into how the patient's mind works. As this is brought to light, patients realize that their fears are irrational and based on earlier childhood conflicts which hitherto unresolved caused a stunting in the development of the personality.

Does psychoanalysis guarantee happiness, riches, fame, etc.? No. It merely helps

us to be honest with ourselves. What we do with that new found honesty is up to us. There will always be a small group of people who will not be satisfied until they can find the truth about themselves and hopefully there will be a group of well trained psychoanalysts who will help them in that journey.

The above is a very modest definition of psychoanalysis, but in it I hope I have distilled it down to its essential elements.

Editor's Note: In the Spring 2003 edition of the Newsletter, "What is Psychoanalysis?" was published, presenting one analyst's perspective on the essentials of the psychoanalytic process. Other analysts were invited to offer their own views, and Dr. Melchiode has done so here. It is hoped that still others will accept this invitation in future editions.

INSTITUTE NEWS

DALLAS PSYCHOANALYTIC INSTITUTE

Diane Fagelman Birk, M.D., President

Educational efforts are expanding

By Diane Fagelman Birk, M.D.

President, Dallas Psychoanalytic Institute

The teaching and critical examination of the theory and practice of psychoanalysis and psychodynamically informed psychotherapy are the principal functions of the Dallas Psychoanalytic Institute. Dialogue between faculty and students engendered by discussion of assigned readings and clinical experience produces an air of excitement and creative energy. This in mind, we have begun a new academic year with several new courses and teaching en-

deavors.

Myron Lazar, Ph.D., our newest training analyst, has taken the helm of the Candidate Curriculum Committee which develops the course work for our psychoanalytic training program. Aiming to develop a rigorous research mode in our Institute, Myron and Rosemary Cogan, Ph.D., are integrating research articles throughout the curriculum as well as setting up faculty seminars on research paradigms. We plan to develop research projects to address questions about the efficacy of psychoanalysis as a method of treatment as well as to develop ways of

measuring mechanisms of internal change.

Last spring Joan Berger, Ph.D., head of the Educational Outreach Committee, developed a series of well-received case conferences for psychiatric residents, psychology fellows and social work students. A new round of case conferences will be scheduled again this year along with four six-week psychotherapy courses offered in the coming academic year.

Beginning the first week in September, Gerald Melchiode, M.D., will teach a course on "Psychoanalytic Concepts in

See EXPANDING on Page 2.

Interdisciplinary Psychoanalytic Consortium schedules 2003-2004 study groups

The Interdisciplinary Psychoanalytic Consortium (IPC) Study Group begins the 2003-2004 academic year September 20 with the review of "Reconsidering Individual Autonomy" by Angelica Tratter and "Liberalism, Autonomy and Self Transformation" by John Christman. Primary discussants will be Angelica Tratter, Ph.D. (University of Dallas) and Herbert Gomberg, M.D. (Dallas Psychoanalytic Institute and

UTSWMC).

IPC meets the third Saturday of September, October, November, January, February, March, and April. This year, featured papers will focus on women's interests, issues, and sexuality.

In the fall of 2001, the IPC was designated an off-campus Grand Rounds for the Department of Psychiatry, University of Texas Southwestern Medical Center. Addi-

tional support is provided by Southern Methodist University.

Meetings begin at 10 a.m. in Room 138, Dallas Hall, SMU. Parking is available on the north side of Dallas Hall off Daniel Avenue.

RSVP for papers to (214) 369-7104. To be included on the mailing list or e-mail list make requests to Nkenge Gibson at nkenge.gibson@utsouthwestern.edu.

Not just for the wealthy

Psychoanalysis on sliding fee scale available with skilled clinicians

It is a myth that you have to be wealthy to obtain psychoanalytic treatment. Psychoanalytic candidates are experienced clinicians who must complete five years of didactics, pursue their own training psychoanalysis, and acquire clinical experience treating patients in psychoanalysis under supervision to be eligible to graduate from the Dallas Psychoanalytic Institute (DPI).

