The Affiliate Council Newsletter

January 2007
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President’s Letter
—By Julio G. Calderon

Our President’s Farewell

It is with deep felt gratitude and sadness that I bid you all farewell as my term as president of the Affiliate Council comes to a close. The last four years have been a remarkable experience working alongside many talented candidates and members of the Association who work long and hard with little recognition to improve the quality of our educational experience and to strengthen the place of psychoanalysis in the broader world community. I have learned to appreciate a rare commodity, our “human resources” which at times are squandered by endless discussions that serve to undermine what would otherwise be a truly open and constructive dialogue. These longstanding debates have paralyzed the Association and have grinded very good efforts by many of our members to a complete halt. We need to move on to the more pressing issues that are facing our profession. These internal debates drain our energies for the battles that are really worth fighting. We face threats to our way of thinking and to our ability to provide the necessary help that many of our patients need. The infringement from managed-care and the emphasis on “evidence-based” treatments have gradually eroded the importance of psychoanalytic understanding and treatment approaches. We have much work to do in our efforts to reassert the scientific basis of our discipline and to regain the preeminence we once had among many theoretical approaches.

Candidates hold the promise for the continued vigor of our Association and to regaining our preeminence as a scientific discipline. It was with this goal in mind that I developed the idea of the Leadership Academy in an effort to help develop and nurture the innate leadership skills among us. We are a talented group of individuals with a wealth of knowledge and experience. I want to encourage all of you to get involved both locally at your institutes and at the national level. The opportunities that exist today for candidates within the broader national organization are invaluable. Our presence is felt at all levels of the organization and our contributions valued.

I would like to welcome and congratulate the new incoming officers some of whom I have had the pleasure of working with over the last several years. It is with utmost confidence that I leave you in the very capable hands of your new incoming president and a good friend, Laura Jensen. Laura has accompanied me throughout these past two years and for that I will always be grateful. She will be joined by our new president-elect, Carmela Perez, who has also been an invaluable member of the Affiliate Council in her role as both delegate and as chair of our committee on racial and ethnic diversity. I wish Carmela much success and congratulate her on winning the recent election. I also want to congratulate Wolfgang Rosenfeldt who will be the new incoming secretary and Jill McElligott who will be the new treasurer. Best wishes to the new executive committee.

I have also been fortunate to have Eileen Piaseki (Secretary) and Jacquie McGregor (Treasurer) alongside as part of our Executive Committee. Both have served the Affiliate Council with deep-felt commitment and to them I owe much gratitude for all their hard work, friendship and timely budget/minutes reports. I also want to thank our committee chairs and institute delegates whose efforts often go unrecognized but whose contributions to the Affiliate Council are indispensable: Carol Arland and Leslie Cummins.

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ON PSYCHOANALYSIS

PRACTICE BUILDING AND REFERRALS
—Charles P. Fisher, M.D.

Creating a fulfilling psychoanalytic practice is a central task for candidates in psychoanalytic training and a critical element in professional satisfaction throughout one’s career. Although survey data suggest a declining number of psychoanalytic cases per analyst in the American Psychoanalytic Association (APsaA), there are significant indications of trends in the opposite direction. Throughout the world, psychoanalysis is gaining new strength—notably in Latin America and Asia. In the United States, new psychoanalytic programs are being formed within APsaA (Portland, Oregon; Birmingham, Alabama; Syracuse, New York), and outside APsaA (IPA programs in San Francisco and Seattle; non-IPA programs in Boston, Los Angeles, and elsewhere). These developing programs reflect continuing strength in the psychoanalytic movement.

In certain communities, psychoanalytic practice is thriving, and certain analysts have busy psychoanalytic practices. A number of factors promote these successful individual practices and communities. My central recommendation for building a psychoanalytic practice is to enhance your involvement in a psychoanalytic community. A psychoanalytic community is not a single institute, society, or center, but a complex web of individuals and organizations who share interests, knowledge, ideas, and clinical work in a broadly psychoanalytic arena.

To enhance your involvement, I recommend balancing the objective of promoting your own practice with the objectives of contributing to the creation of a rich psychoanalytic community and serving the needs of the public at large. These goals are synergistic. By pursuing them effectively, you become a better psychoanalyst, while becoming known as a skillful clinician. You build a respected place within your psychoanalytic community, while enriching the community in which you practice. You may be able to contribute to psychoanalytic knowledge, while promoting the awareness of psychoanalysis in related intellectual and clinical disciplines. And you are likely to increase referrals for your own practice and for other psychoanalysts, while providing more accessible and useful service to the broader community.

