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letter from the editor

The Boston Psychoanalytic Society & Institute is, dare I say, thriving. The building is being built. Money is being raised. Students are being educated. We have Candidates and ATP Students graduating. And excellent programs are being scheduled. At the Solange Skinner Lecture, which featured three critics elucidating Freud's 1914 paper "Remembering, Repeating, and Working Through," both the audience and the discussants wrestled with what "working through" really looked like. Perhaps what is happening at BPSI now is what "working through" looks like on an institutional level. As Adam Phillips, the program moderator, said, working through might just be getting on with life even as the past is still with us. This seems to be where BPSI is now. We are not just reacting to crises; we are planning. We are thinking about our future—not just about where we will be housed, but about our psychological and intellectual needs going forward. Recent meetings of the Members Council have focused on thoughtful discussions about how best to take care of ourselves and our patients as we age, and about integrating new members who may come to us from PINE. These discussions have emphasized a community focus—it will take our colleagues to help us to recognize our limitations and do right by our patients; it will take a community to welcome new members; and, as evidenced by the recent faculty retreat, it will take the larger psychoanalytic community to help us think about how best to educate new Analysts. In my estimation, these are the kinds of considerations that can only be made by an organization that feels confident of its future.

In this issue, we publish my final two conversations with our Community Trustees, each of whom is making significant contributions to the future of BPSI. We also have reports from PiP (Program in Psychodynamics) travel grant awardees about their experiences at the annual meetings of the American Psychoanalytic Association in New York; an interview with Elsa Ronningstam about her seminar helping clinicians process and recover from the suicide of a patient; an essay by Fred Busch about his most recent book; updates on the education programs, including curriculum reform in the Institute; and news about our members. As always, please send contributions and comments to skattlove@comcast.net.

— Susan Kattlove
Editor

letter from the president

The construction of 141 Herrick Road is now well under way, as is Building BPSI's Future, our campaign to raise \$1.3 million to support the renovation.

Our conversation with PINE is ongoing. I will continue to keep you informed on both of these and other initiatives as we move into late spring and summer.

In this column I would like to tell you about another development on the near horizon.

In July 2015, the International Psychoanalytic Association will hold its 2015 congress in Boston, at the World Trade Center on the Seaport. The congress will be called "Changing World: The Shape and Use of Psychoanalytic Tools Today" and will explore how our current cultural landscape is shaping psychoanalytic inquiry and discourse.

A new feature of the congress will be what the organizers have termed "Boston Groups," small international groups that will have a series of meetings online in advance of the congress, which can then be continued in person in Boston. The Boston Groups illustrate the way developing technologies are changing modes of psychoanalytic collaboration.

BPSI and PINE members, led by Lew Kirschner and Fred Busch, have been working together to create local programming and hospitality for the congress. They are collaborating with others to develop special programs for candidates, for psychiatry residents and psychology and social work students, and for psychotherapists who are interested in psychoanalytic ideas.

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building news

The new building is under construction! Working with Schwartz/Silver Architects and project manager Design Technique, Kaplan Construction, a general contractor and construction management firm, has started renovation work on 141 Herrick Road (formerly known as Colby Hall). Construction started in early March and is expected to be complete in mid fall. Our new home will feature seminar and meeting rooms, a lounge/reading room with an adjacent kitchen, a research library, and administrative offices. Built in 1866, 141 Herrick Road is listed on the National Register of Historic Places. It is a Romanesque revival, Second Empire stone masonry building. Kaplan will renovate and reconfigure the building's three floors to accommodate BPSI's program spaces. It will also convert the attached vaulted chapel into a library and multipurpose room for hosting lectures, dinners, and other functions. Near the building entrance, a casually furnished community room with an attached kitchenette will be used as a communal gathering space for Trainees, Members, and Faculty.

In addition to other exterior renovations, Kaplan will replace stone paving, improve accessibility, install a life safety system (full sprinkler and fire alarm systems), and replace mechanical, electrical, and plumbing systems. A new elevator will provide access to all floors of the building, including the renovated lower level area with new ADA-accessible restrooms. Restrooms will also be added to the second and third floors, where the seminar and meeting rooms will be.

— Carole Nathan
Managing Director

141 Herrick Road



photo by Allen Palmer

letter from the president **continued**

In addition, Murray Schwartz and Dawn Skorczewski are designing an ambitious series of panels bridging academia and psychoanalysis.

In collaboration with the Institute of Contemporary Art, we will hold an “Off the Couch”-style film screening with a post-film analyst-led discussion. BPSI will also host a cocktail party at our new home. We are arranging dinners to be held at members’ homes and low-cost housing at an Emerson College dormitory for candidates and others who are interested.

You can learn more about the 2015 congress at ipa.org.uk.

I look forward to seeing you all at the Spring Party, when you will have an opportunity to take a tour of 141 Herrick Road and see the progress we are making on renovating our future home.

— Bernard Edelstein
President

education division news

Institute News

This year the Institute has welcomed another strong group of talented, diverse Candidates to the Boston Psychoanalytic Society & Institute.

The Education Policies Committee (EPC), in concert with its subcommittees, and encouraged by the recommendations offered by the recent site visitors from the American Psychoanalytic Association (APsaA), is working to strengthen our tripartite model of psychoanalytic training. To this end, we have further streamlined the processes whereby Candidates are approved for taking cases and cases are approved for supervised analysis. We are also reviewing patients' application for analysis with the intention of obtaining pertinent information while protecting patients' privacy. In order to achieve the best immersion in the three components of the tripartite model—personal analysis, supervised clinical work, and classes—we are considering immersion requirements for proceeding in classes, writing components to enhance seminar work, and new approaches to documenting that the personal analysis is occurring coincidentally with the other aspects of training.

Annual reviews have been successfully extended to the sixth year of candidacy in an effort to help post-seminar Candidates progress toward graduation. We are also considering post-seminar classes to help post-seminar Candidates remain actively attached to the BPSI community.

