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## letter from the editor

On a drizzly fall Saturday morning, I attended the annual fall writing conference. My silent grumbling about driving to Newton dissipated when I walked into the library. There I saw both familiar and new faces, put my hands on the comfortable old library table, and became immersed in the personal and clinical material generously presented. After some time, the skies started to clear and sunlight poured into the room, and I thought, this isn't so bad after all. The space is nice, the community is here, and, maybe most importantly, we can still put on a great educational event. As we all adjust to our new digs, each of us with our multiple and complex feelings about the move, the work of the institute continues with vigor.

In this issue, in the spirit of moving psychoanalysis into the future, I am pleased to have our author piece written by psychodynamic therapy researchers. Their description of the contents of their edited book on psychodynamic research is intriguing and thought provoking. We also have news about our new and old members, updates on the development of our new website and the search for a new home, information about events happening at BPSI and in collaboration with other institutions, and reports of BPSI members' experience in China. Fran Arnold, Stephanie Brody, and Jose Saporta, members of the BPSI China Study Group, organized by Dan Jacobs and Judy Yanof, attended the Third Annual Chinese Psychoanalytic Conference and share with us their impressions. Finally, for a taste of the fall writing conference and a window into one person's writing process, we have Bernard Edelstein's essay on writing up cases for certification. I hope you enjoy this edition of the bulletin. As always, you can send me comments and contributions at [skattlove@comcast.net](mailto:skattlove@comcast.net).

— Susan Kattlove  
Editor

## letter from the president

How exciting to release the Third Edition of the BPSI Bulletin and the first produced from our new home in Newton Centre!

We are now embarked on our 2012-2013 academic year. While welcoming returning students and faculty, we are greeting new students who will learn and grow at BPSI and enrich our community over the years to come.

We also are thriving in our bright new temporary home in the Trask Library on the campus of Andover Newton Theological School, having said good-bye to our beloved home in Boston's Back Bay last June. Over the summer, aided by architectural and construction experts and our astonishingly hard-working, capable staff, we built out new classrooms, installed our library and archives, and shaped a very appealing social gathering space for members and guests. The arrangement appears to be meeting our day-to-day needs well. Wilson Chapel, a handsome modern building that is part of the same campus, is functioning well for our larger programs. Even so, we are working hard to find and develop a permanent home for BPSI to serve our needs going forward.

I am very pleased to report that our new governance structure is working well. Since our new bylaws passed by unanimous vote at the end of last year, we have convened our Coordinating Committee each month, with an agenda packed with creative ideas and planning for our five Divisions, each with energetic and able leadership.

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## letter from the president **continued**

I would like to highlight just three examples among many where our members and leaders are working hard to strengthen our programs and initiate new ones. Each stands alone, but they also function together to enhance our educational and institutional missions.

First, our Faculty Executive & Joint Curriculum Committee has begun a review and rework of the Curriculum for Training in Psychoanalysis. While we are always looking to improve our curriculum for training in both psychoanalysis and psychoanalytic psychotherapy, every few years we make a more thorough assessment of what and how we teach in order to benefit our sophisticated and engaged cohort of students (read more about this in the Education Division News at right). As a second example, we are hard at work designing the new BPSI website. The move last spring interrupted that project, but now, with expert guidance from a recently hired firm, we are creating a much needed, improved website to enhance communication within BPSI and present a terrific interface with the larger community (read more about this in Website Update on p 12). Finally, our Development Committee, a subcommittee of the Board of Trustees, is thinking about scholarships. We recognize that the cost of training is often discouraging to those who are interested in joining us at BPSI to become psychoanalysts or to deepen psychotherapy skills. While some scholarship support has always been available, there is a plan to create named scholarships to assist our students with the funds needed for training.

I am very much looking forward to greeting each of you at our Winter Party. It is always a relaxed and festive occasion, and this year, we have a great deal to share and celebrate!

— Ann Katz  
President

## building news

Our long process to find a new home began in 2007. We conducted surveys, met in members' homes, developed membership-based criteria on which to base the search, and engaged the services of real estate, legal, business, and construction experts. We worked to identify a possible new home that reflected the priorities of our membership and to balance those with budget constraints. In the fall of 2009, from a short list of five, our real estate advisory group chose Colby Hall, a beautiful stone building on a green campus adjacent to both Andover Newton Theological School and Hebrew College, on land owned by Andover Newton.

For one year we worked with Andover Newton, pleased that our potential new neighbors were excited about our mission and possible areas for collaboration, concerned that in the advent of such collaboration, our identity remain distinct. We concluded that BPSI could live side by side with disciplines 'unlike our own' and that both schools, however different in culture, might enrich the other, even as our primary academic affiliates remain rooted primarily in the disciplines of medicine, psychology and social work. In the fall of 2010, BPSI signed a non-binding letter of intent on Colby Hall, conditional on the sale of our building at 15 Commonwealth.

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## education division news

Last year, after careful study and consideration, the members of the Students Committee concluded that the best way to provide Candidates with increased opportunities for feedback about their educational development, both early and consistently during their training, would be to return to the system of organizing an annual meeting and discussion of the supervising faculty involved with each Candidate.

The aim of the reviews is to emphasize feedback rather than evaluation and thereby to obtain useful, timely information and careful tracking of development. This year, in consultation with the Supervising Analysts, we are scheduling meetings with Supervisors, Advisors, a member of the Students Committee, and Candidates to review progress through training. These yearly meetings will facilitate consideration in depth of the particular educational, clinical, and personal issues that shape any individual's psychoanalytic training. We hope the new procedures will help us to better clarify the educational goals and expectations of training.