Specific Suggestions
Several general comments apply to the following suggestions. First, many of these suggestions fit more than one category because they promote several objectives at the same time. Second, it is useful to assess your own interests and strengths to find the most suitable ways for you to become involved in your psychoanalytic community. Third, it is important to balance career goals with other goals in life and important life commitments. This kind of balance, little emphasized in psychoanalytic education, contributes significantly to long-term professional and personal satisfaction.

1. Make yourself visible in order to attract referrals from the larger community.
   • Become active in your professional discipline (psychiatry, psychology, social work, etc.) and in related organizations.
   • Become a local expert in a particular clinical area. This is often easier than you might think. You may be able to begin by simply declaring an interest

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in working with a specific population of patients.
• Provide consultation and teaching at professional schools and training sites.
• Attend and participate in professional meetings of various kinds.
• Identify yourself as a psychoanalyst or a psychoanalytic candidate in all of these settings.
• Tell colleagues and supervisors that you desire referrals.

2. Improve your clinical work while strengthening ties with other analysts.
• Present cases at conferences.
• Join study groups and peer consultation groups.
• Obtain psychoanalytic supervision or consultation.
• Participate in regional and national psychoanalytic meetings.

3. Enrich the psychoanalytic community in which you practice.
• Create a moderate fee referral network.
• Create an outreach program for your institute.
• Create a new community program or service.
• Teach in the extension division of an institute or psychoanalytic center.

4. Conduct your clinical practice in a manner which tends to create analytic patients.
• Read Arnold Rothstein’s book, Psychoanalytic Technique and the Creation of Analytic Patients (Second Edition, International Universities Press, 1997), and adapt his recommendations to your own practice.
• With each new patient, practice in a style which is compatible with future psychoanalytic work. Adopt an attitude which favors understanding rather than manipulation of the patient, which communicates to the patient that it may be possible to work in greater depth, and which addresses transference at an early point in the treatment.
• Learn to recognize indications for more intensive treatment.
• And learn to recognize when limited treatment goals are more appropriate for a patient. This serves patients well, and allows you to focus your efforts where you can be most effective.

As you build your practice, keep in mind that your own psychoanalytic community and the psychoanalytic movement at large have everything to gain from your success.

Charles Fisher, M.D. is a Training and Supervising Analyst at the San Francisco Psychoanalytic Institute.

November 26, 2006
The Affiliate Council

The issue of practice building and referrals can get challenging when you start thinking about promoting yourself or even doing advertising and marketing, both activities which have been considered historically somewhat of a taboo amongst analysts. There seems to be a constant tension between our roles as analysts in training and practitioners trying to develop our businesses, and I would be interested to hear to what extent this is addressed at any institute. At NYU in addition to instructors and supervisors getting to know candidates and refer cases on an individual basis, the reduced-fee clinic has been one way to help candidate’s get their cases and build their analytic practices. In the last few years, however, because of the large size of the classes, this has not been sufficient. A practice-building class has been a welcome addition to the curriculum. The class was focused on developing analytic practices and analytic patients. Last year, our candidate organization secretary, Doonam Kim, MD, put a lot of work into developing a directory list of all the candidates with their office location, specialties, and kinds of insurance accepted, if any. This list was a way of helping candidates with referrals to each other. I am not sure whether NYU candidates feel supported by the institute as they struggle through these issues and these tensions. Perhaps this is an area for our Affiliate Council to focus on.

The Candidates’ Organization is also involved in educational opportunities for our students. Sparked by the recent Affiliate Council presentation at the APsaA June Meetings, the Candidates’ Organization will sponsor a candidate-focused presentation by Gail Saltz, M.D., on corresponding with the media. Additionally, the Candidates’ Organization will host other APsaA candidates in New York for a reception and talk by Jonathan Shedler, Ph.D., in collaboration with the Institute’s Program Committee on February 13th, 2007.

We are pleased to announce that Adele Tutter, M.D., Ph.D., took part in a panel that was formed for the 2006 CP Wilson Memorial Lecture at PANY, in which Medication in the Analytic Matrix was the topic.

It is with deep regret that we announce the deaths of three of our members, Leon Kuperstein, M.D., Joshua Perman, M.D., and Matthew Silvan, Ph.D., over the past year. They were integral members of our community, and will be missed.

