

# THE DENVER PSYCHOANALYTIC SOCIETY NEWSLETTER

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## PRESIDENT'S MESSAGE

- RANDOLPH W. POCK, M.D.

As I view the Denver Psychoanalytic Society eight months into the first year of my Presidency, I see an organization working effectively with the American Psychoanalytic Association and with the Denver Institute for Psychoanalysis currently under the energetic directorship of Stacey Keller.

I have just returned from the winter meetings of the American Psychoanalytic Association in New York City the week of January 13<sup>th</sup> where I represented the Denver Psychoanalytic Society as our delegate to the Executive Council meeting on January 17, 2008 (with enthusiastic support from our President-Elect, Ronnie Shaw).

In contrast to several recent, rather confrontational National meetings, members of Council seemed intent, at this time, to work together and resolve what in the past have been sometimes bitter differences of opinion. Required by-law changes to keep our organization in compliance with New York State law were approved. The Council voted its support of the Externalization Task Force, chaired by Drs. Mosher and Rosenblitt, that is considering the feasibility and advisability of externalizing some or all of the functions of the Board on Professional Standards (BOPS). This includes setting of educational standards, accreditation of institutes, and certification of individuals. The Task Force is considering the establishment of a separate body which an institute as an entity could choose to join or not. Under the proposal being considered, Institutes that choose to join together in the model being considered would agree to their own educational standards, a process of accreditation of institutes, and presumably a certification process. In all likelihood, the issue of training analyst appointment would be decided by these institutes who choose to form this new standard-setting body. Other institutes that choose not to join this new body would be free to seek standards through other sources such as those available through ACPE or IPA.

The Council also discussed the fact that the annual winter meetings of the American Psychoanalytic Association in New York City consistently make a small profit for the Association while the summer meetings consistently lose money. The Denver meetings last June for example, although critically well

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received, were poorly attended compared to the winter meetings and lost a considerable amount. The Council considered a proposal to schedule no summer meetings for the Calendar Year 2009 or 2010, although this year's June 2008 summer meeting in Atlanta will definitely take place as planned. Those present generally agreed that a two-year cancellation would probably in effect mean the end of the summer meetings. They noted that most professional organizations have only one annual national meeting. After considerable discussion, members agreed that because the meetings of the International Psychoanalytic Association will take place in Chicago in the summer of 2009, no summer meeting of the American will take place that year. They would give further thought between now and the June meetings this year in Atlanta, to the question of canceling subsequent summer meetings (such as in 2010). They made no decision in this regard in New York.

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The Council also heard from Linda Mayes, Chair of the Fund for Psychoanalytic Research regarding a Pilot Study. It would determine the feasibility of a definitive outcome study to compare the effects of cognitive behavioral therapy, supportive – expressive therapy, and psychoanalysis of patients with chronic, complicated depression and significant interpersonal problems.

On a local level, our Society has continued activities designed to increase our interaction with the Denver Community. On April 12, 2008, the Denver Psychoanalytic Society will be having its fundraiser at the Ricketson Theater of the Denver Center for the Performing Arts. The afternoon at the theater will begin with a performance of the play, "Doubt," by John Patrick Shanley, Directed by Bruce K. Sevy, it is a brilliant tale of suspicion and moral uncertainty in which a Catholic priest is accused by an "old school" nun of abusing a student. The nun demands the priest's confession and resignation while the boy's mother defends the friendship. Drs. Mike Moran and Margy Stewart will discuss the play, with a wine reception and dinner to follow. Participants can chose their level of participation based on their donation to

this important fundraiser.

In conjunction with the Colorado Society for Clinical Work, we sponsored at Craig Hall at the University of Denver a very successful lecture Friday October 12<sup>th</sup> by Judith Wallerstein entitled, "The Long Term Effects of Divorce and Remarriage on Children and Parent-Child Relationships: Therapeutic Implications." It brought us in contact with a large segment of the Denver therapeutic community.

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Similarly, we have joined with the Graduate School of Professional Psychology at the University of Denver to co-sponsor our Friday night lecture series. This series will now take place at Denver University's Boettcher Auditorium at 2050 E. Iliff Avenue on the Denver University campus where we hope to interact with another large segment of the therapeutic community.

