



## **Psychotherapy E-Newsletter**

Winter 2016

*Hello Colleagues,*

*I hope that many of you were stimulated by APsaA's 2016 National Meeting at the ever lovely Waldorf. It is likely that some of you, particularly those who live and practice close to Chicago will attend the 105<sup>th</sup> Annual Meeting there this June.*

*This Newsletter's offerings include summaries of several sessions from the 2016 National Meeting covering issues affecting clinical practice and our patients, the excavation and integration of psychoanalytic ideas with literature, some of the practical aspects of practice, including a handy reference, elaborating the dimensions of diagnosis, and an interview with a clinician-a former Fellow of APsaA who has joined the Psychotherapist Associates. Last but not least is a review of a recently published book on the selected papers of Eleanor Galenson. The Newsletter begins with an update on the myriad activities of the Psychotherapist Associates and the Psychotherapy Department.*

*I also want to let you know that after this issue my tenure as Editor will be over. I have derived a good deal of pleasure carrying out this task, and would like to thank the contributors, readership, the Psychotherapist Associates Committee, Psychotherapy Department, and APsaA staff, particularly Debbie Steinke who provided me with the means and support to fulfill this role.*

*With my very best wishes,*

*Carol Lachman, Ph.D.  
Editor*

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**1. Update: Psychotherapist Associates and Psychotherapy Department**

Following the APsaA 2016 National Meeting in NYC, I am pleased to inform you about the progress and activities of the Psychotherapy Associates.

The "Psychotherapist Associates Present" Discussion Group (DG) and the "Business of Practice" Workshop went very well. The DG "Transference and Countertransference Enactments" featured a California Psychotherapist presenting vivid examples of enactments that she ably used to advance treatment. A Psychoanalyst provided insightful remarks, generating a stimulating discussion. Future DG groups will continue this theme and will include work with patients in concurrent individual and couples therapy, and cross cultural issues.

In the "Business of Practice Workshop," Psychotherapist Associate Dr. Simone Hoermann discussed establishing a private practice, generating enthusiasm. Issues addressed were obtaining referrals, marketing, and selecting an office. The discussant Dr. M. Sagman Kayatekin offered his experience regarding the clinical ramifications of business decisions. There was so much interest in money, fees and insurance, we chose that as a topic for January 2017. We will continue to engage early career therapists for both educational programs.

At the meeting there were numerous sessions relevant to psychotherapy, i.e. the impact of therapist's self disclosure, the mechanisms of change, and the effect of divorce on children. The Psychotherapy Department sponsored a new DG "Psychoanalysis and Psychotherapy" which was well attended. Other choices included presentations on the placebo response in psychotherapy, about psychoanalysis and psychopharmacology, and on the 2<sup>nd</sup> edition of the Psychodynamic Diagnostic Manual.

Due to APsaA President Mark Smaller's and President-Elect Harriet Wolf's support, Psychotherapy and Psychotherapist Associates are gaining ground. The PA committee is collaborating with the Committee on Psychoanalytic Psychotherapy Training Programs (COPPTP) and the Psychotherapy Department to reach out to potential PA's, and promote psychoanalytic psychotherapy. We have a data base of Psychotherapy Directors and have urged them to spread the word about PA affiliation.

We also sponsored two enjoyable social events where long standing and new members attended, as well as current and former training directors. I encourage the PA's to spread the word about APsaA and PA affiliation, and perhaps you can approach your professional societies on APsaA's behalf, and generate enthusiasm for psychoanalytic psychotherapy.

Our momentum is strong but we need your involvement. If you are interested in networking, writing, editing the PA E-Newsletter, planning programs or making calls, please let us know. You can contact me ([Margogoldmanmd@gmail.com](mailto:Margogoldmanmd@gmail.com)) or the committee co-chair Dr. Michael Groat ([mgroat@menninger.edu](mailto:mgroat@menninger.edu)). Best wishes for a fulfilling year.

*By Margo Goldman M.D.-Chair Psychotherapist Associates Committee*

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**2. Committee Sponsored Workshop: The Business of Practice Workshop:  
Building a Psychodynamic Psychotherapy Practice  
Chair: Michael Groat, Ph.D.; Co-Chair: Shari Thurer, Sc.D.  
Presenter: Simone Hoermann, Ph.D.  
Discussant: M. Sagman Kayatekin, M.D.**

Dr. Simone Hoermann presented a lively workshop on how to build a private practice. The practical content ranged from how to set up, furnish, and deal with landlords to marketing ideas aimed at building a full practice. Some of the more incisive ideas included how to build a media and online presence, generating a referral base, and the need to get over shyness, and the knack of “putting yourself out there.”

