

THE DENVER PSYCHOANALYTIC SOCIETY NEWSLETTER

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Mind matters...

PRESIDENT'S FAREWELL MESSAGE

- RANDOLPH W. POCK, M.D.

I am writing this four days after the Society's Annual Meeting held at the Wellshire Inn on June 8th at which time I concluded my two years as President of the Society and Ronnie Shaw became our new President with Rex McGehee as President-elect, Ben Green returning as Treasurer, and Pat Bernstein as Secretary.

At this meeting we had the pleasure of honoring Dr. Richard Cattell for his many contributions to our Society and community. Dick Simons, Linda Plaut, Jane Derebery, Fred Mimmack, Jerry Jacobson, and I spoke fondly of our experiences with Dick Cattell, who was President of the Society from 1985 to 1987. Despite criticism from colleagues, Dick's leadership led to important changes in our Society. A change in our bylaws eliminated the previous requirement that the President and President-elect of the Society be certified by the American Psychoanalytic Association, and allowed many additional individuals to consider serving as President. As Dick Simons noted in his remarks, Dick Cattell "*almost single-handedly developed the Psychodynamic Psychotherapy Seminars*" which have evolved into our current Psychodynamic Psychotherapy Training Programs (Adult and Child PTP), as well as established the Society's "Special" membership category for graduates of the PTP programs.

We are pleased to recognize Dick Cattell's accomplishments with the Society's Distinguished Service Award.

At the meeting I mentioned that the Denver Psychoanalytic Society works hand in hand with our sister organization, the Denver Institute for Psychoanalysis, as stated in our bylaws, to provide professional education to our members, to provide outreach to the community in the form of education, consultation, and clinical services, to provide a forum for the exchange of clinical experiences, and to work to safeguard ethical standards.

As I noted, the past year has been a very busy one for the Society. Despite the global financial crisis which has affected us as individuals, as working profes-

(Continued from page 1)

sionals, and as organizations due to the severe decrease in the total endowment for the two organizations, the Joint Financial Task Force (comprised of individuals from both organizations under the energetic leadership of Stacey Keller) has been addressing this problem thoughtfully.

Despite the financial stress, however, our many activities have continued. We have co-sponsored a series of programs for the community at our new program site in the University of Denver's Boettcher Auditorium thanks to Pam Haglund. These programs included such topics as – *Jungian Analysis in the 21st Century* by Dr. Stephen Witty; *Pink Parenting* by Dr. Gary Grossman; *Having and Being a Case Manager* by Dr. Jeff Longhofer; *Forgiveness as the Working Through of Splitting* by Dr. Melvin Lansky; *Self Psychological Treatment of the Neurosis* by Dr. Richard Geist; and an extremely well attended and received panel presentation on *Psychoanalysis & Religion* organized by Ben Green with panelists Shoshana Adler, David Nichol, Janet Rumfelt (from the University of Denver), Rabi Bernard Gerson, and Reverend Phil Campbell.

Thanks to Margy Stewart, we held another successful fundraiser in April at the Denver Center for the Performing Arts with a presentation of the drama "A Prayer for Owen Meany" and discussants Paula Bernstein, Roy Lowenstein, Rex McGehee and Jill Miller.

The Society co-sponsored a Decalogue on Jewish Humor with the Center for Judaic Studies at the University of Denver which featured Dr. Sandor Gilman from Emory University and an excellent panel of discussants including Shoshana Adler, as well as a welcoming dinner at Table Six Restaurant.

We publish our newsletter under Roy Lowenstein's leadership, which for financial reasons we are now sending via email rather than surface mail.

Thanks to Margy Stewart, we have offered numerous well-received continuing education courses – ●*Developmental Neuropsychology 101: Reconsidering Psychopathogenesis and Treatment Frameworks* with Jim Marquardt and Cynthia Satchell; ●*Choices in Technique* with Barbara Redinger and Margy Stewart; ●*A Day of Meditation, Mindfulness and Transformation* with David Nichol; ●*Crises in the Lives of Women: A psychoanalytic course in the novel* with Fred Mimmack and Mike Moran; and ●*Sadomasochism with Paula Bernstein and Rex McGehee*.

In April, we began our Humanities Outreach Program at the home of Dr. Rhoda Singer with the first of what I hope will be many meetings with individuals from the Denver psychoanalytic community and Academic Faculty across the front range.

Thanks to Linda Plaut, we have also continued our efforts to develop a Psychotherapy Referral Service to provide low cost therapy for patients unable to pay usual fees.