The Washington Center for Psychoanalysis sponsors a low fee clinic to help candidates generate analytic cases and to provide psychoanalysis to those for whom it would otherwise be unaffordable. To graduate, candidates are required to treat at least one low fee, sliding scale case. Fees are then pooled to offset the cost of the clinic, and the remaining profits are dispersed to participants. In turn, the candidate receives low fee supervision. The clinic is a virtual networking tool, generating referrals from area psychiatry, psychology and social work training programs, as well from established psychoanalysts in the community. In addition, candidates make use of the listserv, an email community to advertise their areas of expertise and availability. A referral list is linked to the listserv and includes the types of cases each candidate is seeking. Also, a variety of networking opportunities are available through the center, including monthly scientific meetings, joint Institute gatherings, and discussion groups. And of course we are all eager to help each other build our practices and meet graduation requirements.

NEW YORK UNIVERSITY
PSYCHOANALYTIC INSTITUTE
—By Carmela Perez, Ph.D.

NEW YORK PSYCHOANALYTIC INSTITUTE
—By Hilly Dagon-Clark, Psy.D.

Several recent events have contributed to the growth and expansion of our institute. We have welcomed a class of five while celebrating the graduation of three. Additionally, our Candidates’ Organization continues to thrive. Involved candidates attend meetings on alternate months, correspond through our recently created list serve, and engage in a mentorship program. Candidates are also encouraged to attend a Practice Building Seminar, hosted by the Dean of Education, Phil Herschenfeld, M.D., in order to expand and enhance their practices.

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WASHINGTON CENTER FOR
PSYCHOANALYSIS
—By Cheryl Collins, M.D.

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MICHIGAN PSYCHOANALYTIC INSTITUTE
—By Susan Flinders, Ph.D.

As we slide into the icy throw of winter, it appears that once again candidates are dusting off the cobwebs in their brains (as if any of us had quiet time there) and have begun a new year of coursework. Over the Summer, however, outgoing Co-President Susan Flinders had a party for candidates and their families at her house on the Lake. Her kayaks continually made orange and yellow brush strokes across the Lake, while her wine colored Waverunner kept up a similar pace. Susan was deemed skipper of her speed boat which ferried most of the guests around the lake and furnished wakeboard lessons to some bravehearted teens determined to master the sport. At shore other activities kept the pace that included eating, swimming, leisure floating and sunning, and minnow netting. Needless to say, it was rumored that the most amazing and gratifying quality of the day was that very little psychoanalysis was discussed and everyone was truly free on this day to regress in service of their egos.
**Institute News cont.**

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Most recently, Dr. Alan Skolnikoff, training and supervising analyst from San Francisco, came to present a paper entitled “The Negation of Consensus: A Case Study.” Lynn Kuttnauer, Ph. D., a third year candidate, also had the opportunity to present case material to him prior to the presentation. A lively discussion ensued as candidates listened and lunched.

The culture of building a practice is supported for Candidates in Michigan by an elective related to building an analytic practice, along with the ongoing explicit encouragement by analytic educators and mentors in Michigan. The referral process is enhanced by two treatment clinics, one in Farmington Hills and another in Ann Arbor, and by the positive influence of supervisors and other analytic mentors.

**Affiliate Council Business**

**Scientific Paper Prize**

There were seven papers submitted to the Affiliate Council Scientific Paper Prize for 2006, and fourteen candidates and recent graduates made up the first round judging panel: Anne Adelman, Abby Herzig, Angelica Kaner, Ann Hoffman, Sol Bankier, Barbara Drinka, Bernadette Kovach, Meryl Berlin, Rebecca Mair, Karen Melikian, Dan Fast, Susan Odell, Marc Rathburn, and Peggy Walsh, and I want to thank them for their careful readings. One paper was the clear winner: “Romantic Mirroring and Erotic Transference in the Female Analytic Dyad” by Terri Lee (Seattle). It received glowing reviews from each of its readers. It is a valuable contribution to psychoanalytic theory and practice, moving and beautifully written, and is a reworking of the paper that came in third last year. Terri will present her paper in New York, and I hope many of you will attend.

We had a challenging task in deciding the semi-final paper, for the first round judges had differing views of each of the six others. The final judges Beverly Betz, Michael Shulman, and Robin Deutsch helped in deciding to award the semi-final prize to the paper that was the most interesting psychoanalytically, “The Importance of Language to Self Regulation” by Lisa Miller (Houston-Galveston). Lisa is a fellow in the neuroscience program in Houston, and has written a comprehensive and compelling review of neuroscience findings and argued their relevance for psychoanalysis. Her presentation in Denver will include power point slides of brain images and promises to teach us all a great deal about this exciting new area of research.

The judges have again been invited by Steven Levy to become editorial readers for JAPA. Beverly Betz (Baltimore Washington) and Angelica Kaner (New England East) will take over as co-chairs for the 2007 Competition.