The Child Analysis Program is continuing a process of clarifying and documenting policies and procedures. In the EPC we are seeking a framework for discussing how such areas as the admission and progression procedures of the child and adult programs might be best integrated while still respecting the autonomy of the two programs.

The Training and Supervising Analyst Committee has voted to accept a proposal for a new developmental pathway for applying to be a Training Analyst. The proposal eliminates the evaluative aspects of the application, except for certification, which is required by APsaA. The developmental pathway includes two years of participation in training groups in which analytic work is discussed with peers and group leaders. Applicants will also participate for one year in a series of meetings with a small subgroup of Training Analysts, aimed at developing the applicant's psychoanalytic work and considering aspects of psychoanalytic work that may be unique to training psychoanalyses. This proposal, pending discussions with representatives of APsaA and further discussion in the EPC, is currently expected to apply to applicants beginning in 2015. The details of the proposal, including additional requirements and minor unresolved issues pertaining to applications to become a Supervising Analyst, will be available on the BPSI website as soon as the proposal is finalized.

— Phillip Freeman
Chair, Psychoanalytic Education

Update on the Institute Curriculum Revision

The Curriculum Sub-Committee of the Joint Curriculum Committee/Faculty Executive Committee (JCC/FEC) has continued its work reviewing the current curriculum and is in the process of making changes that will continue to evolve over the next several years. We have benefited from the consultation of Ellen Rees, MD, from Columbia Psychoanalytic, who visited for a second time to facilitate our Faculty Workshop on March 22. I will briefly describe our work as a committee thus far.

We plan to keep our current structure of organizing the curriculum into five sequences of study (Theory, Technique, Clinical, Development, and Psychopathology). Each sequence has its own work group, which is tasked with developing a set of clear educational objectives that include a description of how the curriculum sequence will integrate curriculum themes (see below) in its seminars.

We will continue at present with our format of four terms of eight-week long seminars. We will limit electives to Candidate years four and five, with an open invitation to Advanced Candidates and the Membership. We are considering a shift from this structure to one where electives would be offered after the five-year curriculum. This would make room for additional seminars, allowing us to further deepen and integrate the offerings during the standard five years. We would then ask post-curriculum Candidates to continue attending a number of electives until graduation.

We have developed a Curriculum Goals Statement that ties into the BPSI Mission Statement, outlining our guiding principles for the curriculum and specifying a set of themes that are integrated across all of the curriculum sequences. These themes include ethics, writing, culture/gender/sexuality, case development, and thinking in context. Each of these themes is represented by an Institute committee, which will perform an advisory function to the Curriculum Sub-Committee. Thinking in Context, a new committee, will focus on teaching critical thinking. The committee will make recommendations for examining the meaning of theory in relation to practice, providing an orientation for Candidates in the current pluralistic climate of psychoanalysis.

Focusing on greater integration in the curriculum, we have initiated several changes. First, we have begun Curriculum Coordination Meetings, which are Faculty meetings held during the dinner hour of the first week of each term. Faculty teaching during the same seminar term discuss their syllabi and teaching topics, highlighting points of alignment between classes that the

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education division news continued

Candidates attend on a given evening. In the future, we will also hold annual Faculty-Year Meetings, in which the Faculty teaching courses for a specific candidate year will join to discuss the key developmental goals for that year's seminars and coordinate syllabi. These will be facilitated by the corresponding Class Advisors.

Rather than seeing curriculum revision as a time-limited enterprise, we envision it as an ongoing process with different stages of development. Our current work, emphasized in our most recent Faculty Workshop, involves helping the sequence groups further develop their specific seminars with a logic of progression over the years of study and with a breadth of offerings that meet curriculum goals and provide excellence in educating psychoanalytic clinicians. Stay tuned for specific details of these changes, as well as different integrations of curriculum themes as we develop them in the coming months.

— Jack Foehl
JCC/FEC Vice-Chair of Curriculum

Psychotherapy Training News

2013–2014 was another strong year for psychotherapy training at BPSI. We again had a large Fellowship class (20 Fellows), who came from diverse backgrounds. In just one clinical section of six Students, we had people from Mexico, Saudi Arabia, Pakistan, and Eastern Europe! We also again attracted a large number of psychiatry residents from a wide variety of residency programs, as well as quite a few psychologists and one licensed mental health counselor. As a group, the Fellows are eager, engaged and excited to learn. The same can be said of our ATP 2 class, which has four Students, and our ATP 3 class of five Students. Almost all of our ATP (Advanced Training in Psychotherapy) Students have cases in supervision, and some are preparing to graduate as they finish their coursework. In addition, a couple of post-seminar Students have also written papers and are graduating this year.

On the administrative side, we have had some significant changes. One of our long-standing Admissions Co-Chairs, Susan Shapiro, has stepped down after many years of guiding the admissions process with amazing skill. Susan always took a deep personal interest in all of our applicants, and she excelled at managing the complex tasks of arranging for interviews and admissions meetings, reviewing applications, and coordinating the many details. She did all this with an infectious smile and grace. We will miss having her at the helm, but are grateful that she will continue to be involved in the ATP. Her Co-Chair, Jessica Barton, is now joined by a new Co-Chair, Holly Friedman Housman.

For many years, Jessica Barton has represented the psychotherapy program on the Consultation Committee. She has now turned that role over to Jose Saporta. Jose has given much serious thought to questions about the differences between psychotherapy and psychoanalysis, making him a great resource for that committee. In addition, Jose has taught the first class in the Fellowship for many years and has met all of our psychotherapy Students. It is wonderful that he is taking on this role. He is in the process of creating a database of psychotherapy Students for the Consultation Committee to use as they refer patients for treatment.

The Fellowship program continues to adjust to larger class sizes and to the increasing proportion of Fellows who are early in their career (e.g., second- or third-year residents, or psychologists who are still finishing their clinical training). This year we began splitting the Fellows into smaller groups for some of their theory classes as well as their clinical sections, and we also reviewed the readings in some of our classes with an eye toward choosing papers that would be substantial yet accessible to people early in their career. This year the psychotherapy Faculty met as a group to discuss issues in the program. There was also a meeting of psychotherapy Supervisors earlier in the year, led by our Director of Supervision, Paul David.