In the Education Policies Committee, we will also review the current subcommittees, including the Students Committee, the Faculty and Curriculum Committees, and the Admissions Committee, among several others, to consider whether the creative energies of the many participating Members are being optimally directed towards the dual tasks of meeting the work needs of the committees while pursuing the educational mission of the Institute. The composition, tasks, meeting frequency, and relevant researches of these committees will be discussed and evaluated. These reviews will also serve our preparations for the site visit scheduled for next fall, the composition of updated bylaws for the Institute, and an updating of the policies and procedures for the Institute under the new governance structure.

— Phillip Freeman

## membership division news

At the Membership Council, we have been talking about adjustment to our new, temporary home on the Andover Newton Theological School campus, and our efforts to continue a process of engagement with our own members and with our new neighbors.

### Greeters Program

The Greeters Program was developed so that visitors to BPSI feel welcome and at ease. Hosting newcomers is crucial in making their experience interesting and comfortable – and creating a place they want to come back to.

Since the move to a new space where many attendees need to be oriented to the building, Greeters have become even more important. Hopefully, we also will be seeing an increase in guests from our neighboring institutions and community.

To that end, Donna Fromberg, the head of the BPSI Greeters Program, would like to encourage participation in the program. The Greeter's role is mainly to welcome people as they come into BPSI for scientific programs and other events, and perhaps help the visitor find a room or event.

Greeting is a much appreciated and important contribution to the BPSI community. Ideally, most members and trainees would "greet" at least one event a year. Most find it an easy role and one that is pleasurable and rewarding.

Please email Donna Fromberg at [donna.fromberg@gmail.com](mailto:donna.fromberg@gmail.com) to be added to the regular email list of Greeters, or if you know you will be attending a program and would like to be one of our Greeters.

### Continuing Education

We also have been talking about Continuing Education and how to develop and streamline our efforts to provide CMEs and CEUs at BPSI programs. This is a complex and time-consuming process for BPSI, with much oversight from outside agencies and organizations. Larry Lifson has made an ongoing contribution over many years and continues to do so, developing Continuing Education in which BPSI interfaces with the larger psychoanalytic community, as well as the entire big-tent world of Harvard Medical School's Continuing Medical Education courses and workshops. Karen Smolens has had a vital role, taking responsibility for the prodigious amount of administrative work that goes into our Continuing Education Program. We are pleased to announce that Jan Seriff has agreed to join Larry and Karen in this mission. We anticipate that Jan's intelligence and thoroughness will be an important addition to our efforts.

### Come to BPSI

We encourage each of you to come to BPSI for a program this fall, to see our building, Trask Library, and the Andover Newton campus.

– Bernard Edelstein and Randy Paulsen

## Report from the Executive Council of APsaA

Cary Friedman and I, Carol Coutu, attended the day-long meeting of the Executive Council of the American Psychoanalytic Association on June 14, 2012 at the Palmer House Hilton Hotel in Chicago. It was an interesting and, at times, charged meeting as a number of important issues were on the agenda. Topics discussed that may be of particular interest to BPSI members are as follows:

### 1. Report from the Task Force to Develop the Perlman-Pyles-Procci Proposal Regarding the Training Analyst System.

The proposal would base training analyst appointments solely on objective criteria without an evaluation of clinical case material, and would allow for the appointments to be portable among institutes. Before the Executive Council could vote on the proposal, Mark Smaller, PhD, current President-Elect of APsaA, forwarded a motion stating that it is the policy of the Association that the appointment of training analysts shall be based on objective and verifiable criteria and encouraging the Board of Professional Standards (BOPS) to develop a methodology to implement this policy. The motion passed.

**2. Strategic Planning Task Force.** The Task Force presented a report identifying the organizational priorities for the next 3-5 years and outlining the action plans developed to support the priorities. Some of the key areas of the plan include: reforms to the TA system; support for psychoanalytic research projects; the creation of a communications campaign to enhance the visibility of psychoanalysis; and the implementation of a process to manage internal conflict within APsaA.

**3. Committee on the Status of Women.** Following a recommendation made by the Social Issues Department, the Executive Council voted to create APsaA's first-ever Committee on the Status of Women. The committee will recommend efforts to improve the condition of women in society, to decrease discrimination and violence against women, and to improve understanding of the conflictual underpinnings of societal trends regarding women.

**4. Committee on Gender and Sexuality.** The Executive Council approved the request of the Committee on Lesbian, Gay and Transgender Issues to rename itself the Committee on Gender and Sexuality. The new name was thought to better reflect the work of the committee in attempting to understand the workings of power surrounding the construction of gendered and sexual identities.

**5. Position Statements.** A new position statement, Understanding and Preventing Bullying in Our Society, was adopted. Three revised position statements were approved: Position Statement on Sexual Orientation, Gender Identity and Civil Rights (replacing the 1992

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## membership division news continued

Position Statement on Homosexuality); Position Statement on Attempts to Change Sexual Orientation (replacing the 1999 Position Statement on Reparative Therapy); and Position Statement on Parenting (replacing the 2002 Position Statement on Gay and Lesbian Parenting). It was thought that the earlier position statements were outdated and the revised statements better reflected current psychoanalytic thinking.

**6. Voting.** The Executive Council approved language for a proposed bylaw amendment that would allow APsA to use electronic voting.

**7. Health Care Issues.** Attorney James Pyles reported on the crisis in health care involving both affordability and issues related to the privacy of health care information.

**8. Spring 2013 Scientific Meeting.** The Executive Council approved a decision to cancel the June 2013 APsA Scientific Meeting in order to allow more time for the creation of an innovative format for the spring meetings beginning in 2014.