Our Salon Series has been meeting regularly with the hope of reaching still others, and our continuing education courses are proceeding with the same goal.

We are developing plans for a reduced-fee referral service envisioned by our previous president, Art Garfein, and we are meeting with our attorney to discuss potential legal/liability issues related to our plans. At this time, we are facing the physical, emotional, and financial stress of moving the offices of the Society and Institute from our long-time home at Colorado Psychiatric Hospital on 8<sup>th</sup> Avenue to the Anschutz Medical Campus. We are aware of the need to improve our finances and to maintain the positive interaction between the Society and Institute. I appreciate the support of our members and look forward to continuing to serve as your President.





## MESSAGE FROM THE DIRECTOR OF THE DENVER INSTITUTE FOR PSYCHOANALYSIS

- Stacey Keller, M.D.

Change has been visible everywhere since July of 2007, from the boxes we see as we walk down the increasingly empty halls at CPH, to our committees and national organization. We remain on alert for the signal to relocate our offices to the Anschutz Medical Campus at the old Fitzsimmons Hospital Site some time in 2008. After several years of discussion, actual preparations have begun. Early efforts at packing our non-critical belongings started in December. Furniture has been ordered and classroom sites identified.

In July, we said thank you to our Executive Committee and Committee Chairs, with special recognition to the long and committed service of Drs. Jill Miller, who has served as Director of the Institute or the Child & Adolescent Program for over ten years, Earlene Dal Pozzo, who stepped down after nine years as first Secretary, then Treasurer, and David Stevens who served as Associate Director following a productive term as the Curriculum Chair. I am pleased to have the able assistance of Drs. Rex McGehee, Associate Director; Paula Bernstein, Treasurer; and Laura Jensen, Secretary, as we navigate the many changes ahead. Many thanks to those stepping down after years of valuable service: Dr. Jerry Jacobson, Ethics; Dr. Randy Pock, Admissions; Dr. Jerry Stein, Psychoanalytic Study; and to their successors: Dr. Leslie Jordan, Dr. Neil Rosen, and Cindy Brody. We appreciate the ongoing efforts of Drs. Mike Moran, Appointments; Richard Simons, Bylaws; Sheila Teitelbaum, Clinic; Dr. Geoff Heron, PTP Director; Ms. Cathy Krown Buirski, CAP-PTP, and Mr. Mark Wolny, Curriculum.

We enjoyed our first glimpse of our new home in September, as the faculty met for our annual meeting in the Knighthorse Campbell auditorium at the Anschutz Campus. The Brandt Steele Awards were given that evening at the Brown Palace. Dr. Gary Martin was honored for his development of the PPT tract in the residency training program. Dr. Rex McGehee was commended for his outstanding contributions to our organizations, which have included teaching, coordinating the CME programs and the Endowed Chair Campaign, as well as his thoughtful service as Director of the Institute and the Child & Adolescent Program, and years as the Institute Treasurer.

Coordinated by the Curriculum Chair, Mr. Mark Wolny, the second and fourth year analytic and PTP classes are off to an exciting start this year, with over 30 courses offered by 41 of our faculty members teaching one or more classes each. A combined second and fourth year analytic case conference is debuting this year.

The admissions process is again in full swing as we prepare for new first year classes in the Adult, the Child & Adolescent Analytic Programs, and the PTP programs. Open houses hosted by Peter and Cathy Krown Buirski in the fall, and Mattie Wilsey in early February gave prospective applicants the opportunity to speak with faculty and candidates about our programs and meet potential classmates. Applications are currently being accepted for 2008-09 and are available for download from our website, [www.denverpsychoanalytic.org](http://www.denverpsychoanalytic.org).