Altogether, the psychotherapy programs at BPSI have continued their growth and consolidation and remain a popular entree into the BPSI community. We continue to fulfill our mission of providing an introduction to psychoanalytic thinking and being an outstanding source of training in psychoanalytic psychotherapy.

— Richard Gomberg
Chair, Psychotherapy Education

membership division news

Several members of the Members Council, the coordinating body within the Membership Division, will be completing their terms in April. I want to thank Judy Arons, Deborah Bluestone, Matthew Silvia-Perkins, Mary McCarthy, Julie Watts, and Janet Noonan for serving on the council. Janet Noonan has been invaluable as BPSI's Secretary, and we will miss her. The elected members of the council will be Jack Beinashowitz, Donna Fromberg (continuing), Ellen Goldberg, Susan Dole, David Huckins, Candace Weissman, and Alan Siegel, BPSI's new Secretary. We look forward to our new representatives' helping us develop and implement programs that enhance our professional lives at the Boston Psychoanalytic Society & Institute.

During the months of February and March, Bernard Edelstein, President, joined us at our Members Council meetings for discussions of the BPSI/PINE history and the recent developments at PINE involving PINE members' meeting to consider their future. Another initiative we have undertaken within the Membership Division is to form a task force with a few members from the Members Council and the Ethics Education Committee to address issues regarding aging, illness, and the death of the analyst in relation to the care of patients. In the April meetings of both the Members Council and the EEC, we began discussing these issues using a fictional vignette to facilitate discussion, and a number of suggestions were made that will be addressed by the task force.

— James Walton
Chair, Membership Division

Report from the Executive Council of the American Psychoanalytic Association

The winter meeting of the Executive Council of the American Psychoanalytic Association was held on January 16, 2014.

Sarah Birss and I attended as the new Councilor/backup team. Discussions of many issues, including TA appointment, externalization of certification, and proposed bylaw amendments, were limited by concerns regarding current legal action. It is hoped that there will be resolution of the legal action shortly, leading to resumed discussion of important issues we face as a national organization.

— Charis Cladouhos

membership briefs

BPSI would like to welcome our new Members, mourn the loss of our deceased Members, and celebrate the accomplishments of our existing Members.

New Members (Transfer In)

Carol Drago, LICSW
Larry St. Clair, MD

ATP Graduates

Amy Fleischer, LICSW
Jason Jones, MD
Marina Kasdaglis, MA, EdM, LMHC
Alistair McKnight, LMHC
Cecilia Mikalac, MD

Child ATP Graduate

Ellen Goldberg, PhD

Psychoanalytic Graduates

Karen Melikian, PhD
Allison Phillips, MD
Lisa F. Price, MD

We mourn the loss of our deceased Members: Richard Blacher, MD, Sanford Gifford, MD, Charles E. Magraw, MD, and Gerald Stechler, PhD

BPSI would like to congratulate the following Members:

Lawrence Hartmann, MD, has been made an Honorary Member in recognition of his distinguished service to psychoanalysis and to BPSI. Dr. Hartmann is a clinical professor of psychiatry at Harvard Medical School and a past president of the American Psychiatric Association. Through his work in the APA, he played a central role in the 1973 decision to remove homosexuality from The Diagnostic and Statistical Manual of Mental Disorders. As cofounder, with Dr. Gerald Adler, of the BPSI Committee on Gender and Sexualities in 1996, he then brought his vast array of clinical and administrative skills to our organization, and he has been an essential contributor ever since. Through his ongoing work as Co-Chair since the committee's inception, he has helped to remove homophobia from our institutional culture by organizing conferences, leading evening programs, serving as a discussant during clinical presentations, and providing mentorship for gay analytic Candidates when none existed. We are delighted to officially welcome Dr. Hartmann into our professional community and to honor his outstanding and much appreciated contributions to our organization, profession, and broader community.

Michael Grodin, MD, has been presented with the Arthur Kravitz Award for the breadth of his work, including his administrative and clinical work with traumatized refugees in Boston Medical Center's Refugee Treatment Program. His involvement in issues of persecution and torture goes back many years and includes a focus on how physicians have directly participated in or quietly colluded with active torture. In the last decade, this interest has led to his focus, in close collaboration with Professor George Annas and other colleagues at the Boston University School of Public Health, on the incarceration and treatment of prisoners at Guantanamo. He has also been honored nationally and internationally for his scholarly work, and he has won awards for his teaching. Dr. Grodin is a fellow of the Hastings Center for Medical Ethics and has acted as a consultant to numerous governmental and professional boards on ethical issues. His psychoanalytic and psychotherapeutic commitments inform these deep ethical commitments. Dr. Grodin's formal involvement with BPSI began when he was the Silberger Scholar in 1999–2000 and presented the Silberger Scholar Lecture "Mad, Bad or Evil: How Physician Healers Turn to Torture and Murder from Nazi Germany to the Former Yugoslavia." He has been connected with BPSI in various ways since then and is currently an active member of the Committee on Social Awareness.

community and public programs news

For this edition of the Bulletin, we are focusing on “Explorations in Mind,” the education program geared toward both BPSI Members and the outside community. This year, “Explorations in Mind” has offered classes on supervision, couples’ treatment, and the psychology of finding home. A seminar about personality disorders used film to explore its topic, and a course about children’s literature looked at development. Here, we have an interview with Elsa Ronningstam, PhD, who since 2009 has been teaching a unique course that addresses the painful and often shocking experience of losing a patient to suicide.

The eight-week class, called Loss of a Patient to Suicide—Understanding, Processing, and Moving On, has been attended by a small number of psychotherapists per year, each of whom has lost a patient to suicide. The preferred class size of two or three provides an opportunity for each therapist to speak in depth with Elsa and her co-teacher, Igor Weinberg.