I would like to thank the many people who have helped me the past two years, beginning with my Executive Committee. Ronnie Shaw, President-elect, Ben Green, our Treasurer, and Linda Plaut, our Secretary. I would also like to thank the chairs of the various committees.

Barbara Redinger – Membership
Pam Haglund – Program
Margy Stewart – Continuing Ed. & Fundraising
Roy Lowenstein – Newsletter Editor
Linda Plaut – Psychotherapy Outreach
Robin Bell – Colleague Assistance
Mary Ann Levy – Disaster Response
Shana Adler – Preschool Committee
Cheryl Straus-Witty – Ethics Committee
Laura Jensen – Affiliate Council Representative

I would also like to thank Dick Simons for his support, and, as always, Bill and Paula Bernstein. I would also like to thank Lin Borden who has been a friend and support for over 20 years.

I apologize if I have left anyone out because this has been a group effort.

What I have tried to do over the past 2 years is to bring people together – as individuals, as professionals practicing psychodynamically-oriented treatment, and as two interwoven organizations, (The Denver Institute and The Denver Psychoanalytic Society) and to avoid the sorts of destructive quarreling that I have seen at the national level of the American Psychoanalytic Association. Too often in the 40 or so years that the Society and Institute have existed in Denver, there has been destructive fighting, often between absolutely sincere individuals with differing, deeply held opinions about what is best for psychoanalysis and psychodynamic treatment and training.

My primary goal as President has been to avoid such difficulty, particularly during the period of stress we have experienced due to the sharp decrease in finances, the move to the Fitzsimons (Anschutz Medical) campus, and the upcoming site visit this fall by the American Psychoanalytic Association.

I have enjoyed serving as Society President, and I wish the new Executive Committee my best.





MESSAGE FROM THE DIRECTOR OF THE DENVER INSTITUTE FOR PSYCHOANALYSIS

- Stacey Keller, M.D.

It is a sunny Sunday morning in June as I sit down to write this column. I think many on the Faculty may share in my pleasure at having some down time in the summer to relax and reflect on the past year, which was filled with challenges and exciting developments. Our academic programs continued with the enthusiastic and committed analytic candidates, PTP students and faculty, participating to complete a very well received curriculum. I offer my thanks and congratulations to Mark Wolny, our Curriculum Chair, and to each of our teaching Faculty members, for a job well done!

The Faculty convened at the University Club for the annual Retreat and Banquet in February. The retreat began with our traditional curriculum review on Friday. New course offerings this year included two separate courses that tackled writing skills, one for child candidates taught by Lee Johnston and a second to all candidates taught by Jill Miller and Jenny Kennedy. Both were very well received. Saturday morning we had a lively presentation on Supervision, organized by Cathy Krown Buirski. Barbara Redinger experienced the different supervisory styles of Leslie Jordan and Peter Mayerson, allowing the group to deepen their thinking about the effects of theory and the supervisor's orientation on the elements of supervision. The Faculty has welcomed these opportunities in the educational portion of the Retreat to further their thinking on aspects of their practice.

After exploring the local downtown area for lunch, the faculty returned to the University Club for a stimulating pair of discussions: the progress of the Joint Financial Task Force (JFTF) and the Training Analyst System. The JFTF gave an update of their recommendations regarding enhancements to our current activities. For the Institute this has included strengthening our recruitment efforts, developing the PEACS Fund, and setting up the infrastructure to offer courses via videoconferencing technologies, which can benefit either the Institute's academic programs or the continuing education offerings of the Society. For the Society, recommendations centered around their efforts to engage with the community through the humanities outreach project and the continuing educational programs including lectures and salons, and to provide exciting workshops and fundraisers, described in other articles in this newsletter. The Training and Supervising Analyst System was the final topic of the Retreat. Rex McGehee and Pam Haglund reviewed the history of the system and the Faculty participated in a thoughtful consideration of the strengths and weaknesses of such a system.

To round out the rigorous curricular, educational, and organizational pursuits of the day the retreat concluded with a social gathering, the Banquet, where the Faculty met for dinner and good company, with colleagues who have become friends.

Much space has been devoted to the impact of the national economic crisis in this and most other publications recently. I am pleased to be able to diverge from the usual gloomy report with a bit of good news! The Institute has attained a balanced budget, despite the national economic situation, by addressing our financial situation with a rigorous combination of strategies. We have cut costs across the board, reducing salaries and meeting expenses, and improving collections. Through the Joint Financial Task Force, we have begun a number of initiatives that we hope will provide a longer term improvement in our revenues. While for many years, the Institute has generously supported the Society by paying the majority of their office overhead and staffing expenses, this year the Society's efforts allowed them to make a payment covering a higher percentage of their overhead than they have at any time in the past ten years. We offer our thanks to Randy Pock, outgoing President of the Society,

"The biggest event on our horizon is the Site Visit from the American Psychoanalytic Association's Committee on Institutes, occurring November 11-15, 2009."