Because of their need for psychoanalytic clinical experience, candidates are principally concerned with treating patients for whom psychoanalysis is appropriate. When this is the case every effort is made to make psychoanalysis affordable.

For more information, call Larry Shadid, M.D., Chair of DPI's Candidate Progress Committee, at (214) 739-1101.

Reminder

Psychoanalytic community resource

The Joint Patient and Colleague Assistance Committee of DPI and DPS is available to anyone in the community who would like to discuss concerns about an analyst in either organization. This committee offers consultation and advice only. Call any committee member: Joan Berger, Ph.D., chair; Joe Gaspari, M.D., Judith Kane, M.D., George Nicalaou, M.D., or Tom Sonn, M.D. For phone numbers call (214) 648-7486.

From EXPANDING on Page 1. Clinical Practice."

Next, Jim Bennett, M.D., will teach "The Therapeutic Alliance with Children and Adolescents: the Role of the Parent Consultation" beginning on October 28.

In the beginning of 2004 "Attachment Issues in Adult Psychotherapy" will be taught by Judy Kane, M.D., for three weeks, followed by Sarah Rabb Bennett, LMSW-ACP, teaching a three week course on "Attachment Issues in Child Psychotherapy."

The final course for this academic year will begin March 9, 2004, with Marc Litle, M.D., instructing "Stories of Desire: Narratives in Psychotherapy." We will extend scholarships to two UTSWMC psychiatric residents for all four courses as well as a scholarship for one course to one member each of DSPP and DSPSW.

Since our move to the UTSWMC Department of Psychiatry we have increased our teaching presence in the curriculum for both psychiatry and psychology departments. Thomas Sonn, M.D., chair of our Strategic Planning Committee, developed a curriculum plan for the four years of the psychiatric residency. We met with Paul Mohl, M.D., vice chair of Education, and Residency Training Director, who arranged for the coordinators of the residents' lectures and clinical rotations to meet with each other. Now our faculty teaches in the psychiatry department throughout the academic year.

Other activities include the installation in the Department of Psychiatry of computer software developed through the American Psychoanalytic Association, known as the PEP CD-ROM. This program contains a massive psychoanalytic

bibliography that enables medical school personnel as well as members of DPI to access a wealth of psychoanalytic literature.

Three psychoanalysts are scheduled for Psychiatry Grand Rounds at Southwestern Medical School. Francis Hofstein, M.D., will present on October 10, 2003, regarding psychiatry and psychoanalysis in France. Morton Reiser, M.D., will present an integration of psychoanalytic and neurobiological understanding of dreams on November 7, 2003. And on April 3, 2004, Sidney Blatt, Ph.D., will speak about research in the clinical setting.

We are excited about the developing cooperation between our faculty and the psychiatry department at Southwestern Medical School. We are also pleased about our evolving educational programs in the community.

DALLAS PSYCHOANALYTIC INSTITUTE

Psychotherapy Courses

*The Dallas Psychoanalytic Institute
is now offering six-week psychotherapy modules
for Fall 2003 and Spring 2004.*

Fall Courses

Psychoanalytic Concepts in Clinical Practice

Instructor: Gerald A. Melchiode, M.D.

September 2, 9, 16, 23, 30 and October 7, 2003 – 7:15 to 8:45 p.m.
Dr. Melchiode's Office, 8226 Douglas Ave., Suite 805, Dallas, Texas

The Therapeutic Alliance with Children and Adolescents: the Role of the Parent Consultation

Instructor: James Bennett, M.D.

October 28, November 4, 11, 18, December 2, 9, 2003 – 7:15 to 8:45 p.m.
UTSW Medical Center, Seay Building (NC), Conference Room NC5.716

Spring Courses

Attachment Issues in Adult Psychotherapy (3 classes) and Child Psychotherapy (3 classes)

Instructors: Judy Kane, M.D. and Sarah Rabb Bennett, LMSW-ACP

January 27, February 3, 10, 17, 24, March 2, 2004 – 7:15 to 8:45 p.m.
UTSW Medical Center, Seay Building (NC), Conference Room NC5.716

Stories of Desire: Narratives in Psychotherapy

Instructor: Marc Litle, M.D.