Discussion with Elsa Ronningstam

I spoke with Elsa this winter about her experiences teaching the class, and about her theoretical and clinical interests in suicide. Elsa views the class as both psycho-educational and experiential. She emphasizes that the participants, some of whom have been carrying the burden of their patient’s suicide for several years, need to be encouraged to talk about their own experiences. While listening, Elsa pays specific attention to the clinicians’ reactions to, and understanding of, the patient’s clinical course and the events that precipitated the suicide. The participants are encouraged to make a detailed assessment of their clinical involvement with their now deceased patient in order to apprehend, manage, and integrate their feelings toward, and understanding of, their patient. Since suicide is multiply determined, Elsa avoids preconceived explanations, instead relying on the clinicians’ own formulations of their patient’s experiences.

In 2008, Elsa coauthored an article with Igor Weinberg and John Maltzberger called “Eleven Deaths of Mr. K—Contributing Factors to Suicide in Narcissistic Personalities.” In it, they chronicled the determining events before Mr. K’s suicide, including the short psychotherapy that preceded it. They generated 11 hypotheses about what may have led to the patient’s death. That article’s format mirrors the class’s, as students are encouraged to recount and reconstruct many aspects of their patient’s life and death.

Elsa’s work with clinicians complements her intensive clinical work and her publications about suicide, narcissism, and personality disorders, including her 2005 book *Identifying and Understanding the Narcissistic Personality*. Elsa, who is from a small Swedish town near the Arctic Circle, is also interested in the cultural components of narcissism.

If you have an idea for an “Explorations in Mind” class, please contact Chris Morse at cmorse1@bidmc.harvard.edu or Jane Hanenberg at jane.hanenberg@verizon.net.

— Jane Hanenberg

Cochair, “Explorations in Mind: Community Education at BPSI”

academic affiliation and research news

The Academic Affiliation and Research Division has continued to support creative exchanges between the Boston Psychoanalytic Society & Institute, our Affiliate Scholars, and the academic communities. Under the umbrella of COMPASS, the Center for Multidisciplinary Psychoanalytic Studies, we are very pleased to announce that two new initiatives have been launched.

The first is the Silberger Paper Prize. This award has been reshaped to cast a wider net into the academic community and will be granted to an outstanding paper reflecting an interdisciplinary consideration of psychoanalytic ideas. Our former Affiliate Scholar Dawn Skorczewski, a professor and the director of university writing at Brandeis University, is serving as Chair of the Silberger Paper Prize committee. Other committee members include Dr. Randy Paulson, Professor Diane O’Donoghue, and Professor Murray Schwartz. They are pleased with the interesting array of paper submissions and will announce the winner by early summer. He or she will receive a \$1,000 award and will be invited to give an academic lecture at BPSI the following fall.

The second initiative, an undergraduate minor in psychoanalysis at Emerson College, has been spearheaded by Dr. Schwartz, a professor of literature at Emerson College. A similar program is offered at Emory University, and members of the administration of Emerson College have been very enthusiastic about developing such a course of study at Emerson. Tentatively titled *Psychoanalysis and Creativity*, the academic minor will begin with two courses in the 2014–2015 school year. “Psychoanalysis and the Arts” will be taught by Dr. Schwartz, and “Dreaming: Personal, Therapeutic and Cultural Perspectives” will be taught by Dr. Howard Katz. In addition, a work group will apply for a curriculum development and travel grant to support collaboration with Emory University and other academic communities. Down the road, we hope it may be possible to develop similar undergraduate minors in other local universities!

— Cathy Mitkus and Howard Katz

Cochairs, Academic Affiliation and Research Division

the pip goes to new york

The Academic Affiliation and Research Division is also pleased to announce that a total of 10 APsaA travel grants were distributed for the 2013-2014 academic year, including two new grants for social workers at the Cambridge Health Alliance. The other 8 travel grants were given to residents in the MGH/McLean and Harvard Longwood programs and to fellows in the three Boston area Child Programs in Psychodynamics. Each recipient received a \$1,000 stipend for travel to the January meetings of the American Psychoanalytic Association in New York, access to our PEP Library services, and a one-year mentorship with a member of the BPSI community. Here are reports from the APsaA meetings from six of those awardees. (Spoiler alert—they enjoyed themselves.)

Insights by Claire Brickell, MD (MGH/McLean Child Psychiatry Fellow)

I am a second-year child psychiatry fellow in the MGH/McLean child psychiatry fellowship. I am closing in on my 6th year of psychiatric training, but have had very little experience with psychoanalysis and psychoanalytic thinking. I joined the Child Program in Psychodynamics, and—thanks to encouragement from the BPSI staff—I applied for and received a travel grant to attend the annual APsaA meetings in New York City. I wasn't sure what to expect from the meeting—maybe men in suits stroking their beards while smoking pipes in flagrant disregard of NYC antismoking laws? Lots of jokes about what is and what isn't a phallic symbol? (Is anything not a phallic symbol?) Of course I have been to case presentations before, but I was not expecting such attention to detail, such meticulousness, such depth of clinical material (sometimes years' worth of work). Above all, I was struck by the poetry of the case presentations, most of which seemed to have been written with the utmost care for not only the clinical material but also the language and rhythm of the presentation. I am a lifelong lover of fiction, and I found myself similarly engrossed in the stories of these analysts and these patients. The experience was so memorable that I decided to apply for next year's APsaA Fellowship. I am keeping my fingers crossed that I will see many of you at next year's meetings too.

Insights by Gabriela Iaguru, MD (Boston Children's Hospital Child Psychiatry Fellow)

It is with great excitement that I am writing about my impressions of the APsaA meetings in New York in January. I was one of the fortunate child and adolescent psychiatry fellows at Boston Children's Hospital, enrolled in the Harvard Child Psychodynamic Psychotherapy Program, to benefit from a BPSI travel grant award. Among my favorite speakers were Drs. Alex Harrison and Beatrice Beebe, who mesmerized the audience when talking about psychoanalytic developmental perspectives of emotional dysregulation, which they study through video microanalysis, and Dr. Glen Gabbard, who gave a witty presentation on online virtual realities and the adjustment of online identities as a consequence. As a result of having previously attended psychoanalytic meetings, I was familiar with the presentation style of Danielle Knaffo, an art critic and psychoanalyst, who focused on trauma and its creative mastery in the life and work of Frida Kahlo. Another highlight was a presentation on pharmacotherapy and psychoanalysis by Dr. Larry Sandberg and Fredric Busch. This presentation led me to buy their book, *Psychotherapy and Medication: The Challenge of Integration*, which demonstrates a modern, sophisticated comprehensive model of care. Finally, I appreciated the opportunity to meet with BPSI psychoanalysts and other child and adolescent psychiatry fellows, from Cambridge Health Alliance and MGH/McLean, at a mentorship event, where we received precious advice on sifting through the offerings of the annual meetings.