Ben Green, Treasurer and Ronnie Shaw, current President of the Society for their collaboration.

In our explorations stemming from the JFTF, we learned that we needed to update our organizational structure to remain in compliance with our status as a non-profit entity. The Faculty met in May to discuss various options for streamlining and updating the structure of our Board of Directors, and work is ongoing to prepare recommendations for the Faculty's consideration.

This year, the meetings of the APsaA which usually occur in June are being held in an abbreviated form in July in conjunction with the meetings of the International Psychoanalytic Association. I look forward to updating you on the BOPS meetings and other events in our next newsletter.

A growing group of faculty members have been participants in the Working Parties Research under the auspices of the European Psychoanalytical Foundation. These groups or Working Parties are an effort to explore how analysts work and think, and include: Comparative Clinical Methods (CCM), Specificity of Psychoanalytic Treatment Today (WPSPTT), on Initializing Psychoanalysis (WPIP), Working Party on Education (WPE), and Comparative Theories. There may soon be one on the specifics of trauma. Ronnie Shaw has become co-chair of the Canadian and North American sub-committee of the WPSPTT. Ronnie Shaw and David Stevens have presented internationally, and are co-moderators in Chicago. Jill Miller, a CCM presenter in NYC in January 2009, is currently working on the concept of Child CCM groups where we hope she will have an important role. Participants have included Shoshana Adler, Stacey Keller, and Mark Wolny. Participation is a wonderful opportunity to develop as an analyst and is useful experience to sharpen one's thinking for those who teach. It is also a great opportunity to connect with analysts from other areas, in an intensive way around the work of analysis. The research findings are and should be enormously important to psychoanalytic as well as psychodynamic practice.

David Stevens was recruited by the University of New Mexico for his psychoanalytic and teaching expertise to take part in their Echo Project that uses telemedicine to bring expert advice to areas where local resources are lacking. The success of his telemedicine case conference for psychiatry residents was described in the May 2009 issue of *Psychiatric Times* by Mark Moran, who suggested that the videoconferencing model "can help to exponentially expand the diffusion of psychodynamic theory that traditionally has been somewhat exclusive." He went on to describe that the benefits of using telemedicine in this way include "making psychodynamic theory and practice more accessible to trainees, by 'bringing' psychoanalytic leaders from around the country to the residency case conference table." We are grateful to have David Stevens heading up the EConnect Project of the Joint Financial Task Force with Neil Rosen.

The Colorado Psychiatric Society recognized Cynthia Rose at their spring meeting, presenting her with the CPS Lifetime Achievement Award. We congratulate and thank her for her many years of service to the psychiatric community and to our Institute.

The biggest event on our horizon is the Site Visit from the American Psychoanalytic Association's Committee on Institutes, occurring November 11-15, 2009. This visit occurs every seven years to renew our accreditation with the APsaA, ensuring we meet the standards for operating as an APsaA Training Institute. We have begun discussions with our Site Visit team and preparations are underway for the visitors to have the opportunity to view the operations of our committees, academic programs, and supervisions, where they will be able to experience the enthusiasm exhibited by our students, candidates, and Faculty members. I want to remind faculty, candidates and students that there may be meetings of your committees or supervisions held throughout the day on Thursday and Friday, November 11 and 12, as well as a final wrap up on Sunday morning, November 15, 2009. Additionally, Faculty, students and candidates may meet with the site visitors in a confidential, individual interview. We look forward to a very helpful, positive visit

As Faculty Members, we are involved in so many exciting ventures in the Institute and within the Society. I would like to conclude with my sincere thanks to all Faculty members who have worked so diligently in committees, on the JFTF, and most importantly, in teaching and supervising our candidates and students.



SPECIAL CONFERENCE—HOLD THE DATE!

The Denver Psychoanalytic Society and the Colorado Society for Clinical Social Work are co-sponsoring what promises to be a very exciting conference entitled

“New Empathy for Old Diagnoses: A Clinical Conversation with Nancy McWilliams.”

The conference will be held Saturday, April 17, 2010 at the University of Colorado, Anschutz Medical Campus in Aurora.