Dr. Hoermann urged participants to tell as many people as possible about the fact that you are starting a private practice. Writing blogs and articles can be an important means to get oneself known within the professional community. She advised thoughtful presentation of the concentration of your practice. So often, listings by therapists claim that they do everything and treat all cohorts of the population. As a result, so much that you do can become indistinguishable. One cannot be too humble. On the other hand you have to claim those few specialties that you do well in order to stand out from the crowd.

Many questions and comments filled the allotted time. It was impressive how willingly attendees were to share their experiences and ideas of what works for them. It was an inspiring and useful workshop.

*Jacques Gourguechon M.A., LPC*

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**3. Committee Sponsored Workshop: Workshop on Psychotherapy Training: Use of  
the Psychodynamic Diagnostic Manual, Second Edition in Teaching  
Psychotherapy.  
Co-Chairs: Ann Dart, L.C.S.W.; Marcia Kaplan, M.D.  
Presenters: Robert Gordon, Ph.D.; Nancy McWilliams, Ph.D.**

The room was packed with training directors, faculty, and interested others to hear about the newly revised Psychodynamic Diagnostic Manual (PDM-2), which will be published by Guilford Press sometime this year. Nancy McWilliams, Ph.D., a major contributor and editor of both editions, gave us an overview. Like its predecessor, PDM-2 still offers a dimensional, inferential, contextual, and integrative approach to diagnosis. There are several innovations:

- PDM-2 includes the psychotic level of organization
- Includes the elderly as a developmental age group for the first time
- Describes personality styles rather than disorders

- Includes mental functioning and symptom axes
- Includes practitioner-friendly assessment tools (also of interest to researchers)

An interesting added benefit for use in teaching students of psychotherapy and analysis, Guilford will also post illustrative clinical cases on their website, accessible to those who buy the new manual.

After Dr. McWilliams presentation, Dr. Robert Gordon, a research psychologist and forensic expert described his commitment to operationalizing the PDM-2 so that clinicians and researchers can easily use it. He presented compelling evidence that psychodynamic approaches to treatment outperform other modalities, and also showed research indicating a relationship between the clinician's theoretical orientation and perception of countertransference. Non-dynamically trained clinicians showed less awareness of countertransference. He suggested that this may have implications for risk management. The audience had a chance to participate in his ongoing research by filling out an assessment tool drawn from the PDM-2 which included axes for:

- Level of personality organization from severe to healthy
- Overall personality organization from healthy to psychotic
- Personality styles (depressive, dependent, anxious/avoidant/phobic, obsessive compulsive, schizoid, somatizing, hysteric-histrionic, narcissistic, paranoid, psychopathic, sadistic and borderline)
- Mental functioning from severe defects to healthy
- Symptom patterns

Participants completed the assessment tool worksheet after viewing a videotape of a patient being interviewed by Glenn Gabbard, M.D. This very interactive and engaging workshop illustrated the strengths and advantages of using the new PDM-2 in our conceptual thinking and clinical management of patients. It is a most useful tool in teaching our students a rich framework for understanding and helping patients.

*By Ann Dart, L.C.S.W. and Marcia Kaplan M.D.  
Co-Chairs, Committee on Psychoanalytic Psychotherapy Training Program*

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#### **4. Child and Adolescent Panel: The Effects of Separation and Divorce: Reflections from Child and Adult Analysis** **Chair and Research Presenter: Linda Gunsberg, Ph.D.**

Drawing from the fields of forensic evaluation, law, child and adult psychoanalysis, this panel shed light on how which children's needs and inner experiences can be overlooked during the divorce process and afterwards.

Larry Sarezky's film was shown; it depicted the experiences of a family involved in a custody dispute. At a time when they are already emotionally vulnerable, the two children are subject to repeated questioning by forensic evaluators, law guardians, and counselors that they clearly experience as intrusive, frightening, and humiliating. Valued and stabilizing activities need to be put aside in order to meet a slew of divorce related appointments. We see the children cringe as multiple professionals ask "how does that make you feel?" while it appears that neither the parents nor the system are taking the children's actual feelings into consideration.