Insights by Anthony Marfeo, MD (Harvard Longwood Psychiatry Resident)

It was great to be able to attend my first annual APsaA meeting. The Waldorf-Astoria was a beautiful setting, one suited to bringing the past and present together with such stimulating talks and seminars. The first seminar I went to was probably my favorite. A former acting head of a CIA division spoke about his experience managing a diverse group of people. His interest in psychodynamics and group dynamics was relevant to this meeting, despite his coming from a very different field. The variety of seminars was amazing. That alone could have been intimidating, but having guidance and support from BPSI made the event accessible. I look forward to attending future meetings.

Insights by Lydia Onofrei, LICSW (Cambridge Health Alliance Social Work Intern)

It was a great thrill to attend the APsaA meetings in New York. I found that the meetings ran both broad and deep in areas of great interest to me. I have rarely felt so much conflict with respect to two or three or more great things happening at the same time! I attended a wonderful session on psychoanalytic views on masochism and a discussion group on relational psychoanalysis that provided a history and context that oriented me, finally, to the very interesting conversations happening in the field. I benefited personally and professionally from listening to psychoanalytic perspectives on women and their experience of competence, ambition, and leadership. I also attended multiple presentations addressing infant attachment. These contributed both interesting new research findings and experiential learning with respect to threat in the mother-infant dyad (and likewise in the therapist-patient dyad). Some of the clinical case presentations left me confused. However, as I reflect on them, my thoughts are clear regarding what I learned, and I now think that these clinical presentations may have been the most impactful aspect of the meeting. For me, the conference presented a steep but welcome learning curve. I also want to acknowledge the warm and inclusive atmosphere created by members of the BPSI community, who offered guidance, support, and connection during what could have been, given my newness in the field, an overwhelming or alienating experience. Thank you so much for recognizing the need for this travel grant opportunity within the Cambridge Health Alliance. I have truly benefited and hope to extend that benefit to my colleagues and patients.

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conversations with community trustees

by Susan Kattlove

In this edition of the Bulletin, I continue my conversations with the Community Trustees. As with the two trustees I interviewed in the fall, Fred Schultz and Phil Burling, I was impressed by the behind-the-scenes energy and effort that Martha Kleinman and Barry Korobkin have invested in helping the Boston Psychoanalytic Society & Institute achieve financial stability. Martha is a successful businesswoman, an accomplished fundraising professional, and a talented entrepreneur. She joined BPSI's Board of Trustees in March 2012 and is now the Institutional Advancement Committee Co-Chair. Barry is an award-winning architect, a real estate developer, a teacher, an author, and the founder and principal of Korobkin Associates Architects. He has been an instrumental and involved member of the Board of Trustees' Finance Committee and Real Estate Sub-Committee.

Conversation with Martha Kleinman

Susan Kattlove: Tell me how you got involved with BPSI.

Martha Kleinman: It was very simple. I'm a good friend of Ellen Blumenthal's. She was the board chair at the time. She knew I had a background in fundraising, and BPSI wanted to rev up its program, so she asked me if I would join the board.

SK: Had you been on other boards before?

MK: Yes, I was on the board for the National Tay-Sachs and Allied Diseases Foundation and had had a lot of board experience in my roles as head of various fundraising programs. I know how boards work.

SK: How do you find the BPSI board?

MK: I have to say it's a great group of people. They're really incredibly hardworking people and extremely dedicated to BPSI. It's very impressive.

SK: What are your thoughts about fundraising at BPSI?

MK: People who are in fundraising tend to be people who want things done immediately. It's hard to convert the culture that exists at BPSI now, which is not an "immediate" culture, to wanting to do things quickly in this particular arena. Lynn Cetrulo and I are the heads of the development committee, which we call Institutional Advancement, and we can do things almost as we would like to have them done. Of course, we have to check with Catherine Kimble, Jim Dalsimer, and Bernard Edelstein, but they've given us a lot of independence in our ability to do things. The campaign, Building BPSI's Future, has been launched, and we have raised a fair amount of money, which is, I think, a first for BPSI. It is amazing, because I don't think anyone who has been asked so far has said no.

SK: How are you doing that?

MK: I had started this Institutional Advancement Committee with the goal of trying to figure out how to centralize the fundraising process at BPSI and make it more effective. So we had the two fund drives—the Annual Fund and Building BPSI's Future—that we wanted to put into place, and we streamlined the Annual Fund process and actually have exceeded the goal this year already.

SK: How did that happen?

MK: We helped the staff get the letter out earlier, and then follow up with notes—Jim Dalsimer wrote notes on all of the letters—and then we had a lot of people making phone calls to follow up, personal phone calls. One of the problems with BPSI is that the organization doesn't have personal phone numbers; they only have office numbers. People don't answer the phone during the day, so it's difficult to get to talk to people. In that case, if you didn't talk to people, what I said is, you have to write them a note and send them an envelope. I wrote about 40 notes. A lot of people wrote notes. That's what led to an increase in donations. So it's just a matter of putting some structure in place. For this building campaign, we've raised about \$270,000 so far. We've had one \$100,000 donation. It's gone really well. We're very excited.

SK: Are you going to do the same thing with Building BPSI's Future as you did with the Annual Fund—call people, write letters?