—Carol Coutu

### Psychoanalytic and Meditation Practitioners' Group

The Psychoanalytic and Meditation Practitioners' Group is entering its fifth year, and our group of members is growing and vibrant. Under Randy Paulson's supportive presidency and his active involvement, a group of psychoanalytic practitioners, who also had some kind of mindfulness meditation practice, created a setting in which to practice together and also to talk about the ways that the two practices – psychoanalytic and meditation – informed and developed each other. Over the years, we have grown to a full-fledged

Study Group with CME's, a mailing list of 64, and 29 active participants from all three institutes. We have had three regular activities: a third Wednesday of the month midday hour-long meeting in which we sit and then talk; four five hour Sunday morning retreats a year, one of which is teacher-led, with a morning of practice and then a longer discussion and a wonderful pot luck lunch; and a monthly Tuesday evening study group, which is evolving into an evening meeting that will meet when there is a topic or speaker a member wants to share. This year, we are adding a bimonthly peer group for discussing cases.

What is most striking to me is the incredible spirit of the group that has developed, which was enhanced by opening it to members of all institutes. Perhaps because the traditions of meditation value compassion, honesty, love, and respect, the discussions have a quality of simple truth-speaking, and we are able to talk about what we 'really do' in our clinical work. There is joy and hilarity, and the group now feels like it has a life of its own.

Every August we send out a mailing to the memberships of the local institutes describing our activities and inviting anyone interested to join the mailing list. However, anyone with a meditation background is welcome to join any time. Anyone who does not have experience with meditation can contact me at [lisarubi@comcast.net](mailto:lisarubi@comcast.net) to talk about how to find help in starting a meditation practice so you can attend. Our members range from those who were meditating long before they became psychoanalytic practitioners to relative beginners. We do ask each member to have a meditation practice, because a significant part of our gatherings include silent meditation.

—Lisa Rubinstein

## building news continued

In the spring, our board felt it was important to research the market again, to see if we could identify other sites that might be a potential match. A volunteer group worked hard all summer to evaluate a second building in Brookline. That building, while enthusiastically supported by some of the membership, was burdened by a number of issues including parking and zoning. In meetings of the Membership, the Coordinating Committee and the Board of Trustees, we considered the relative merits of the two sites and ultimately the BPSI Board of Trustees voted for a second time to move forward with negotiations for Colby Hall. Now that we actually are on the campus in our temporary space, with winter approaching, and in light of an assault on campus, board members and the membership are once again thinking about what it will mean to be here permanently. There is no perfect solution. The only certainly is that the membership will have a wide array of divergent responses.

We are entering a three month period of due diligence, which includes an evaluation of capacity to meet historic district guidelines, zoning regulations, and negotiations for a grounds lease. Within the next month, the board will schedule a meeting for the membership to learn more about the complex issues involved in the building search, and to begin a dialogue about the meanings and reactions to such a move, including complex issues such as risk, zoning, parking, construction costs, risk of acquisition, and myriad membership feelings about moving away from the urban life of Boston and Brookline to a campus in Newton, and equally wide-ranging and complex feelings of some members about having graduate schools of theology and Jewish studies as our neighbors. We are hopeful that discussion and exchange amongst the membership in the coming weeks will be helpful as we move forward in the real estate process.

—Catherine Kimble

## membership briefs

BPSI would like to welcome our new Members.

## Candidates Year 1

**Ben Herbstman, MD**, is a fourth year resident at the MGH/McLean Adult Psychiatry residency program and chief resident of the McLean outpatient clinic. He has a private practice in Belmont and is beginning his first year as a psychoanalytic candidate.

**Elizabeth Levey, MD**, is a fourth year psychiatry resident at MGH/McLean. She also sees outpatients at MIT Mental Health. She is interested in global mental health and is involved with clinical research in Liberia. She is planning to pursue additional training in child psychiatry and child analysis.

**Elizabeth Lunbeck, PhD**, is a historian, based at Vanderbilt University, and is currently on leave as visiting researcher and professor at Harvard. She has published several books on the history of psychiatry and psychoanalysis, including, with Bennett Simon, *Family Romance, Family Secrets*. Her latest book, *The Americanization of Narcissism*, is forthcoming from Harvard University Press (fall 2013).

**Rachel McBride, PhD**, is a clinical psychologist with a private practice in Brookline. She co-teaches a psychodynamic seminar at Massachusetts Mental Health Center and serves as member-at-large in MAPP.

**Jacquelyn Turpin, LICSW**, is a first year analytic candidate at BPSI. She graduated from Smith College School for Social Work in 1995. She has a private practice working with adults in Brookline, MA, and is an Adjunct Faculty and Faculty Field Advisor at Boston University School of Social Work.

## ATP Students Year 1

**Sarah Kelly, LICSW**, maintains a private practice in Harvard Square. Ms. Kelly completed her graduate training at the Smith College of Social Work. She has advanced training in college counseling at Harvard University Health Services, where she remained on staff as a clinician and supervisor for six years, and training in dialectical behavior therapy (DBT). Ms. Kelly was a DBT clinician and supervisor at Two Brattle and

she most recently completed training in mentalization-based therapy. In her private practice, Ms. Kelly maintains clinical specializations in eating disorders, college mental health and the relationship between trauma and character disturbance. She provides psychotherapy to adolescents and adults as well as case consultation and supervision.

**Caryn S. Mushlin, LICSW**, is in private practice full-time in Brookline where she treats children, adolescents, and adults. She has completed the coursework for the Child and Adolescent ATP and began the Adult ATP this fall.

## Fellowship Students

**Deborah Aubuchon, MA**, received her master's degree in Counseling Psychology from Assumption College last May. She currently works at Advocates in Framingham, MA, providing psychotherapy to adolescents and adults.