Utilizing the clear, down-to-earth style so evident in her books, Nancy McWilliams offers a fresh perspective on the topic of descriptive diagnosis. Her keen clinical insight helps transcend the usually boundaries between “pathology” and “healthy,” recognizing, for example, that each of us – patient and therapist alike—manifests a unique personality style. She helps to break down the distinction between “us” and “them.” In her article published in the *Psychoanalytic Review*, (1993), “Some Thoughts About Schizoid Dynamics,” she writes “I have always been more interested in exploring individual differences” rather than debating what is and is not pathological.

In her newest work, Dr. McWilliams argues her belief that “mental health professionals have over pathologized paranoia.” She will be reading her unpublished article, “Treating Clients With Paranoid Dynamics” at our conference on April 17, 2010 here in Denver. Once again, moving away from categorical clinical descriptions, she promises to invite us to question our current perspectives of both diagnosis and treatment.

We are fortunate to have Dr. McWilliams join us next spring. She is an accomplished psychologist, psychoanalyst, author, presenter and considers herself an “amateur singer.” When asked “Where do you see your interests taking you in the future,” she replied, “I’m not sure what I’ll find myself excited by in the future. Typically, I get fascinated by things I learn while working with patients, so it depends on who happens to walk into my office seeking help.”

Dr. McWilliams is author of Psychoanalytic Diagnosis: Understanding Personality Structure in the Clinical Process (1994), Psychoanalytic Case Formulation (1999), and Psychoanalytic Psychotherapy: A Practitioner’s Guide (2004), all with Guilford Press, and is Associate Editor of the Psychodynamic Diagnostic Manual (2006), as well as numerous articles and book chapters.

*Florie Lehrburger, LCSW and Joan Heron, LCSW
Co-Chairs, Committee on the Nancy McWilliams Conference, 2010*

THE COLLEAGUE ASSISTANCE PROGRAM

Of the Denver Psychoanalytic Society
Is available to all Society members if a situation arises
they wish to report.

Contact the Committee Chair,
Robinette Bell—303-691-8991

Or one of the committee members:

Tom Avery—720-227-0328
Mary Ellen Caiati—303-860-8640
Esther Lowenstein—303-321-5532



Dick Cattell receives the Society's
DISTINGUISHED SERVICE AWARD
from Randy Pock in June 2009.



Cynthia Rose, M.D. - then



Cynthia Rose — now

(Photos by Mark Groth)

OUT AND ABOUT...

by Ben Green, M.D.

Inexorably, again by the hand of cruel Fate, we the loyal members of the Society once more, on the august occasion of our annual meeting, find ourselves yet another year older. What to do? What else can we do—other than that which humankind has done since time immemorial: propagate ourselves. And so we did, once again by virtue of the deft midwifery of **Barbara Redinger** and the rest of the membership committee.

Thus it came to pass that 12 new members were welcomed into the world of our Society at our Annual Dinner/Business meeting on June 8th in the Hallowed Halls of the Wellshire Inn. It was an impressive group of talented, experienced clinicians, intellectuals, and community-seeking human beings from diverse personal and professional backgrounds Embraced to our collective bosom were the following: **Nancy Bakalar, M.D.; Emily Besser, M.D., current PTP student; Margery Fridstein, M.A., L.P.C. who has moved to Highlands Ranch from Aspen; Aileen Higgins, M.D., a current PTP student, Rachel Kempen, L.C.S.W., a current PTP; Charles (Mac) Kentnor, Psy.D.; Todd Kline, M.D., a current candidate at the Denver Institute; Deborah Lehman, M.D., a current PTP student; Florie Lehrburger, L.C.S.W.; Ruth Neubauer, M.S.W., L.C.S.W.; and Gabriela Zorzutti.** (Contact information for all of our members can be found on our website at www.denverpsychoanalytic.org.)

Also of Note: **Cynthia Rose, M.D.** was honored with the Colorado Psychiatric Society's 2009 Lifetime Achievement Award this Spring. While we know her best for her many years of committee work and teaching in the Institute, she was also the first woman President of CPS (1981-1982) and fifth woman President of our own Denver Psychoanalytic Society (2003-2005). Less well appreciated, Cynthia appeared in the pioneering television program, Frontline, in its exposé about professional sexual boundary violations. Her blunt words about therapists who sexually abuse their patients startled a nationwide audience. She is also known for her ability to make the teaching of Ethics interesting by presenting psychiatrists and psychoanalysts at their clinical best as well as their ethical worst. Her energy has also led her to become an instrument-rated pilot, avid hiker, and world traveler. For Cynthia, her deep attachments to her friends, colleagues, patients and family are central to her life. We are lucky to have her as one of our own.