March 9, 16, 23, 30, April 6, 13, 2004 – 7:15 to 8:45 p.m.
Dr. Litle's Office, 8411 Preston Road, Suite 820, Dallas, Texas

Cost per course is \$200. Enclose check payable to Dallas Psychoanalytic Institute and mail to:
Dallas Psychoanalytic Institute, UTSW Medical Center, 5323 Harry Hines Blvd., Dallas, TX 75390-9070.

When your registration is received, we will send confirmation and the reading lists for each course.

For additional information, call Tricia Oman at (214) 648-7486

or e-mail Patricia.Oman@UTSouthwestern.edu

FOUNDATION NEWS

DALLAS FOUNDATION FOR PSYCHOANALYSIS

John Gunn, Jr., Chair

Name recognition is essential

By John Gunn, M.D.

Chair, Dallas Foundation; for Psychoanalysis

In order to better fulfill its mission, the Dallas Foundation for Psychoanalysis (DFP) has been exploring ways to increase attendance at DFP events, further diversifying the audience from its core professional constituency. Historically, we have concentrated on passing out ever more fliers for events at schools, colleges and agencies as a way to increase audience. Conversations Elizabeth Buchanan has recently had with public relations professionals suggest that traditional efforts at audience enlargement (i.e. fliers) will work only if DFP has better name rec-

ognition: Why send out a date reminder card or flier for an event if the recipient does not know who we are? If DFP is identified as the group supporting "the best there is" from a therapeutic point of view, even those individuals less acquainted with psychoanalytic precepts may become interested.

The public relations professionals stated that the keys to name recognition are media and community presence. Once a year press kits should be sent to the media. These would include an updated fact sheet about our activities, mission, goals, board members and any statistics we have on numbers of people helped, community service hours logged, dollar amount of discounted services, etc.

We should strive to have a news article about one of our events reported in the media each month. Press releases need to go out prior to events, and anytime we accomplish something noteworthy. When organizations with related missions have events, DFP board members should consider buying a table to get our name in the program. Obviously, any interview time with an analyst on radio or TV would be a plus, as long as an affiliation with DFP is mentioned.

These are a few of the ideas DFP will be considering in the coming months. If you have any thoughts or suggestions on this issue, please pass them along through Elizabeth Buchanan at (214) 566-5083.

Nonprofits face challenges in the current economy

By Elizabeth Buchanan

Executive Director, Dallas Foundation for Psychoanalysis

An understanding of the challenges faced by local nonprofit agencies requires one to analyze the demographics and trends in our area. Children's Medical Center of Dallas and The Coalition for North Texas Children's Report, "Beyond ABC: Growing Up in Dallas," The United Way's "Community Assessment 2001," and the 2000 Census paint a vivid picture of the present cultural and socioeconomic landscape.

In the period from 1990 to 2000 Dallas County was experiencing marked reductions in the crime rate, the demand for social services, and the dropout rate. Following 9/11/01 many of the measures of community stability and improvement changed course. We saw a dramatic shift in the need for social services. Those previously relying on short-term services began to demand long-term services and many individuals and families who had never utilized public services required assistance for the first time.

Aside from economic stresses, growth of the North Texas population became a critical factor in the increased demand for community services. From 1990 to 2000 we became one of the fastest growing areas in the country, with a population increase in excess of 32 percent.

Parallel with the demographic changes was an increase in the number of families without sufficient medical care, education, or income. As indicated by the "Community Assessment 2001," many of the families identified as "in need" resided in the southern half of Dallas County juxtaposing greater need with fewer resources in this sector.