## Zoe Billinkoff, MD

**Katherine Clark, MD**, is a PGY-4 psychiatry resident at Cambridge Health Alliance, a fellow in the Program for Psychotherapy Psychodynamic Fellowship at the Cambridge Health Alliance, and a fellow in the Psychoanalytic Psychotherapy Fellowship at BPSI.

## Larentiau Dimitrescu, MD

**Rebecca Finer, MSW**, specializes in geriatrics. She worked for the Gerontological Society in Washington before becoming a Senior Policy Analyst on long-term care reform in Illinois. Ms. Finer developed the first health program for LGBT elders in Chicago and currently works with the Institute for Geriatric Social Work.

## Anthony Gotay, MD

**Amanda Green, MD**, is a fourth year resident in psychiatry at Massachusetts General Hospital and Mclean Hospital, and she is a fellow this year at the Division of Medical Ethics at Harvard Medical School. She has particular interests in psychosomatic medicine, psychosis and clinical ethics.

**Erica Greenberg, MD**, is a third year resident at the Harvard Longwood Psychiatry Residency Training Program. She has a wide range of interests within psychiatry, including everything from psychoanalytic training, to neuropsychiatry, to child and adolescent psychiatry. After residency, she plans to apply for fellowship in Child and Adolescent psychiatry and hopes to eventually specialize in Tourette Syndrome and its co-morbid disorders.

## Sadaf Hashmi, MD

## Joshua Haugh, DO

**Thomas Huber, MA, PhD**, earned his bachelor's degree in psychology from the University of West Florida in Pensacola and his master's and doctoral degrees from the University of Detroit – Mercy in Michigan. He specializes in psychotherapy with diverse student populations and has worked at colleges and universities in Michigan, California, Rhode Island, and Ontario, Canada. He has also completed psychotherapy fellowship training at the Michigan Psychoanalytic Institute and is currently training as a Fellow at BPSI.

**Catline Jacques, MD**, is a third year psychiatry resident at Tufts Medical Center. She has an interest in trauma work specifically related to natural disasters and other anxiety spectrum disorders. She also has a growing interest in dream analysis.

**Chris Keary, MD**, is a fourth year resident in the MGH/McLean adult psychiatry residency training program. He is currently applying for a child fellowship with a special interest in child development and autism spectrum disorders.

**Alaptagin Khan, MD**, is a neuroscientist at McLean Hospital's Developmental Biopsychiatry Research Program. He is currently researching adverse childhood events and their relevance to development of early onset depression. On a side note, he is interested in the biological processes underlying human defense mechanisms.

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membership briefs **continued**

**Lusha Liu, MD**, immigrated to the United States and did her psychiatry residency at the University of Minnesota Medical School. She then did psychoimmunology research at the Brigham and Women's Hospital. She currently practices community psychiatry in Quincy and has a private practice in international college student mental health and cross culture psychiatry in the Fenway & Brookline.

**Miriam Lundy, APRN**, graduated from Yale University's Psychiatric Nurse Practitioner Program in 2010. She currently works at Boston University Student Health Services where she does individual therapy and medication management. She is interested in women's health and multicultural mental health.

**James Magauran, MD**

**Anthony Marfeo, MD**, is a third year resident at the Harvard Longwood Psychiatry program and sees outpatients in the Brigham and Women's Hospital Outpatient Department. He is participating in the BPSI psychotherapy fellowship this year, and is interested in general psychiatry.

**Jonathan Moran, MD, MBA**, is a fourth-year resident in the MGH/McLean Psychiatry Residency Training Program and is the MGH Outpatient Psychotherapy Chief Resident. He completed his MD/MBA at Tufts University School of Medicine. Prior to becoming a psychiatrist, he worked for eight years as an investment analyst covering the pharmaceutical industry. His interests include patients with substance use disorders and their families, and he has been accepted into the Partners Addiction Psychiatry fellowship beginning in July 2013.

**Sanja Petrovic-Stojkovic, MD****Malak Rafla, MD****Asma Rashid, MD****Urrooj Rehman, MD**

**Kristen Reid, MD**, is a third year psychiatry

resident at Tufts Medical Center. She joined the 2012-2013 BPSI Fellowship program with hopes to learn more about the psychoanalytic tradition and its applications to patient care and treatment. She has particular interest in anxiety disorders and effective ways in which to apply psychoanalytic approaches to patients with substance abuse.

**Ferda Sakman, MD**, is a third year resident at Tufts Medical Center and a fellow in psychoanalytic psychotherapy at BPSI. She is fascinated by the workings of the unconscious and is currently especially interested in neuropsychanalysis, meditation, and hypnosis.

**Francis Stevens, PhD**, graduated from Tennessee State University in 2010 with a PhD in Counseling Psychology. Dr. Stevens completed his internship in Clinical Psychology at the University of Rochester Counseling Center in 2010. At the University of Rochester, he worked with college students using relational based models of therapy. Dr. Stevens then completed a Post-Doctoral Fellowship in 2011 at the W.G. Hefner Veterans Affairs Medical Center, Salisbury, N.C. in Medical Informatics. At the Salisbury VAMC Dr. Stevens collaborated with Dr. Katherine Taber and Dr. Robin Hurley on research involving the anterior cingulate cortex, a unique region of the brain located between the prefrontal cortex and limbic system brain areas. Currently, Dr. Stevens teaches classes at Hellenic College and Boston College, and does outpatient psychotherapy at Harbour Counseling Services. Dr. Stevens also writes and completes research in clinical affective neuroscience, examining how emotions are processed in the brain and lead to therapeutic changes.