Richard B. Cattell, M.D. was honored by the Denver Psychoanalytic Society at the annual meeting. He was President of the Society from 1985-1987, as well as serving on the faculty of the Denver Institute and the University of Colorado's School of Medicine for many years. **Dick Simons, Fred Mimmack, Linda Plaut, Randy Pock, and Jane Derebery** regaled us with stories of fast cars, high adventures, and even the unlikely tale of a corpse dispatched to the morgue that ended up being re-evaluated in the Emergency Department! Dr. Cattell's contributions to the psychodynamic psychotherapy program, his advocacy for non-physician candidates, and his position on allowing non-certified analysts to assume the presidency of the Society were acknowledged as especially courageous and prescient. Thank you, Dr. Cattell!

Linda Plaut is continuing to establish the Society's Outreach Referral Service designed to offer reduced-fee psychotherapy to the front range community. She would appreciate hearing from you if you would like to become one of the participating clinicians or if you have a patient referral for the clinic.

(For future editions of this newsletter please be sure to let us know if you have received any special recognition so we can share it with our members.)

Review: *“Psychoanalysis and Religion:
Friends, Foes, or Strangers?”*

Panel Presentation on Thursday evening, February 5, 2009

By Ben Green, M.D.

It was a rich, full evening; six earnest (maybe too earnest?) speakers and discussants trying to grapple with the prodigious and the ineffable followed by an audience response that was thoughtful and spirited.

The introductory remarks raised general questions as to why, given the consensus opinion that religion plays such a prominent role in the lives of most Americans, why there is relatively so little mention of religion in our professional literature, case reports, and clinical presentations. Is this a “Don’t ask, don’t tell” collusion between patients and practitioners? How competent do we feel attempting to differentiate bona fide religious-spiritual experience from, as Freud suggested long ago, neurotic or even psychotic pathology posturing as religiosity? Do alternative philosophic stances, e.g. the “secular humanism” attributed to mainstream psychiatry, fill the void left by the absence of religion—or does the need for religion sneak back into our lives, often in more primitive manifestations, as in the form of superstitions, psychics, cult practices, nationalism, or the worship of wealth, fashion, technology? More generally, how do the religious backgrounds, beliefs, and practices of the analyst and analysand -- whether acknowledged or not -- effect the analytic process?

Dr. Shoshana Adler kicked off the presentations in an imaginative manner: she presented the results of her having interviewed 15 Jewish doctors, rabbis, and other individuals, many of whom had an intimate knowledge of the nature of our work. Not surprisingly, there was a wide spectrum of opinions: prayer, for instance, was seen as helpful or as too intellectual or as an important connection to God. Some experienced the Synagogue as a very spiritual place, some felt it was mostly social. There was much overlap detected between psychoanalysis and Judaism, although the rabbi is more of a leader and has a more definite moral code than does a therapist.

Although some would say that religion deals more with “ultimate issues” and therapy is usually organized around identified “problems”, both Judaism and psychoanalysis try to help people figure out what they need to know, clarify and strengthen their “core being”, and discover “fundamental truths”. Surprisingly, the technique of free association seems to be practiced by exemplary rabbis. Shana ended with the words of Baal Shem Tov: “If you see something that bothers you in another person, look inside yourself. Everything that happens to a person is a reflection of his inner condition.” Sounds a lot like Freudian notions of projection and psychic determinism, no?

Dr. David Nichol has been studying and practicing Buddhism for decades; he has published an article on this subject in the psychoanalytic literature and also a book, *One Minute Meditator*. David contrasted two forms of consciousness: first, the ongoing unfolding of one’s autobiographical narrative, arising in the past time of family and early development and moving through the present into the anticipated future and, secondly, a total immersion into the immensity and profundity of the “Present Moment”. This latter mind-set is the stuff of meditation and mindfulness, of a whole-hearted attunement to sound, touch, sensation, thought, breathing, and, finally, sight. By way of illustration, he led us in a brief meditative exercise. David lifted up for our contemplation the sheer joy of being alive, an appreciation of how extraordinary and ever-changing and spontaneous our existence actually is. His beloved spiritual teacher, Soen Sa Nim, taught him the mantra “Only don’t know” and, in making yourself available to others, “Clear mind, don’t know, how can I help?” He reminded us of a parallel in our own canon: Bion’s “Approach each (clinical) hour without memory or desire”. How else can we hear and realize something beyond what we already know?