MK: We're asking people in person. You can't ask for large gifts like this via letter. It just doesn't go anywhere. So we've made a list of people we want to talk to, a first list, second list, third list, and then people on the committee and others are signing up to go in pairs to visit these people and asking for gifts. And as I said, no one has said no yet. It's great. I've never been involved in a campaign where no one has said no. I think it speaks really highly of the way people feel about BPSI. It's just that they haven't been asked. One of the basic tenets of fundraising is that if you want to get money, you have to ask for it. People usually don't just step up and give it. So we're asking and people are responding, which is wonderful.

SK: It's pretty amazing, considering where BPSI was just a few years ago.

MK: Jim Dalsimer has been a wonderful board Chair and is very committed to supporting this effort and supporting the Institutional Advancement Committee in general, as is Bernard. Steve Sternbach, who's going to be the new board Chair, has already asked Lynn and me to have lunch with him to talk about what we're doing and what we are envisioning for the future. I imagine he'll be very supportive too. It's really very organic in the organization. As this effort grows, people are really responding to it and wanting it to succeed. It's very good to see.

SK: Do you get a sense of a different spirit in the Institute?

MK: I've only been on the board for two years, but a couple of the chal-

enges are for people to understand [the three funds]: the Annual Fund needs to happen every year and people need to support it to the best of their ability in order to continue paying for what goes on every day; the endowment is supporting the programmatic things, making sure the speakers can be paid—that's the program part; and the building campaign is almost a third component. We're asking people to give money over a number of years. You don't have to give it all at once. You can pledge it and pay it over five years, but it's different from the Annual Fund. It's not going into the endowment, which is where some of the money from the sale of the Commonwealth building went. There are three distinct funds.

SK: Are these funds so separate that if there is a surplus in one it couldn't go to another?

MK: When you solicit money from people for a restricted purpose and you tell them that you're going to be spending it for the building, and they give it for that purpose, if you want to then spend it for something else, you have to go back to them and ask them for their permission. If they gave it to pay for the walkway in front of the building and you're using it to pay for a speaker, it's actually not legal. We would not do that.

[Before concluding the interview, Martha insists that I eat one of the most delicious chocolate cookies ever baked (recipe available on request).]

MK: I love the people on the board. I've made some really good friends in a short period of time, and I really hope my assistance will help a great deal with this project. I will say that I've been pleasantly surprised by people's ability at BPSI to go forward with this challenge, particularly the people who are going to visit people to ask for their support. We did a training on the phone, and I sent out an outline about how to conduct a visit, and people have responded really well. They welcomed it and adapted it to their own particular circumstances, and it's gone really well.

Conversation with Barry Korobkin

Susan Kattlove: How did you get interested in BPSI?

Barry Korobkin: I got interested in BPSI playing squash, of all things. I play a weekly game of squash with Lew Kirshner, and we got to be pretty good friends. The locker room is the best place to talk about things. I learned about BPSI and also about the building controversy. There was interest in selling the building and generating money through that for operations and getting a more appropriate place for a long-term home. And I'm a real estate developer and an architect. I'm familiar with a lot of the issues that are involved with that and had the time and the interest to get involved.

SK: When was this?

BK: This was six or seven years ago. It was right after you received the first offer for the building that wasn't taken, and there was a lot of discussion about that. That's about when I came on.

SK: So, you saw your role getting onto the board as really being about the building situation?

BK: Yes. The substance of psychoanalysis I'm vaguely interested in, having had some therapy myself, and I'm also just intellectually interested in analysis and personality and therapy. I was interested in being involved in that community also to see how it takes shape and meet some of the people that are guiding it.

SK: What do you think about the building decisions that we've made thus far?

BK: I've been smack in the middle of it, so I endorse them. I think they've been good. I think they've been the result of careful analysis and a careful process. It hasn't happened exactly the way we wished it would, but I think it's happened in a good way. It hasn't been rushed. We've looked carefully at options along the way and what the reasons were for doing it and what the goals were for the organization. And I think with that backdrop we've made good decisions. I think we're getting near the finish line.

SK: What do you do in the rest of your life?

BK: I'm semiretired at this point. I started out as an architect. My interest was really in specialized housing. I was involved in the deinstitutionalized community-based housing and elderly housing early on. We built one of the first and among the most innovative congregate housing developments for older people. I was an architect for 15 years, and then I got involved in doing renovations, like an old warehouse that you would convert into office space. I started out being an architect on those projects, and then I became kind of a partner, a development partner, and I became more interested in that side of the business. I would buy buildings and fix them up and rent them out. Between the two skills, it was a good match with what BPSI was looking for and needed.

SK: Have you been on other boards?

BK: Yes, I have. For many years I was on the board for Massachusetts Coalition for the Homeless. And I was active on the Boston Society of Architects board many years ago when I was more actively involved in that community.

SK: I'm always curious about how the BPSI board compares to others.

BK: The BPSI board is a very engaged group of people. I've been very impressed by the progress the group has made, even from the beginning, when they were not quite fully grounded. People have really stepped up and worked really hard. It shows. Every part of the organization is in better shape. More and more people are getting involved. They're getting involved on many fronts. The building is a small piece of the program development, attracting new people, starting new programs. I'm impressed. I think the board has been very proactive. BPSI needed and is receiving a real input of new energy and ideas. It's an exciting time. It's in its best shape from the time I've been involved to right now.

Creating a Psychoanalytic Mind: A Psychoanalytic Method and Theory, *Routledge*

by Fred Busch

This is a book about how we help patients find their own mind, and the method by which continued exploration can take place. As we know, without psychoanalysis, an individual is drawn to enact unconscious fantasies designed to satisfy wishes, protect against fears, and heal fragmented self-states and/or object relations. It is only through psychoanalysis, and the development of a psychoanalytic mind, that the patient acquires the capacity to shift from the inevitability of unconscious action to the possibility of reflection. For her, it is an enormous psychic achievement to view her mind as a playground for motivations that don't need to be acted upon, and to experience that what comes to mind is not just pulled from the storage of reality. It puts the patient in charge of her life (within the limits of understanding) and frees her from the slavery of the repetition compulsion. I see this as the essence of the psychoanalytic method, captured by Aisenstein (2007) in the following:

Analysis is uncompromising in relation to other therapies because it alone aims, other than bringing relief from a symptom, at aiding our patients to become, or to become again, the principal agents in their own history and thought. Am I too bold in insisting that this is the sole inalienable freedom a human being possesses? (p. 1460)

In my book, I hope to show why the psychoanalytic method, as I understand it, remains vital in the 21st century. I demonstrate a way of conducting an analysis that helps bring a patient closer to his own mind, as a way to change his life. It has been my contention that while our understandings of the human condition have evolved since Freud, our methods of bringing this understanding to our patients in a way that is meaningful have not always changed. Over time I have tried in various ways to understand why this was, and how we might rectify it. This work is my latest attempt to present a theory and technique where psychoanalytic meaning and meaningfulness for the patient are integrated. While the analyst's expertise is crucial to the process, the analyst's stance is primarily one of helping the patient find his own mind.