**Chris Tangren, MD**, is a first year attending psychiatrist at the Trauma and Dissociative Disorders inpatient unit at McLean Hospital. He completed medical school at the University of Cincinnati College of Medicine in 2008 and graduated from the MGH-McLean General Psychiatry Residency in June of 2012. He is specifically interested

in psychotherapeutic work with patients with personality disorders, mood disorders and anxiety disorders, and he sees patients in this capacity through his small private practice at McLean.

**John Taylor, MD**, is a fourth year resident at Massachusetts General Hospital and McLean Hospital, where he is currently serving as an administrative chief resident. He will pursue a fellowship in psychosomatic medicine following completion of residency.

**Brandon Unruh, MD**, completed psychiatric training at the MGH/McLean Hospital residency followed by a post-doctoral fellowship in personality disorders at the Gunderson Residence of McLean Hospital. He is currently an attending psychiatrist and therapist at the Gunderson Residence and in the McLean Hospital Borderline Center intensive outpatient program, specializing in the treatment of personality disorders. In 2012 he opened the new McLean Hospital Mentalization-Based Treatment (MBT) Clinic as its director. His academic interests include philosophical and spiritual issues in psychiatry and psychotherapy.

**Oriana Vesga-Lopez, MD**, is a fourth year resident in psychiatry at the MGH McLean Adult Psychiatry Residency Program. Dr. Vesga-Lopez received her M.D. from the Pontificia Universidad Javeriana in Bogotá, Colombia in 2005. She worked as a research scientist at the Anxiety Disorders Clinic in the New York State Psychiatric Institute before joining the adult psychiatry residency program in 2009. Her areas of interest include women's mental health, global health, and emergency psychiatry. Dr. Vesga-Lopez is the co-principal investigator on a qualitative study in Liberia, examining the manifestations of well-being and distress in adult individuals Monrovia in the aftermath of the civil conflict. Dr. Vesga-Lopez is a member of the American Society of Hispanic Psychiatry, the American Psychiatric Association, and the American Medical Association.

**Stephanie White-Bateman, MD**, completed her medical education at Columbia College of Physicians and Surgeons and her residency in the combined program of the Massachusetts General Hospital and McLean Hospital. She works in private practice in Concord, MA. She also holds positions as an inpatient attending psychiatrist on the Mood and Anxiety Disorders unit at McLean Hospital and as an instructor in the Department of Psychiatry at Harvard Medical School.

#### **Lazaro Zayas, MD**

*BPSI would like to congratulate the following Member award-winners:*

**Judy Yanof, MD**, received the Arthur Kravitz award, recognizing her years of service to a broader community of children and people who care for children. A donation was made in her honor to the Lucy Daniels center in North Carolina, a psychoanalytic center for early childhood education and advocacy.

**Alison C. Phillips, MD**, an advanced candidate, won the 2012 APsA Candidates' Council Scientific Paper Prize with her paper *A Path to 'No'*. In her paper, Dr. Phillips examines the beneficial paternal "No" implicit in Freud's 1915 paper, *Observations on Transference-Love*, as a starting point to reflect on her developmental process through analytic training. She frames her discussion with clinical material from her first control case.

*We mourn the loss of our deceased members:*

**Paul H. Seton, MD**

**Ralph J. Kahana, MD**

## community and public programs news

The Community and Public Programs Division has been busy and invigorated. We have been especially energized about the opportunities for community collaborative programming that our move to the Andover Newton campus has opened up for us.

Our Program in Psychoanalytic Studies (PPS), under the direction of Jane Hanenberg, has an exciting array of new offerings for this academic year, including Holly Housman-Friedman's class, *Psychoanalytic Couples Therapy: Blaming, Shaming, But Can We Still Dance?* and Michele Baker and Rabbi Jim Morgan's class, planned with help from the Film Committee, *Viewing Despair: Three Films, Three Traditions*, for which students will watch three films and discuss them with faculty from Andover Newton Theological School, Hebrew College, and BPSI. Two classes will be a series taught by different teachers. *Three Evenings of Art and Psychoanalysis* will include Stephanie Brody's presentation on the requiem and mourning and Jane Hanenberg's presentation on modern and contemporary figure painting and evolving psychoanalytic ideas about gender. *Thinking About Play* is a 6-week course presented by Karen Melikian, Steve Ablon, David Levoy and Jane Hanenberg, addressing contemporary issues in child treatment: mentalization, trauma in the transference, and intersubjectivity in the playspace. Finally, Paul David is teaching a class on supervision. This is the only class BPSI offers on supervision.

The film committee, under the leadership of Michele Baker and Virginia Youngren, will continue to run the monthly program at the Coolidge Corner Cinema in Newton, "Off the Couch." After viewing a current film with the audience, an analyst from BPSI presents some remarks inspired by the movie and then leads an analytically-informed discussion of the film.

We also collaborated with the Boston Jewish Film Festival on a program in November about the film, *Six Million and One*, a 93-minute Israeli documentary film, produced in 2011, in which filmmaker David Fisher and his two brothers and sister journey to Austria and the USA in the footsteps of a memoir written by their father, a Holocaust survivor. Anna Ornstein will be the discussant. In addition, the film committee has collaborated with two other community film performances at the Coolidge, one, *Love and Other Anxieties* by Lyda Kuth, local film-maker, presented at the Coolidge Nov 2-8 and the other, *Mahler on the Couch*, presented at the Coolidge Nov 30.

— Jonathan Kolb

## academic affiliation and research news

In the Division of Academic Affiliation and Research, we continue working to deepen the connection between BPSI and other academic institutions where our interests may be shared.