David finished with the moving audio recording (which, unfortunately, was largely inaudible) of a terminally ill 9 year-old who was amazingly mindful and grateful for whatever life he had left.

Next, I (**Ben Green**) tried to map out the far-flung world of Christianity, giving particular emphasis to the distinction between the high-profile stance of the black-and-white concretism, Biblical literalism, and confident (and, at times, arrogant) proclamations of fundamentalist Christians on one hand, and, on the other, the lower profile, self-effacing (some would even say, “self-doubting”) liberal Christians. One of the leading thinkers in this latter group, Paul Tillich, was discussed at length: his notions of Faith as the “state of ultimate concern,” his appreciation of the demonic forces in modern society, and his insistence that life, like the Christian Cross, has both a horizontal dimension (the here-and-now world) but also a vertical dimension down towards the “Ground of Being” and upwards into the transcendent. Interviewing Tillich, Carl Rogers was made to think about his moments of transcendental connection with certain patients—an idea repeated and amplified by Daniel Stern’s (and the Boston Process of Change Study Group’s) notion of the transformative “moments of meeting” that can occur in therapy. Tillich, in his sermon “The Eternal Now” encouraged us to embrace the infinity in each moment rather than coveting an infinity of moments; Dan Stern, in his book, “The Present Moment” quoted William Blake, “To see a World in a Grain of Sand/ and a Heaven in a Wild Flower/ Hold Infinity in the palm of your hand/ And Eternity in an hour.”

Next, DU scholar-in-residence **Janet Rummfelt** delivered two complementary discourses. The first was a scholarly summary of Freud’s writings on religion from *Obsessive Actions and Religious Practices* (1907) through *Totems, Illusions, Discontents*, and, finally, *Moses and Monotheism*. For Freud, religion was never more than obsessions, wish-fulfilling fantasies, drive-renunciation, consolation for the under-class, substitute gratification, primal repetition, and neurotic practices. Switching gears, Janet then began her discourse on the

philosophic writings of Emmanuel Levinas as a prominent example of radically different conceptions about religion, God, and the divine. Utilizing a movie clip to vividly illustrate her point, Janet explained the tendencies of ontologically-based philosophies to “thematize”, “totalize”, and to otherwise reduce a person, an experience, or God to some sort of abstract Essence. Categorically rejecting such transmogrifications, Levinas emphatically underscored the irreducibility of persons or relationships...or the Divinity. This stance of seeking, but never grasping, the Infinite helps to maintain an openness in ourselves which can help us to better perceive differences in others and aspects of experience and reality that we had not heretofore appreciated. Resonating powerfully with psychoanalytic thinking, Levinas chose as a paradigmatic situation the face-to-face engagement of two human beings. Freud elaborated an elegant description of the analytic process—replete with “free-floating attention” and the almost mystical communication from one Unconscious to another. By contrast, the God he so decisively rejected is what lawyers call a “straw-man”, a flimsy, easily-dismissed construction. The God that Freud renounced and the God that Levinas affirms are different Gods.

Next we heard from two religious practitioners and thinkers, the first **Rev. Phil Campbell**, ordained minister and faculty member at the Iliff School of Theology. Phil acknowledged the overlapping interests in “making meaning” shared by religion and psychoanalysis, but then went on, gently, to contrast the “individualist paradigm” with the “communal view”. Whereas the psychoanalytic situation tends to be one-on-one, Christianity emphasizes participation in the community, being a member of “The People of God”, rejecting Descartes’s “I think, therefore I am” for, instead, “I am because we are”. He reflected on the current dilemma of an African colleague: “Is it possible to be human in Zimbabwe?”

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Rabbi Bernard Gerson, Spiritual Leader of the Rodef Shalom Community, reiterated and expanded similar themes. Again, both endeavors are partners in the making of meaningful lives. Religion, he asserted, was the “earthier” of the two, emphasizing as it does the development of individuals as social beings, and as participants in a community. For him, there are 4 important realities: religious practices and thought (prayer, study, faith, theology), family, physical and healthy sensory experience (e.g. eating, staying active), and “Baal Shem Tov”, which means the striving to make the world a better place, e.g. working for social justice. Reminiscent of Levinas, Rabbi Gerson believes that religion “creates a space” and that the “truth claims” of religion are symbolic, metaphorical, and mystical.

After some stimulating Q and A with the audience—focusing on, among other matters, the centrality of relationships, the evolution of psychoanalytic thought, the nature of sin, and the omission of an “unbeliever” from our panel, Dr. Pam Haglund, graceful m.c. as always, brought things to an end, sending us out into the night, most of us with heads happily abuzz.