A psychoanalyst presented a case of an adult male who was divorcing at the time his son was exactly the age he was when his parents divorced and his father given custody. The analyst's point was that it is impossible to predict the impact of divorce because there are so many variables in a child's development. She is skeptical about the retrospective constructions; while the child analyst sees a narrative being constructed in emergent form, the adult analyst must consider how representations are changed over the course of time.

Another presenter described the analysis of a boy whose parents divorced when he was seven, one and a half years into treatment. The child's mother was beleaguered and unable to address his internal states, while the somewhat more psychologically minded father was less physically present. Initially the boy used colorful and sometimes hypomanic play to depict his feelings of banishment, abandonment, and loss of control. As he proceeded into latency he expressed himself less creatively but showed a deep need to do "guy things" with the analyst, and make use of him as a constant object who tolerated his anger and fear without rejection.

Gunsberg pointed out that court evaluators often focus more on creating an arrangement that makes both parents happy than on meeting the best interests of the child. She cited the research of Marquardt, Wallerstein, and others describing the subjective impact of having to split their time between two homes--- greater anxiety about impermanence, feelings that they are always missing something, that only half of themselves can be revealed at any given time. Gunsberg also presented preliminary findings from her own observation of a group of infants and toddlers who were legally mandated to have overnight visits with the noncustodial parent. Even when both parents were adequate, these very young children showed numerous signs of distress---upset sleep patterns, greater attachment to transitional objects, manifestations of anger, and heightened separation anxiety.

*By Roberta Shafter Ph.D.*

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**5. CORST Essay Prize Winner in Psychoanalysis and Culture Paper:  
"On Ghosted and Ancestral Selves in Hamlet: Loewald's 'Present Life' and  
Winnicott's 'Potential Space' in Shakespeare's Play"  
Chair: Lewis Kirshner, M.D., Author: Gavriel Reisner, Ph.D.**

Loewald expanded Freud's concept of ghosts (destructive objects) by distinguishing them from ancestors (constructive objects). From the fixity of their haunting place in the unconscious, these ghosts can be brought to life by the "blood of recognition" in the transference. No longer underground, they can be transformed, put to rest, as ancestors, and assume a place in present life.

The presenter, Gavriel Reisner, views Hamlet as a study in emergence from a ghosted self. In this Winnicottian framework, Horatio becomes the "good enough" friend-therapist who helps Hamlet regain the potential space that has been foreclosed.

In the familiar play, Claudius has poisoned his brother, Hamlet's revered father, and assumed his crown and married his mother, Gertrude, in unseemly haste. Hamlet's preconscious suspicions are confirmed when he is summoned to the presumed ghost of his father who enjoins him to take revenge. From the outset, Horatio warns him against the ghost who might, "...draw him into madness..." Reisner depicts the ghost father as coming to "drink blood" and taking over the life of the son who becomes a "ghosted self"-his former self usurped by filial obedience to an act of toxic invasion-in effect, another poisoning. In contrast an ancestral father would support a son rather than haunt him. In this scenario, Hamlet has lost his openness to the world, his capacity for play and free action as the ghost has become a persecutory object.

Hamlet becomes manic, derisive and unrestrained in conjunction with his famous tendency to vacillate. Reisner notes in the play within the play, where Hamlet stages the poisoning of his father in front of Claudius and the Queen, he cannot control his outbursts and loses the opportunity to have the King betray himself in front of the gathered audience.

In Playing and Reality, Winnicott describes such an outcome of environmental impingement,..."potential space may become filled with what is injected into it from someone else...it seems that whatever is in this space that comes from someone else is persecutory material..." Potential space is seen as the area between the individual and the environment (originally the object). In the collapse of potential space there is no room for attachment to Ophelia (Eros) who is identified with the lustful and faithless Gertrude and is cruelly rejected. Hamlet's rash murder of her father, Polonius, provides the impetus for another avenging son, her brother Laertes, who is subsequently invited into a poisonous revenge against Hamlet for the death of his own father. The play makes liberal use of doubles of avenging sons and poisoners-whether by use of actual poisons or toxic words: Claudius, the Ghost, and Laertes are all poisoners. Hamlet, Laertes, Fortinbras are avenging sons.

Various ancestral objects appear as Hamlet starts to regain himself. He finds his father's signet ring, an icon of his Kingship, which helps him save his life in his potentially fatal encounter with Rosencrantz and Guildenstern. In the cemetery, before he witnesses the unforeseen funeral of the suicide of Ophelia, he comes upon the skull identified as that of a figure beloved in childhood, Yorick the King's Jester.