In coming to my understanding of the evolution of the psychoanalytic method over the last forty years, I've explored a variety of theoretical perspectives, including those of Andre Green, Betty Joseph, Wilfred Bion, and Antonino Ferro. From these different approaches, common paradigm changes have emerged:

1. We've increasingly realized that how we help a patient know his own mind is as important as what he comes to know.
2. Increasingly, we see the importance of working closer to the preconscious surface. Put simply by Ferro (2013), "it is important that the analyst's interpretations do not go beyond the patient's ability to take them on board." (p. 18)
3. We've learned more about the methods of uncovering what is unconscious in a way that is safer for the patient (i.e., analyzing resistances).
4. We understand more about why we need to transform what has been under- and unrepresented into representable form.
5. The means by which the unconscious is communicated in lan-

guage action have become clearer, along with the necessity of thinking of the unconscious in layers removed from consciousness.

6. The importance of working in the here and now rather than exclusively in the there and then has become evident. This has been expressed by many, but was put best by Bion (1967): "Psychoanalytic observation is concerned neither with what has happened nor with what is going to happen, but rather with what is happening." (p. 272)

While I provide detailed clinical examples throughout the first section of the book, which focuses on these paradigm changes, in the second part of the book I emphasize how these changes function in the practice of psychoanalysis. The areas I cover are free association, working through and resistance analysis, working within the transference, working within the countertransference, helping patients begin psychoanalysis, the middle phase, and termination.

For instance, I find analysts looking for the transference rather than finding it. We tend to be more eager to bring the transference into the room than to let it be in the room. For instance, when the patient is talking about some interaction outside the consulting room, and the analyst asks, "I wonder if this has to do with you and me?" the transference may be forced into the neighborhood rather than allowed to be there, resulting in an intellectualized appreciation or outright rejection. Let us take, as an example, the following clinical vignette:

It was a Monday appointment, and Anna flew into her analytic session. Before she even lay down on the couch, she stated, "I couldn't wait to tell you about this weekend." In a rush she began to tell me, at great length, of the various ways her husband had mistreated her. It was not told in any great distress, but more in the form of conspiratorial togetherness. It was a story I had heard many times from Anna, so her feeling that "she couldn't wait to tell me" struck me as an important indicator of some way she was viewing the analysis and/or our relationship. When Anna paused for a breath, I empathized with how distressing this seemed to be, and I also said that I wondered about this "couldn't wait to tell me" feeling. She cut me off, saying, "Yes, yes, but let me tell you about this other incident that happened." Anna then proceeded to tell me a number of other lengthy stories about being mistreated.

Of course, many of us would wonder if this was the way Anna was feeling with me—i.e., mistreated. Was her rushing past my words a defense against thinking that her intense feelings had any other meaning besides how badly others were treating her? My feeling was that she wanted me to mirror her feelings of being a victim, something I had done in the past as a necessary part of appreciating the interferences she experienced in her healthy narcissistic development. However, I saw this rushing past my words as a necessary beginning to whatever the dynamics were that went into this particular transference reaction. Thus, when there was a brief silence, I said to Anna that again, she seemed in a rush to tell me what had happened, so much so that it seemed difficult to register what I had said. After a brief pause, Anna said, "I hate your voice." Puzzled and intrigued, I waited. She then said, "I had a sexual dream about you last night. It wasn't you in the dream, but it was a tall guy with a beard. We made love in the most tender and exciting way. When we finished, I cried.

Obviously I didn't want to tell you. It makes me so sad when I think of being loved instead of fucked. Better to go on feeling angry about being fucked than this overwhelming sadness. It's really scary. But maybe the dream indicates it's not as scary as it was."

This vignette demonstrates how I work within the transference. There was, of course, no way of my knowing the meaning for Anna of the need to drown out my words. It was only my clarifying what was going on within the transference that allowed Anna to tell me that she viewed my voice as a threat to her defenses against the wish to be loved. Rather than analyzing the transference from outside the immediacy of what is being expressed, the expression of the transference first needs to be empathically captured and clarified by the analyst. With Anna, it was only when this rush to tell me stories to keep me out was clarified that the anger and sadness over the exciting and scary things she wanted from me could be revealed in her dream, and could begin to be mourned as a step toward finding what she desires.

I receive two types of questions when talking about my work. The first is whether my way of working helps the patient go deep enough into her unconscious. The answer depends on whether one thinks that a patient can experience the unconscious through direct interpretation or that we have to open the way for the patient's experience of the unconscious via successive steps and resistance analysis. As I show in my book, the French and some of the London Kleinians are moving toward a more gradual approach to the unconscious.

The second question, which I hear only in the United States, deals with whether my method is too cerebral, and not sufficiently attuned to the patient's affective states. This is something of a puzzle to me. I don't see how one can work effectively with a patient unless one is emotionally engaged. Affective attunement is crucial in listening to the patient and in making an interpretation meaningful, while thinking is a way of organizing that meaning and giving form to it. Further, I think that we often tend to forget the powerful effect, for a patient, of feeling listened to, and that we overestimate patients' needs to hear from us. I would suggest the pos-

sibility that, at times, the greater the difficulty we have in listening to our patients, the more insistent a patient will become on having us speak. Further, the more we feel the need to speak, the more we interfere with the patient's capacity for thinking and reflecting.