**Save the Date!!!**

The editorial and managing staff of *The Candidate*—a journal about issues central to candidate life—will launch online next month at www.thecandidatejournal.org. We are really proud of the variety of contributions included in this issue! We have received submissions from the most senior psychoanalysts to the most junior candidates, from all over the country, from institutes of multiple theoretical perspectives.

We have also planned a celebratory launch party for *The Candidate*. It will take place on Friday January 19th just after the plenary session of this year’s APSA 2007 Winter Meetings in New York City. The location is hip, and the crowd will offer a great chance to visit with colleagues from across the country and world in a relaxed setting. Come join us!

**Where:** Tina Kim Fine Art @ 41 West 57th Street – New York City

**When:** Friday January 19, 2007, from 6:45-8:45 pm.

We hope that you will all be able to attend. Please mark your calendars now, as your presence and support are vital to our success. When we send you a formal on-line invitation soon, we hope you will forward it to your colleagues, candidates and graduate analysts alike. The event will be primarily a celebration, but we also hope to advertise *The Candidate* and to raise funds through a modest entrance fee to fund our next issue.

See You There!!!!

For further information, please contact:

Chap Attwell, M.D.: chapattwell@yahoo.com
Abby Herzig, Psy.D.: ajkherzig@hotmail.com

January 2007

The Affiliate Council
Two years ago in a reading and writing seminar taught by Don Moss at NYU Psychoanalytic Institute (NYUPI), NYU Medical Center, candidates were asked to imagine themselves as editors of a journal devoted to topics of special relevance to candidates. The candidates sat on an editorial board, reviewed articles for publication, and submitted their own drafts to be reviewed by the editorial board for this imaginary journal. The candidates realized that there were issues related to candidacy that were not being written about elsewhere in the field. An idea was sparked and an interest grew out of this exercise about the potential of actualizing this imaginary journal. Fifteen candidates and four faculty advisors took on the task of bringing this journal to life. Today, two years later, we are thrilled to announce the launch of the new REAL online journal, The Candidate (www.thecandidatejournal.org).

Within the NYU Psychoanalytic Institute, support and enthusiasm for The Candidate came readily from the faculty and administration, particularly from the four faculty advisors of The Candidate, Donald Moss, MD, Joe Reppen, PhD, Steven Reisner, PhD and Arden Rothstein, PhD. It quickly became apparent that candidates were not the only individuals with something to say about psychoanalytic education. Many graduates and senior analysts wanted to write about experiences, both from their own training and as faculty members. Interest in and support for The Candidate came quickly from outside NYUPI, from the American Psychoanalytic Association, Division 39 of the American Psychological Association and from local, national and international candidates and graduate analysts.

The Candidate is the only journal solely committed to addressing issues of particular interest to candidates. We received and continue to encourage submissions from candidates—young and old, past and present. We are also extending our reaches to those in graduate and residency programs—who might one day be interested in becoming psychoanalytic candidates. We are proud of the responses we have received from the international community and are continuing our efforts to enlist the participation of those from around the globe.

The first volume is dedicated to “Beginnings.” The early experiences of psychoanalytic training. Candidates wrote papers on their experiences during the interview process, the assignment of a training analyst, and starting a control case. We published two recent panels related to candidacy: The first panel which is followed by invited responses by 10 candidates from around the country, is entitled “The Development of an Analytic Identity: The Impact of Early Formative Experiences and Theoretical Models in Training.” The panel was sponsored by The Candidate and presented at the 2006 Winter Meetings of the American Psychoanalytic Association. The second panel, a PANY (Psychoanalytic Association of New York) meeting organized by NYUPI candidates asked: “Are there inherent impediments to the therapeutic outcome of a training analysis?” It is followed by invited responses from esteemed senior psychoanalysts.

The first volume also introduces our most recent endeavor to create an oral history of psychoanalysis. We begin this project with an online video interview with Roy Schafer who speaks candidly about his experiences as a candidate, including his supervision, his training analysis, his regrets, and his advice to current and future candidates. The online interview with Dr. Schafer is just the beginning of our goal to make the history of psychoanalysis more vivid, alive, and accessible.

We are celebrating the launch of The Candidate with a cocktail and fundraising event Friday January 19th from 6:45pm to 8:45pm following the plenary of the 2007 Winter Meeting of the American Psychoanalytic Association. The event will take place at Tina Kim Fine Art, an art gallery on 41 West 57th street. Everyone is welcome! Please join us in celebrating this significant achievement.

We encourage you to share the news of The Candidate with your colleagues, students, and teachers, and anyone who you think might be interested in reading and/or writing about candidacy.

Please visit The Candidate at www.thecandidatejournal.org
President Julio Calderon opened the meeting.