The Affiliate and Silberger Scholar programs have long contributed to BPSI's vitality. The Affiliate Scholar program allows individuals whose work in fields other than the mental health professions includes interests in psychoanalysis to join us in our classrooms, bringing fresh perspectives to our shared study. The Silberger Scholarship Award is given each year to an outstanding scholar whose work straddles his or her academic field and psychoanalysis. It provides the Silberger Scholar the opportunity to study with us and provides the community the opportunity to learn from the Scholar through that collaboration and in the Silberger Scholar Lecture.

These programs have been a resource to the individual scholars and have contributed greatly to the richness of the intellectual environment at BPSI. Now, within the purview of our new Division, BPSI's fine group of past and present Affiliate and Silberger Scholars is exploring new ways to contribute to BPSI and its mission. We are creating organizational structures from which to develop new initiatives for collaboration with colleagues in academic settings throughout Greater Boston and beyond. A more clearly defined home for the continuing BPSI engagement of this committed group of scholars will offer all our members an enhanced interface with the larger academic community. We are working with our website consultants to develop a strong presence on the web, where the BPSI Affiliate and Silberger Scholar group can share with their colleagues and students the excitement of participation in BPSI programs and further develop possibilities for collaborative programs and teaching. Stay tuned!

We continue to work on developing and supporting our connection with other institutions devoted to teaching clinical technique and its underlying theory and research findings. Some programs, such as the Program in Psychodynamics in the MGH/McLean psychiatry residency program, are very well established (you may see the web page for that program at <http://mghmcleanpsychiatry.partners.org/program/pip/>). Others are in earlier stages of development, and we are calling on members affiliated with them to take an expanding role to deepen the interaction with BPSI, both by bringing colleagues into BPSI and by our faculty and members teaching out in the community.

In one example of such "off-site" teaching, Dr. Alan Pollack has agreed to develop a skype-teaching psychotherapy seminar for the psychiatry residency program at Memorial University in St. John's Nova Scotia. Dr. Greg Radu, a former student in our Fellowship program, now directs residency training there and asked for our collaboration. This program extends our reach as far as ever, in terms of miles. But that tangible geographic reach is symbolic of one aspect of the BPSI mission our Division stands for, the desire for a wider ranging set of connections with other academic institutions sharing our interests and values.

Some of these collaborations include pursuit of shared research interests with outside agencies. In this coming year we intend to create a base at BPSI for renewed attention to research in psychoanalytically relevant fields of inquiry in order to deepen both appreciation for and ability to participate in research activity that supports the growth of knowledge in our field.

— Cathy Mitkus and Howard Katz, Co-Chairs

## SUPPORT BPSI AND SCHOLARSHIPS

It's time for our Annual Appeal for support. This year, BPSI's board and leadership are particularly interested in expanding scholarship programs for all of our students, many of whom are early in their professional careers as social workers, psychiatrists, or psychologists and are making only modest salaries. Scholarships make it possible for us to accept and support a broader and more diverse range of qualified applicants, and to lighten the expensive burden of training. For this new scholarship initiative to succeed we need your support!

Members of our Board of Trustees and leadership have pledged their support, and we ask that you please help us reach our goal to achieve 100% participation of the entire BPSI membership and community by making your donation now. Contact [cnathan@bps.org](mailto:cnathan@bps.org). You may do so online by visiting: [www.BPSI.org](http://www.BPSI.org) and clicking the "Donate Now" button. Every contribution, large or small, matters greatly and we thank you for your consideration and your philanthropy.



## writing about writing

by Bernard Edelstein

One of the highlights of the annual conference schedule is the fall writing workshop. In this workshop, four people who have written up cases for ATP graduation, progression, analytic training graduation, and certification share their experience of writing up their cases. This is followed by a presentation/discussion of an actual case report.

Both aspects of the conference are stimulating and inspiring. For those who are contemplating what often seems like a daunting task, taking those mounds of notebooks and hundreds of hours of work and turning them into a narrative, Bernard Edelstein's piece about his case writing process offers valuable insight and advice.

I thought I might discuss what I've learned over time about writing up analytic cases.

When I set about writing up my first control, I thought I would write the story of the treatment, chronologically, from beginning to end. It was an obsessional process. Every Friday afternoon, I walked over to Countway Library, found a large, empty reading table, and sat down next to my pile of yellow spiral notebooks. When I showed my first draft to my supervisor, she commented that while I had created an historical account, there was not enough of me in the story. She was right. I had largely left myself out of the analysis. Uneasy about showing my thinking, my own words, I had maintained a distance, kept myself hidden. I rewrote the case as the story of our journey together, my struggles as a beginning analyst, the story of how my patient's terrible attacks on himself, on his own competence and worth, had come to include me; how this very bright and perceptive man had recognized my inexperience, drawn a circle around the two of us, and then come to doubt my ability to help him out of a world in which he saw his own devalued image at every turn. And I recognized on reflection why I had not included myself in my initial telling.

After that, it was a little easier, although still for me a somewhat laborious process. I kept my weekly Friday afternoon appointment at Countway, determined that I would persist until I had completed my writing. I became somewhat less committed to a chronological approach. I identified a few themes that I wanted to write about, and how they changed over time, and realized that I could find those themes embedded in almost any page of my analytic notebooks, in a dream, in a thorny transference counter transference dilemma, in a seemingly humdrum moment. I became more comfortable showing myself in the analytic process, recognizing how often my own discomfort or uncertainty was the gateway to a new insight or experience of affective aliveness between my patient and me.

Years later, I took on the challenge of writing up my cases for certification. I had delayed the process for as long as I could stand. Following the ebbs and flows of politics at the American, I figured that APsA would do away with certification, or

that the process would be revised and case writing no longer required. I imagined the possibility that I would write up my cases and that I would be the very last person to go through the certification process before it was discontinued, a fantasy that allowed me to delay a little longer. Eventually, I recognized that it was important to my identity as a psychoanalyst to present my work outside of BPSI and certification seemed like a good place to begin. I no longer felt I could afford the luxury of Friday afternoons off for writing. So I developed a new ritual. Each Saturday, I got up at seven, went up to my study and worked until noon. This particular brand of self-deprivation seemed to encourage me to make good use of my time. And in fact I worked quite efficiently.