The combination of these factors has resulted in greater demand for social services including medical care. In times of societal and economic uncertainty the community must pull together to identify the root of the societal ills while simultaneously providing for those with immediate need. One of the most obvious options for augmenting the services available for those in need is to increase the number of private citizens who aid nonprofit agencies with their missions. Through the implementation of our strategic marketing plan the Dallas Foundation for Psychoanalysis hopes to

raise the profile of our organization by making our good work more visible and subsequently garnering greater economic support. The result would be an increased ability to serve those in need. As an organization and as private citizens we have a responsibility to strive to make our community strong. Perhaps Margaret Mead put it best when she said, "Never doubt that a small group of

thoughtful committed people can change the world. Indeed it is the only thing that ever has."



DALLAS FOUNDATION
FOR PSYCHOANALYSIS

SOCIETY NEWS

DALLAS PSYCHOANALYTIC SOCIETY

William R. Lynch, M.D., President

What is a Psychoanalytic Society?

By William R. Lynch, M.D.

President, Dallas Psychoanalytic Society

Perhaps rather than a definition this title could be cast in terms of a goal or an ideal. I hope that our Dallas Psychoanalytic Society will strive toward becoming a group of psychoanalysts embodying the objectives outlined in Article II of our new, or at least proposed, by-laws. The objectives for which this society is formed are:

1. To promote the science and art of psychoanalysis.
2. To conduct scientific meetings and provide continuing education opportunities.
3. To develop the relationship of psychoanalysis to other disciplines.
4. To promote the professional and ethical functioning of our members.

There are reasons to be hopeful that we are making progress toward these objectives. We have established a monthly Saturday morning colloquia focused on topics relevant to the science and or art of psychoanalysis for which members may earn continuing education credits. Many of our members participate in the activities of other

local professional societies. My hunch is that for the most part this is done out of individual interest on the part of these members. Also the society co-sponsors programs with other local professional organizations. Myron Lazar will address these upcoming events in his article in this newsletter edition. We now have a standing Ethics Committee and a Joint Patient Colleague Assistance Committee, which is operated in collaboration with the Dallas Psychoanalytic Institute.

We are making a good start toward achieving our own goals. With continued effort I believe we will come ever closer to realizing them. As a part of my last year as president of this society, I hope to make progress toward two other goals. One is to work with Monty Evans, our current Treasurer, to establish an annual budget process that will provide a framework for a more responsible management of our resources. This has become necessary as our group has grown and become more complex. Also I hope to work with the membership to define a clearly spelled out statement of Values for our society.

I have enjoyed my time spent as an officer of this society, and hope that I can pass it on to the next generation of leadership as a growing and flourishing organization.

Dallas Psychoanalytic Society Study Series

By Myron S. Lazar, Ph.D.

President-Elect/ Program Chair
Dallas Psychoanalytic Society

The Society this year will not only offer quite a range of learning opportunities, but will take part in a number of partnerships with other psychoanalytic organizations in Dallas. Linking with other organizations will expand our educational outreach to non-Society members as well as strengthen the ties between organizations. Our first partner will be our own Institute with a purpose of developing a psychoanalytic, clinical research program in Dallas. In this venture, which will be the theme of our first program on September 13, we hope to urge mental health professionals from other sectors of our community to join us. Rosemary Cogan, Ph.D., a faculty member and active clinical research scientist at Texas Tech University and a graduate of our Institute and current faculty member, will orient us to strategies of generating research from our own clinical practices. The program will take place at

the Medical School in the Seay Building, North Campus, Room 8.212 from 9:30 to 11:30 a.m. A research planning meeting will follow for all those interested in participating.

On Saturday, October 11, from 8:30 a.m. to 3:30 p.m. in the Scottish Rite Hospital Auditorium, for the first time in Dallas all of the psychoanalytic organizations (DPS, DSPP, DSPSW, DFP and IPC) will sponsor a program of Lacanian Psychoanalysis featuring Francis Hofstein, M.D., a former student and analysand of Lacan, and leading modern interpreter of Lacanian technique, from Paris, France. Myron Lazar, Ph.D., will present a case to him during the afternoon session. (DSPP will present a pre-Lacanian study session on September 17 with H. Monroe "Monty" Evans, Ph.D., and Beth Newman, Ph.D. leading the meeting.) Dr. Hofstein brings a richness of life experience to the consulting room due to his interesting mix of career paths: jazz musician, journalist, and psychoanalyst. Dr. Hofstein will also present at UTSW Psychiatry Grand Rounds on Friday, October 10, on the topic

"Psychiatry and Psychoanalysis in France: From Freud to Lacan—a Personal Experience."