UPCOMING EVENTS

(Please visit our website for more details.)

SOCIETY LECTURES

(at Boettcher Hall on the DU Campus)

“The Trouble with Reality”

By David Stevens, Ph.D. on

Friday, October 23, 2009 at 7:30 p.m.

*Other lectures are being finalized.
Please check our website for updated
information.*

CONTINUING EDUCATION in 2009

LACAN & HEIDEGGER

10 session seminar on Wednesday evenings beginning **September 30th** with Gabriella Zorzutti and Rick Furtak, Ph.D.

WHY DO I HAVE TO SAY GOODBYE AGAIN: ISSUES IN TERMINATION

5 sessions on Monday evenings beginning **October 5th** with Ruth Neubauer, MSW

*FEMINISM AND PSYCHOANALYSIS:
DIVERGING AND CONVERGING IDEAS*
All-day seminar on Friday, **October 16th** with Paula Bernstein, Ph.D., Marjorie Leidig, Ph.D., Barbara Redinger, Ph.D. and Margy Stewart, Psy.D.

A DAY OF MEDITATION

One-day workshop on Saturday, **October 17th** with David Nichol, M.D.

THE BASIC FAULT: UNDERSTANDING AND TREATING REGRESSED AND “UNREACHABLE” PATIENTS

(Phone seminar)

8 session seminar: Fridays, beginning on **October 23rd** with Nancy Bakalar, M.D.

More classes to be announced soon —

For details, go to

www.denverpsychoanalytic.org

Forgiveness as the Working Through of Splitting

By Melvin R. Lansky, M.D. on April 3, 2009

as reported by Roy S. Lowenstein, M.D.

Dr. Lansky begins by alluding to several well-known biblical examples of forgiveness (Jacob and Esau, Joseph and his brothers, and Jesus on the cross). He then moves on to clinical examples such as a woman whose husband has left her, a football team who has experienced a mediocre season, and a professor who quits because he has failed to receive the recognition he believes he deserves.

What is striking in all the clinical examples is ubiquitous narcissistic injury of a particular type, *shame*, the painful discontinuity between the individual's ego ideal and his or her actual degraded state. Shame precipitates such phenomena as grudge, bitterness, spite, blame, vengefulness, overt resentment, and scape-goating.

Splitting off shame has the adaptive value of allowing the afflicted person to function more or less optimally in the other spheres of his life. For example the rejected housewife can perform other duties of everyday life at church, alone with friends or with her children. The football team can continue to play competitively. The slighted professor can continue his harmonious family life.

Certainly, however, such splitting can not persist without collateral damage. For example the rejected housewife traumatizes her children during her enraged rants in her ex-husband's presence. The football team has sacrificed an extremely skilled and successful coach. Scape-goating can have particularly serious results as illustrated by the college professor, the football team, and I might add, Germany following World War I.

Clearly this sort of splitting is markedly different from the drastic vertical splits seen in people suffering from borderline or psychotic conditions, where denial, projective identifications, and devaluation are typical defensive configurations.

Therapy of such individuals is marked not only by work in the transference, exploration of genetic antecedents, and subsequent identification with the analyst, but also a healthy intermittent dose of reality testing. The result is not always a complete renunciation of the previous splitting as seen in the rejected ex-spouse, but sometimes merely the diminution of the envy and spitefulness that allows the patient, such as the professor, to proceed more successfully in the professional arena previously devastated by shame.

He also explores the vague term, 'working through,' utilized by many illustrious psychoanalysts, including Freud himself. It appears to be that period of work that follows seminal interpretations by the analyst and strong affective reactions and insight by the analysand, and ends with termination. Rangell and Brenner have made important clarifying remarks in this area. Brenner believes that working through is nothing more than continued psychoanalysis.

Dr. Lansky seeks to distinguish his term, forgiveness, from those that derive from moral and religious contexts.

Forgiveness is here seen as the resolution of splitting manifested in antecedent retributive states of mind—resentment, grudge, blame, envy, vengefulness, spite, hatred, and bitterness...[and] is buttressed by hidden shame conflict and the anticipation of unbearable shame.

In doing so, he explores dispassionately an all-too-common human experience and a psychoanalytic way of relieving it.



BRIEF ANNOTATED BIBLIOGRAPHY OF RECENT PUBLICATIONS REVIEWING THE
EMPIRICAL EVIDENCE SUPPORTING THE
EFFICACY OF INTENSIVE PSYCHODYNAMIC PSYCHOTHERAPY

By Ben Green, M.D.