I chose two cases to write in which I had learned something about my experience of the analytic process that I thought might be useful to describe. The first case was actually a rewriting of my second control. R was a young man who had come to see me with a story that rang like a nineteenth century account of hysteria. He was deeply preoccupied with a somatic symptom. His attention to the symptom took him away from his work responsibilities, placing at risk his very promising professional aspirations. It also threatened his relationship with his girlfriend. Over the course of a five year analysis, I inhabited with R the maddening paralysis of his somatic symptoms, rendered helpless for long periods by his passivity, learning of his twin wishes to be nurtured by me and to defeat me. The analysis ended with what we both felt was a good result, when R left Boston for a fine professional opportunity in another city, his symptom resolved, his inhibitions loosened. A number of years later he called me.

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Read more of Dr. Edelstein's article in  
this month's e-newsletter or by visiting:  
[www.bpsi.org/bulletinfall12](http://www.bpsi.org/bulletinfall12)

## psychoanalysis in china

BPSI is engaged in collaborations near and far. Stephanie Brody, Fran Arnold, and Jose Saporta report on their recent trip to China for the **Third Annual Chinese Psychoanalytic Conference at the Shanghai Medical Center**. Their two reports give us a flavor of the experience of psychoanalytic training in China and the differences as well as commonalities in psychoanalysis in our two very different cultures.

Insights by Fran Arnold and Stephanie Brody

In September, several members of the BPSI China Study Group, Fran Arnold, Stephanie Brody and Jose Saporta, participated in the Third Annual Chinese Psychoanalytic Congress in Shanghai. The experience was a rich cultural dialogue with our new Chinese colleagues who are deeply interested in psychoanalytic treatments and are eager for intellectual exchange. Our participation was initiated last spring when Dr. Jianyin Qiu, Deputy Director of the Shanghai Mental Health Center and principal organizer of the conference, visited the BPSI China Study Group to discuss mutual interests and possible collaboration.

Shanghai, also known as “the city of acceleration,” has been undergoing transformative and historic change of a magnitude and at a pace that is difficult to imagine from our American perspective. It is a modern city of 26 million people, with a history of comparative openness to international influence. It is also a city of contrast where impressive modern skyscrapers mix with the architectural gems of colonial powers as well as occasional streets lined with older, modest buildings, sometimes without plumbing and often marked with the red symbol that indicates imminent demolition. Against this backdrop, and the the context of changes in China at large, we had the opportunity think about what it means for a country with the world’s largest population to develop models of psychiatric treatment and care.

As many of you may be aware, China has become a magnet for psychotherapeutic training programs, and psychoanalysis has found a powerful niche in this country. The clinicians we encountered from the Shanghai Mental Center and at the Psychoanalytic Congress were immersed in psychoanalytic theory and have been involved with a variety of training groups from Europe (predominantly Germany) and the U.S.

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[Read more of Dr. Arnold and Dr. Brody’s piece in this month’s e-newsletter or by visiting: \[www.bpsi.org/bulletinfall12\]\(http://www.bpsi.org/bulletinfall12\)](#)

Insights by Jose Saporta

Psychoanalysis is grounded in Western meanings, world-views and modes of thought. Traditional Chinese thought is different in fundamental ways: in its conception of agency, a view of virtues as emerging from context rather than within the individual, a world view based on process and interconnection rather than stable essences, indirectness in action and speech, different notions of happiness, and a conception of presence and absence as relative rather than absolute and opposed. I believe that if psychoanalysis had developed in China, were that even possible, it would have been very different. Contemporary cognitive research and even neuro-science research shows differences between East Asian subjects and Western Americans and Europeans in perceptual and cognitive processes that are consistent with some of the differences between East Asian and Western modes of thought and world view. Psychoanalytic observers such as Allan Rolland and Taekeo Doi have noted fundamental differences in the sense of self and in the meanings that mark the boundaries of self in Asia and the West.

Teaching psychoanalysis and psychoanalytic psychotherapy in China offers an opportunity for dialogue between different perspectives that can lead to new meaning.

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[Read more of Dr. Saporta’s piece in this month’s e-newsletter or by visiting: \[www.bpsi.org/bulletinfall12\]\(http://www.bpsi.org/bulletinfall12\)](#)

**Psychodynamic Psychotherapy Research: Evidence-Based Practice and Practice-Based Evidence, Springer/Humana Press, 2012. Raymond Levy, J. Stuart Ablon, Horst Kaechele: Editors.**