Horatio stays ever constant in the face of Hamlet's lack of restraint and tries to contain his wild words but never takes offense. In Reisner's exposition, he is an object that can be "used" that can survive destruction in a Winnicottian sense. Hamlet confides his love for Horatio..."Give me a man that is not passion's slave, and I will wear him in my heart's core, ay in my heart of heart, as I do thee."

In the final scene Hamlet is clearly transformed as he avers, "There's a divinity that shapes our ends..." Despite his misgivings, he consents to engage in the final murderous plot of Claudius-which not only brings about the death of Hamlet and Laertes but himself and Gertrude. But before their deaths, Hamlet and Laertes reach a state of reconciliation and forgiveness consistent with an ancestral outcome. As Hamlet is dying, Horatio is tempted to join him in suicide, but Hamlet entreats him to survive to mourn him and bear witness to his story.

By Roberta Preisler Ph.D.

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## **6. Who are Psychotherapist Associates? An Interview with a new PA**

In the effort to create an intellectual and professional home for psychoanalytically-minded clinicians and analysts of diverse backgrounds, the Committee of Psychotherapist Associates is helping to extend the Association's mission of promoting psychoanalytic thinking among a wide array of clinicians. Since its inception, Psychotherapist Associates have been welcomed to the Association's scientific meetings for the opportunity to network and meet with leading psychoanalytic thinkers. While many remain committed to psychoanalytic psychotherapy, many also venture into psychoanalytic training, and thus become future psychoanalysts.

This month introduces Simone Hoermann, Ph.D., a former Fellow of the American Psychoanalytic Association who is also a Psychotherapist Associate member. We interviewed her to learn more about her connection to the Association and why she has chosen to join. Her

responses illustrate how the future of our Association can appeal to a new generation of psychoanalytically minded individuals who like Simone are committed to the examined life.

*Why did you become a Psychotherapist Associate?*

I recently transitioned into full time private practice. As a psychoanalytically minded clinician, I was looking for ways to stay connected to colleagues and to find a vibrant intellectual community. I have always been interested in the psychoanalytic approach. I have had teachers and colleagues who are psychoanalysts and whose work I admire. I was hoping that joining the Association would be a way of staying connected, and perhaps grow intellectually and professionally. Another member of the Association told me about the Psychotherapist Associates program so I decided to give it a try.

*What has it been like to be a new Psychotherapist Associate and what are the benefits?*

I feel as though over the past year, I have seen a lot of positive activity involving APsaA's Psychotherapist Associates. The e-newsletter was interesting, and I appreciated the information about the national meetings and the specific events for psychoanalytic psychotherapists. Every so often there's a request for a referral on the PA listserve where I also enjoy the announcements of various books and papers published by members. TAP, the quarterly magazine, has been helpful in learning about relevant issues. What has been especially valuable and enriching has been that I had the opportunity to present at the 2016 National Meeting in January, and thus engage in direct conversation and discussion with other members. It is terrific that the association offers events specifically for its Psychotherapist Associates. This is welcoming!

*By Michael Groat, Ph.D. and Simone Hoermann, Ph.D.*

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**7. Book Review: Play, Gender, Therapy. Selected Papers of Eleanor Galenson, 2015, Karnac Books. Edited by Nellie L. Thompson**

This book is a useful compendium of the thoughts and professional papers of a leading practitioner and researcher of early childhood who recently passed away, thoughtfully arranged by the Editor. Eleanor Galenson's interest in the early years of life is a long thread that stretches throughout her career. Galenson indicates in a couple of interviews with other analysts, found in the prologue of the book, that a not so conscious initial and sustaining motivation for her work was that she was a "failure to thrive infant." She wanted to know more about this condition as well as the problems she had bonding with her mother so that she could be of help to children and families struggling with emotional difficulties.

The book is divided into three different sections: Part I is entitled-Symbolization, Thought and Language. Part II is-Infantile Origins of Sexual Identity and Part III is-The Tripartite Therapeutic Model.

In Part I- by means of a couple of Galenson's published papers with discussion by other leading analysts, there is an elucidation of her thoughts about play and it's relation to thought and symbolization. Though play is behavior, Galenson feels that within its actions, whether accompanied by language or not is thought. For example, a 14 month old infant lays down on the floor, pretending to sleep. In other words he is using his body to represent the act of sleeping. An 18-24 month child might represent the idea of sleeping by laying down his teddy bear in a bed. The final form according to Galenson, and what she extrapolated from Piaget, would be language about sleeping. Galenson in this section indicates and provides some illustrations of play that is derived from bodily sensations, where the representation is not that clear and can only be understood in the context of a toddler's developmental trajectory. She

provides a description of a child who was restrained in her infancy due to a physical problem, and appeared quite controlled in her play particularly as her anal stage was at its height.