ROLL CALL: Eileen Piasecki, Secretary, called the roll. There were 16 Institutes represented or approximately 50%. There was a quorum although no votes were called for.

MINUTES REVIEWED: Piasecki asked for changes to the minutes as posted; there were none. There was a motion to accept the minutes and it was seconded. The current minutes were tape recorded.

TREASURER’S REPORT: Jacquie McGregor, Treasurer presented the Treasurer’s report and the current budgeting process.

COMMITTEE REPORTS: Carol Levin presented the Scientific Paper Prize and the semi-finalist winner of the 2005 AC Paper Prize Susan Scheftel, Ph.D. from Columbia University Center for Psychoanalytic Training and Research for her paper: “The World of William Steig: A Creative Representation of Early Separation and Resiliency”. Susan will be presenting her paper on Friday, June 16th, 2006. Dr. Steven Levy, editor of JAPA, has extended an invitation for the paper prize judges to be readers for JAPA.

Susana Muzkat (Brazil), President of IPSO, presented the members of the executive committee. IPSO is an international organization whose membership is open to all candidates from IPA institutes. For information about upcoming programs please refer to the IPSO webpage: www.ipso-candidates.org or consider signing up for their email lists. The affiliate council is also working together with IPSO to promote the Candidate Exchange Program which promotes cross-fertilization with other institutes throughout the world. If you are interested please contact Julio Calderon at jcalderonmd@bellsouth.net.

ROUND ROBIN: Candidates met with the PIPE (Project for Innovation in Psychoanalytic Education) committee to discuss candidates’ perspectives on the current TA/SA system. Michael Singer, chair of the committee, reviewed the committee’s deliberations and current findings of their informal polls.

Some of the questions posed:
- Should the TA system be retained? With what, if any, modifications?

Candidates expressed a wide-range of opinions on the issue:
- External threat from non-APSA psychoanalytic training programs that do not require faculty to be appointed a TA/SA to analyze or supervise candidates.
- Revamping the TA system and the range of possibilities for choosing one's analyst and supervisor; allow for the personal analyst system. Getting access to a broader range of TA's particularly female and minority TA's. Consider the advantages of separating the TA and SA functions.
- Certification as an obstacle to becoming a TA.
- Analysts who do more work should be rewarded for their efforts. How do you ensure quality without excluding other good non-TA analysts?
- Certification as another measure/standard but not the sole measure of a good analyst.
- Certification seen as a “weeding out”.
- Certification valued by candidates; prefer having a TA which has been certified.
- Certification: Important exercise to exposing our work to other analysts.
- Do candidates have special needs when being analyzed that are different than analyzing non-analysts? Important to have a special designation, TA, for those analysts.
- Psychoanalytic training already teaches basic competencies. Training analysts should be required to be recertified and reanalyzed if they are going to be analyzing candidates rather than a one time measure of competency.
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ELECTION/PLATFORM STATEMENTS: Calderon, speaking for the Nominations Chair, requested candidates to identify themselves or other candidates interested in serving on the Affiliate Council for the upcoming election in January 2007.

Nominees for the Office of President-elect:
- Carmela Perez, Ph.D. (NYU Psychoanalytic Institute)
- Gloria Shoemaker, Ph.D. (Pittsburgh Psychoanalytic Institute)

Nominees for the Office of Secretary:
- JoAnn Ponder, Ph.D. (Houston-Galveston Psychoanalytic Institute)
- Wolfgang Rosenfeldt, M.D. (Dallas Psychoanalytic Institute)

Nominee for the Office of Treasurer:
- Jill McElligott, LCSW (Philadelphia Psychoanalytic Institute)

Following a change in our by-laws, the election process has been changed to include all affiliate members as voting members for positions on the Affiliate Council. In the past, voting was limited to delegates representing the candidates from each of the institutes of the Association.

UPDATES: Discussed the Renew Plan and the proposal of recommending a bylaw amendment that would allow affiliate members the right to run for an elected seat on the proposed Board of Directors or would assign one seat among the five public positions for an appointment of an affiliate member. The opinions varied with some candidates supporting an “officers amendment” that would allow affiliate members the right to run for an elected seat on the Board of Directors. Other candidates felt that we should support any plan that would ensure affiliate representation on the BOD such as an assigned seat among the 5 appointed public positions.

LEADERSHIP ACADEMY: Media Training Workshop with Dottie Jeffries, Director of Public Information, and Patrick Cody, consultant from Washington, DC.

Future Leadership Academies: January 2007, Media Training Workshop Part II

The meeting was adjourned at 12:30 p.m. for a no-host lunch.

Respectfully submitted,

Julio Calderon, President
Eileen Piasecki, Secretary