While historically the place of empirical research within the psychoanalytic community has been controversial, we hope our edited volume confirms the growing awareness that there exists a collaborative opportunity to add to psychoanalytic knowledge through formal research that enhances, rather than seeks to replace, what is learned from clinical study. The 32 chapters of our book are written by researchers who are also clinicians, psychodynamic by inclination. Let's call the authors clinician/researchers rather than allow the reference to the dichotomy of clinicians and researchers to influence our thinking. The research questions considered in their chapters demonstrate the relevance of the clinical concerns of these clinician/researchers. A quick review of the chapters reveals research on the efficacy and effectiveness of psychodynamic psychotherapy, indications for short-term and long-term treatment, dynamic treatment for anxiety and depression, approaches to patients with severe personality disorders, considerations of therapeutic alliance in psychotherapy treatment, and attachment theory and its implications for psychotherapy. Further, the book includes chapters on the usefulness of transference interpretation, the active ingredients of psychodynamic psychotherapy and their relation to outcome in single case studies, and the significance of accurate defense interpretation with different character types. There is also a psychoanalytically informed measure to evaluate personality change over time in long-term therapy. Other chapters that consider clinically relevant phenomena include a chapter on intensive study of process variables in one session of the oft-studied German psychoanalysis of Amalia X conducted by Hartvig Dahl. In these chapters, our clinician/researcher colleagues use empirical methods to wrestle with the same issues confronted when learning through supervision of individual cases. This volume also contains a section of 10 chapters on the neurobiology of psychotherapy that have clear ramifications for the evolution of theory and therefore psychoanalytic practice. As Andrew Gerber states in his Commentary to the Neurobiology and Psychotherapy section, "The region of intersection between neurobiological research and psychoanalysis is fertile and growing. As every chapter in this section attests, both empirical methods and psychoanalytic theories have advanced toward a kind of interaction that would have delighted Sigmund Freud." (p. 187)

The work of the clinician/researchers included in this text have been integral in maintaining the presence of psychodynamic psychotherapy in the formal mainstream of the world of psychotherapy. Their contributions have established that there are

many empirical designs besides randomized controlled trials that yield legitimate, valuable evidence. Indeed, the August Resolution on the Recognition of Psychotherapy Effectiveness from the American Psychological Association allows for a broad definition of psychotherapy that includes psychodynamic psychotherapy. One meaning of this Resolution is that the forces of narrow research orthodoxy have been successfully thwarted. The validity of research findings that yield evidence through naturalistic studies (more frequently and appropriately used in psychodynamic psychotherapy studies) has been accepted. We view these developments as evidence that psychodynamic psychotherapy is slowly but surely returning to mainstream acceptability. The research base described in this volume has helped to enable this acceptance.

One of the most vocal critics of empirical psychoanalytic research, Irwin Hoffman, stated (2009), "I am not arguing that systematic research and neuroscience are of no value to the practice of psychoanalysis, but only that granting them superordinate status relative to other sources of knowledge, including case studies, is unjustified and potentially destructive..." "We think you will agree that the clinician/researchers represented in our book actually share this view and see these methods as complementary rather than competing. In fact, the works described in our book all derive from careful consideration of both research findings and clinical judgment.

Despite the immense contributions of the authors who contributed to this work, as well as that of so many other researchers before them who have worked so hard, there is no denying that an absence of scientific research has contributed to the decline of psychoanalysis in the public eye relative to other theoretical orientations. The ability to reference a significant evidence-base can only help in that regard. It is our hope that researchers will continue to be curious about clinical questions from their own and others' clinical work, and that clinicians will ask researchers if their questions can be addressed in scientific fashion as well as through the systematic case study method. We are thankful to our colleagues who contributed to this book and hope they inspire the work of others to come.

– Raymond A. Levy, J. Stuart Ablon, Horst Kaechele

## website update



The first work on our new web project started 18 months ago with the firm BlueLuna, but was put on hold last spring to accommodate the move and staffing changes.

This fall we made the decision to transition the project from the original web firm to a strategic branding, communications and web firm – Imaj Associates. Imaj is also working with BPSI to help sift through some key identity/branding questions that emerged throughout the web process.

Imaj has since created a new web design based on input from leadership and members which feels much more like BPSI - it is academic, user-friendly, and open. Our consultants are soon to be knee-deep in the process of writing and editing all of the copy and creating more refined user-interfaces, including areas such as a calendar and blogs. We are excited about the new web design and ease of functionality.

The new site will be launched in phases. The first, the public phase, is planned for beta-testing in January and a public launch in February. However, our schedule is dependent on content generation from many of our volunteer leadership, who are attempting to make time in between their work and teaching obligations, the real estate process, and other pressing BPSI issues. Then phase 2 launch is planned for the spring and will incorporate a fully functional member section and searchable referral database.

An e-blast will go out announcing the launch.

Our old website was built in an outdated technology and unfortunately, this fall it became unusable. While inconvenient, we decided it would be better to put up an “under construction” site than risk new visitors getting their first impression of BPSI from our old, very dated and cumbersome site. The decision does come with sacrifice since the temporary site is very limiting, primarily prompting visitors to call us until the new site is up. We ask that, if you have anything you need from the website and cannot access through the temporary one, or if you have something that needs to get out to members, please contact the office and we will evaluate temporary solutions until the new site is up.

If you have any suggestions for the new website, feel free to email Brenna Power at [bpower@bpsi.org](mailto:bpower@bpsi.org) before December 15. Thank you for your patience. We feel confident it will be worth the extra wait! Please note, the temporary page is at our new URL: [www.bpsi.org](http://www.bpsi.org).

## UPCOMING INFORMATION SESSIONS

Our lively, welcoming and open Information Sessions are designed for anyone interested in learning more about psychoanalysis and BPSI. Candidates come together and enthusiastically share their experiences with training at BPSI, answer any questions, and debunk myths.

Please invite anyone you supervise, teach or know who might be interested to learn more about what training at BPSI can offer.

Email Janet Noonan for more information:  
[janetnoonan@verizon.net](mailto:janetnoonan@verizon.net)

**Taking the Next Steps to  
Becoming an Analyst**  
February 23, 12 noon to 1 pm  
(Following a joint program with PINE featuring  
Michael Parsons from 9 am to 12 noon.)

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**Annual Open House for  
ALL Training Programs\***  
March 5, 7:30 pm to 9:30 pm

- \* - Adult Psychoanalytic Training
- Child and Adolescent Psychoanalytic Training
- One-Year Fellowship in Psychoanalytic Psychotherapy
- Advanced Training Program in Psychoanalytic Psychotherapy