In Part II there are Galenson's and her colleague Hermann Roiphe's papers on their discovery of the early genital phase. In their nursery which was housed in a hospital setting, they found that toddlers between the ages of 14-19 months were becoming aware of genital differences amongst their peers. Overall they noted that girls had depressive reactions to this discovery, but they compensated with growth in language and other skills. Boys on the other hand tended to deny the impact of this awareness, and some had increased dependence on the mother. In this chapter there are several examples of how earlier trauma such as prolonged separations, loss of a caretaker, surgeries interacted with the castration anxiety triggered by the early genital phase.

In Part III Galenson describes in her papers with case illustrations what she and Roiphe found effective with respect to treatment of early manifestations of problems in toddlers. They found that conjoint therapy with mother and child in the treatment room provided in real time, what mother and child were experiencing with respect to developmental issues, and with each other. This treatment modality was provided three times per week, with the mother also involved in individual therapy. One case example amongst several, where a mother brought in her 16month old daughter because she was not communicating by means of words or gestures. What emerged over time was the mother's conflicts over dependence and autonomy, because of her own problematic childhood so that she had difficulty tolerating the child's dependence.

This book does re-awaken and reinforce wonder and respect for the enormous complexity of development in the early years, and how much this can influence subsequent growth.

*By Carol Lachman Ph.D.*

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*Registration opens March 15*



Palmer House Hilton | Chicago | June 17-19, 2016

**HIGHLIGHTED PROGRAMS:**

**Discussion Group 6:**

**Psychotherapist Associates Present:**

**Familial Binds: Unpacking Individual and Systemic Contributions: Counter-transference and Transference Implications**

**Friday, June 17, from 1:30 PM – 3:30 PM**

**Discussion Group 28:**

**Psychoanalysis and Psychodynamic Psychotherapy: A Comparative Consideration of Method, Technique, and Therapeutic Action**

**Saturday, June 18, from 3:45 PM – 5:45 PM**

**Two-Day Clinical Workshop #1:**  
**Psychoanalytic Psychotherapy: Impasse and Countertransference: Turning Points in a Treatment**  
Friday, June 17, and Saturday, June 18, from 1:30 PM – 3:30 PM

**Two-Day Clinical Workshop #6:**  
**Psychotherapy Technique and Process**  
Friday, June 17 and Saturday, June 18, from 3:45 PM – 5:45 pm

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## *Join us at APsaA's 105th Annual Meeting for The Psychotherapy Department Lunch*

- What:** Informal "Dutch Treat" lunch with psychoanalytic psychotherapists
- Who:** Psychotherapy training directors, trainees, faculty and psychotherapists
- Why:** A chance to share experiences about psychotherapy practice and education while networking with like-minded colleagues
- When:** **Saturday, June 18<sup>th</sup> at 11:45AM** (meet in the Palmer House Lobby to walk to restaurant)
- Where:** **The Cliff Dwellers Club** - 200 South Michigan Ave, 22<sup>nd</sup> Floor  
Salads, sandwiches & terrific luncheon fare with a gorgeous view  
\$12-\$18 per person plus tax, beverages and gratuity
- Maximum participants:** 10
- RSVP by June 16<sup>th</sup>:** MargoGoldmanMD@gmail.com or Jagourguechon@gmail.com

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**Questions?** Please contact Carol Lachman, M.D., Editor, [lachcpsych@aol.com](mailto:lachcpsych@aol.com), with suggestions, inquiries, or regarding contributions to the Psychotherapy E-Newsletter.

**Information:** Please click on the link for information on joining APsaA's [Psychotherapist Associates](#). Benefits include a discounted meeting fee. Or contact APsaA's Manager of Membership Services, Debbie Steinke Wardell ([dsteinke@apsa.org](mailto:dsteinke@apsa.org)) to receive a brochure.

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You are currently on APsaA's list to receive the [Psychotherapy E-newsletter](#). If you do not wish to receive future issues, please let us know by sending an email containing your name to **APsaA's Manager of Membership Services, Debbie Steinke Wardell** ([dsteinke@apsa.org](mailto:dsteinke@apsa.org)), and we will remove you from our e-newsletter distribution list.

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