On Saturday, November 1, from 9:30 to 11:30 a.m., at the Scottish Rite Hospital Auditorium, celebrating our Founders' Day, Morton Reiser, M.D., a leading psychoanalytic clinician/teacher/theorist, will speak on the topic: "Matters of Mind and the Matter of Brain: Part 2," "Do Psychoanalysis and Neuroscience have Anything to Say to Each Other?"

(Note that on Friday, October 31, Dr. Reiser will present "Matters of Mind and the Matter of Brain, Part 1," "Dream Images as Signposts Along the Royal Road: A Neuro-Psychoanalytic Study" at Psychiatry Grand Rounds at UT Southwestern Medical School at Dallas.)

On December 5, from 9:30 to 11:30 a.m., at UT Southwestern Med. School, Seay Building, NC8.212, Deborah Peel, M.D., a psychiatrist/analyst from Austin, President of the Appeal for Patient Privacy Foundation, will present a program titled: "How to Raise a Terrorist. Working

See STUDY SERIES on Page 6.

Jewish Family Service sponsors conference on depression

Save April 14-15, 2004, for an exceptional continuing education opportunity for the Dallas mental health community.

On the afternoon of April 14, Jewish Family Service is sponsoring a major conference featuring a workshop by Dr. A. John Rush entitled "Depression and Its Impact on the Brain."

On April 15 in a full day conference entitled "Depression Across the Life Cycle: The Interplay of Experience and Biology," DPI

Training and Supervising Analysts Dr. Jerry M. Lewis, III, and Dr. Gerald Melchiode will moderate panels of experts on depression in children, adolescents, adults and the elderly.

A national expert, Dr. Laurence J. Kirmayer will present a luncheon address on "Transcultural Aspects of Depression."

The conference will take place at the Charles Eisemann Performance Center in Richardson and will offer CEUs. For more information call (972) 437-9950, ext., 329.

From STUDY SERIES on Page 5.

on the inside with TIME magazine's investigative reporters on the American Taliban: John Walker Lindh." All are invited to attend.

On January 9, 2004, Gerald Melchiode, M.D., will lead our annual joint Society/Institute Ethics workshop for our faculty, candidates and Society members on a topic related to recent changes in Federal Privacy Legislation and its

impact on psychoanalytic practice, in the Seay Building, NC8.212 from 9 a.m. to 12 noon.

Our spring 2004 programs have not been finalized as yet, with the exception of another joint DPI/DPS research program on April 3. Sidney Blatt, Ph.D., an outstanding research scientist/psychoanalytic clinician/teacher from Yale University will be our featured speaker. There may also be an afternoon clinical presentation.

DALLAS PSYCHOANALYTIC INSTITUTE
INSTITUTE NEWS

DALLAS PSYCHOANALYTIC SOCIETY
SOCIETY NEWS

DALLAS FOUNDATION FOR PSYCHOANALYSIS
FOUNDATION NEWS

Co-Editors

Jerry M. Lewis, III, M.D.

William R. Lynch, M.D.

Dallas Psychoanalytic Institute

c/o University of Texas

Southwestern Medical School

5323 Harry Hines Boulevard

Dallas, Texas 75390-9070

(214) 648-7486

www.dalpsa.org

This program is open to all interested clinicians. Also, Dr. Blatt will give UTSW Psychiatry Grand Rounds on Friday, April 2.

I will be sending out reminders about all of these programs. I hope many of you will attend.

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

Return Service Requested

Dallas Psychoanalytic Institute
c/o University of Texas
Southwestern Medical School
5323 Harry Hines Boulevard
Dallas, Texas 75390-9070

PRSR STD
US POSTAGE
PAID
PERMIT #2650
DALLAS, TX