In an effort to enable all of us to better advocate for a theory base and a mode of helping patients that we, for the most part, believe in and implement every day of our professional lives, we will pass on this brief annotated bibliography of recent publications reviewing the empirical evidence supporting the efficacy of intensive psychodynamic psychotherapy: this data is a pleasant surprise to many.

(Brief explanatory note: All of these articles refer to “Effect Size” (ES), a metric used to compare the various outcome measures across different studies—the higher the (positive) ES, the greater the improvement. An ES of .5 is considered a moderate change; .8 is considered a large effect.)

1. Shedler, J. (2009) The Efficacy of Psychodynamic Psychotherapy (submitted for publication)

An imminently readable summary of 13 published meta-analyses (a meta-analysis combines and summarizes a number of original research studies) that tabulate the results of over 600 studies and thousands of treatment episodes. This paper is particularly strong in its jargon-free explanation of some of the methodological complexities involved in these meta-analyses and how investigator bias and the politics of academic psychology/psychiatry and of journal publishing have radically and unfairly skewed public opinion, often to the clear detriment of psychodynamic/ psychoanalytic treatments. Also, our own arrogance and hostility to research methods have, until just recently, made us our own worst enemies. **Noteworthy:** Effect Size (which is helpfully explained): for antidepressant medications averaged .31, for cognitive-behavioral/ behavioral modification was .62, and for psychodynamic psychotherapy from .85 to 1.32. And, to the delight of those of us who believe in internalization, identification, ego-building, structural change, and post-termination self-analysis, the effect size for psychodynamic treatments actually increase post-treatment (ES from .98 to 2.21) while the benefits of both medications and CBT fell off post-treatment. Also described is how some of the benefit of treatments like CBT may actually derive from unacknowledged relational factors that ultimately can be traced back to psychoanalytic influences.

2. Leichsenring, F. and Rabung, S. (2008), Effectiveness of Long-term Psychodynamic Psychotherapy: a Meta-analysis. J.Am.Med.Assoc. Oct.1,'08, 300:13, pp.1551-1565.

Published as it was in JAMA, it is no surprise that this piece is both rigorous and reasonably accessible to the non-specialist. Happily, it also created quite a buzz (see the NY Times citation below) amongst a wider audience than usual. **Noteworthy:** This article concluded decisively that, while more severely disturbed patients (i.e. those with multiple diagnoses, personality disorders, or chronic mental illness) did not typically respond well to short-term psychotherapy, they did show robust improvement across a variety of measures to long-term (at least 50 sessions) psychodynamic psychotherapy. And, again, improvement effects increased further between the time of treatment termination and subsequent follow-up.

3. Carey, B.(2008) Psychoanalytic Treatment Wins Backing. NY Times 10/01/08

“Intensive psychoanalytic therapy, the ‘talking cure’ rooted in the ideas of Freud, has all but disappeared in the age of drug treatments and managed care...But now researchers are reporting that the therapy can be effective... (original NYTimes article discovered by Mark Wolny)

4. de Maat, S. et al. (2009) The Effectiveness of Long-Term Psychoanalytic Therapy: A Systematic Review of Empirical Studies. Harvard Review of Psychiatry, v.17, pp.1-23.

742 studies were reviewed; only 19 met the pre-established methodological criteria for rigorousness (e.g. “long-term” was taken to mean at least 50 sessions with a duration of at least one year). Happily, the results from tightly-run, manual-driven RCTs (randomized controlled trials) were indistinguishable from the more naturalistic, office-based “Observational” studies, also that the satisfaction scores of patients were highly correlated with clinician outcome scores. The improvements measured with patients of moderate or “mixed” pathology at termination were high (ES=.78) and this rose further post- termination (6 mo .to 6 yrs.) (ES=.94). (Again, for comparison, CBT average ES=.62.) Scores with severely disturbed patients (those who tend to do poorly with shorter-term treatment) was even better (termination ES=.94, follow-up ES=1.02). Analysis proper with the moderate/mixed pathology patients was even more effective than psychotherapy (termination ES=.87, follow-up ES=1.18). Not surprisingly, the reduction of symptom score exceeded the score for “personality change”. The literature review included mention that it had been previously calculated that patients initially diagnosed with personality disorders required, on the average, 92 sessions and 1.3 years of treatment for 50% of the patients to no longer meet the criteria for a personality diagnosis; it required 216 sessions and 2.2 years for 75% to “recover.” (original HRP discovered by Mary Ann Levy)



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