We do many things in psychoanalysis. We empathize with the inevitable traumas in our patients' lives, and we stand as witnesses to the horrors some have faced in reality. We try to keep in mind what the patient may become, while we contain a maelstrom of feelings to see how we can best help the patient. The list goes on and on. However, it is important to differentiate what is necessary for analysis to take place, and what is the essence of psychoanalysis.

In 2001, Martin Bergmann wrote, *Because psychoanalysis aims at more than restoration, the issue of its goals is both interesting and controversial. In the present climate of opinion, psychoanalysis is pressed to demonstrate its cost effectiveness against other therapies. The outcome of that controversy is still in doubt, but what remains certain is that if the value of "know thyself," first articulated in the city of Delphi in Ancient Greece, is still important, psychoanalysis has no rival among other forms of psychotherapy. (p. 15)*

It is in this spirit of "know thyself," and what that means psychoanalytically, that I present the ideas in this book.

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This book can be ordered on Amazon or directly from the publisher, using the code IRK71 for a discount.

the pip goes to new york **continued**

Insights by Kayla Rosen, MD (MGH/McLean Psychiatry Resident)

My experience at the APsA conference in New York reminded me why I chose to be a psychiatrist. The diversity of the lectures and discussion groups showcased the limitless vantage points from which we explore the human condition. I enjoyed spending a morning formulating a character in a Chekhov short story and an afternoon listening to an analyst recount the evolving treatment of a transgender child. Years ago, when I decided to switch my studies from literature to medicine, I tended to explain that I saw the two disciplines as fundamentally similar, both intimately engaging with humanness. During the course of my residency, as I found myself enmeshed in the daily grind of ERs and inpatient units, these similarities often receded. This conference gave me the opportunity to pause, to emerge from the intensity of training and to reengage with what drew me to both literature and medicine. I appreciated the value the analysts placed on meticulous exploration, and I felt inspired by this exceptional degree of attentiveness to patients. In

addition, the intellectual discourse and lively debates spurred by many of the presentations made me excited to be a part of such a dynamic community. I left the conference feeling like I had found my place.

Insights by John M. Teal Jr., MD (MGH/McLean Psychiatry Resident)

It was a tremendous honor to be named a recipient of the BPSI travel grant. This year's APsA meetings in New York City was in fact the first academic conference of my career. Upon my arrival, I got the sense that the education of future clinicians was a real priority among the psychoanalytic community. The conference served to further develop my interest in psychoanalytic thought by exposing me to a variety of topics outside of the traditional residency curriculum, as during, for example, discussion groups on masochism, narcissistic rage, and the analysis of masturbatory fantasies. I was fortunate to attend a discussion group on opera and psychoanalysis that explored the underlying psychological themes of Wagner's *Flying Dutchman*. The idea of applying the analytic lens to musical compositions has inspired me to further explore this topic in the form of my residency senior academic talk. Thanks again to the BPSI community for making this possible.

conversations with community trustees **continued**

SK: I think that's true. I wasn't sure it was going to turn out this way with all the conflict over the move.

BK: One of the things is that we backed up a step. We did this whole kind of goals analysis for the organization, what kind of things the organization wanted to achieve, and looked very carefully at things related to the building and finances and had good people involved in advising us. We didn't move forward quickly, we moved forward sluggishly, but on solid foundations every step of the way. So far that's been good. You can always step in a hole on the next step.

SK: As a non-analyst in the community, but somebody who is familiar with the community, what do you think would be useful for us in terms of getting more people interested?

BK: Some of it has to do with public perception. The therapy world is sort of confusing to people. They don't really quite know [where to look]. BPSI has a reputation as being quality. I think BPSI has a chance to position itself there. Making a broad-based appeal—so that people, when they think of needing therapy or wanting to engage in it, think about BPSI—will strengthen the organization. Outreach to young people—this is an organization that's got a lot of people who are pretty old—bringing new people into it [will help]. There are programs which seem to be successful with interns at some of the local hospitals, bringing people in first with the one-year course, but then they become interested in becoming candidates

SK: We're getting candidates. The question is if we are able to get patients.

BK: Right. That's the challenge. It's a little bit of a PR challenge. As you get to be more established and there are accounts of your role in the community and the success with which you help people, people will come more, I hope. But that's a challenge, definitely a challenge. And whether you can get analytic patients in any number is really a question. Even though the building thing seems like it's totally unrelated to this question, it's sort of part of the question. It builds your substance. It builds your existence and assertion as a place that's important.

SK: This is where you come in, from the perspective of the environment relating to the product or the experience of being there.

BK: I think that's true. I've always been interested in architecture and buildings as kind of a social construction that gives form to how people get along with each other. And in a small way, a school building and professional building does that.

SK: Having a space to sit like this, near the big windows, and an open space, like the front office area, feels very different from the way it felt at 15 Commonwealth Avenue.

BK: I think that's important. It's internal. It's not necessarily going to get you a million people from outside, but it builds internal strength and substance. It's attractive.

SK: Are you pleased with the way the architectural plans are going?

BK: Yeah. It's a building with very strong personality. There were other possible ways to go, but the combination of a building with a lot of character, some nice big open spaces in it, being located in a place where people can park easily, and being part of a campus where you can share other facilities—it's a pretty nice formula. I think the space is going to look pretty nice, gracious. I think it's going to be a good place.

UPCOMING BPSI PROGRAMS

Off the Couch
at the Coolidge Corner Theatre

June 17, 7:00 pm

Psychoanalysis goes to the movies!
Film screening followed by discussion with
Benjamin Herbstman, MD
Film to be announced.
Check www.bpsi.org for updates!

The Annual S. Joseph Nemetz
Memorial Lecture
September 20, 10:00am-12:00pm

With Donnel Stern, PhD
Lecture at Wilson Hall

Meet the Editor

January 20, 7:45pm-10:00pm

*Richard Roud. Decades Never Start on Time:
A Richard Roud Anthology*
Edited by Karen Smolens and Michael Temple
British Film Institute, August 2014