Our faculty continues to provide countless hours of volunteer service to the UCHSC Department of Psychiatry, teaching and supervising in the medical school and residency programs. The PPT program is thriving under Ms. Ronnie Shaw, with Drs. Alexis Geise and Rob Feinstein. Dr. Laura Anderson has revived the mentorship program, matching all who have requested mentors. This year's Volunteer Faculty Appreciation Dinner was held at CPH as a farewell in anticipation of the move to Anschutz. Dr. Peter Silvestri presented the Institute Award to Dr. Earlene Dal Pozzo. A presentation of the Department's history in CPH highlighted the contributions of many of our early faculty members, complete with photographs

*“Change  
has been visible  
everywhere...”*

and fond memories.

By the time of this edition's publication, the faculty will have visited the Broadmoor for our annual retreat. In addition to the curriculum review, a panel will explore the analytic and technical issues related to the concept of Reassurance. The State of the Institute discussion will focus on ensuring the vitality of our organization for the future, by the updating and strengthening of our financial infrastructure. The Joint Financial Task Force of the Society and Institute will review our financial status and propose solutions to achieve a strong financial position that will allow us to continue our mission to provide psychoanalytic education, advance scholarship and research, and encourage application of psychoanalytic knowledge to related fields of study. Further information on our discussions will be provided in the next issue.

Change has not been limited to our local organization. In June, the Board of Professional Standards of APsaA empanelled a Task Force on Externalization (TFE) to explore the possibility of externalizing the BOPS' accrediting and certification functions into an external body. Since then, the TFE has explored the feasibility of several models, narrowing the possible options to an external corporation (EC) or an institute initiated (II) model which were presented in January at the Congress of Institutes. The next phase of deliberations will explore desirability of adopting one of the models. Faculty input regarding the options will be requested this spring.

At the Congress of Institutes, the Project for Innovation in Psychoanalytic Education, PIPE, proposed an alternative method to the current certification process, which is a pre-requisite for people who wish to become TA/SA's: a national vetting process, where the certification applicant would meet with two reviewers (regional or national) over a six to 12 month period to present cases. Further exploration of this pathway by PIPE will occur. The Certification Examination Committee presented their continuing efforts to improve the certification process with the addition of both a mentorship program as well as the possible establishment of a national reader board to assist candidates with the written portion of their applications.

Drs. Bob Emde and Jill Miller received Distinguished Service Awards from Dr. K. Lynne Moritz, President of APsaA, for their pilot study which resulted in the option to offer Child and Adolescent Training Programs without requiring previous or concurrent adult training. Dr. Pam Haglund was chosen to serve as an associate editor of IJP at the Winter APsaA meeting, an honor given to several candidates or recent graduates each year. COCAA is considering the question of whether candidates can meet the required number of cases for graduation counting one child or adolescent case along with two adult cases for Adult training. As Affiliate Council President, Dr. Laura Jensen encourages us to include and recognize our affiliates, who number nearly half of the active members of the association. Dr Cal Narcisi continues his dedicated service to psychoanalysis as Co-Chair of the Board on Professional Standards.

This summary only scratches the surface of our activities, contributions and achievements during the past six months as we work to execute the exciting mission that we have undertaken.

**REMINDER — The Denver Institute for Psychoanalysis is accepting applications through March 31st for each of their training programs:**

- Adult Psychoanalytic
- Child & Adolescent Psychoanalytic
- Combined Adult, Child & Adolescent Psychoanalytic
  
- Adult Psychodynamic Psychotherapy (PTP) 2-year program
- Child & Adolescent Psychodynamic Psychotherapy (CAP PTP) 2-year program

See our website for applications and information—[www.denverpsychoanalytic.org](http://www.denverpsychoanalytic.org)

## Conference: The Long Term Effects of Divorce and Remarriage on Children and Parent-Child Relationships

October 12, 2007

Judith Wallerstein, PhD

By Laura Anderson, MD.

This fall the Denver therapy community was given a unique opportunity to interact with a well known researcher of the effects of divorce on children. Dr. Judith Wallerstein is internationally recognized for her pioneering studies with children of divorce. This conference was jointly sponsored by the Colorado Society for Clinical Social Work and The Denver Psychoanalytic Society. In her discussion, Dr. Wallerstein presented the results of her study of 60 families [131 children] undergoing divorce. The study followed these families over a twenty five year period. The children were ages 2-17 years when the study started. Data was collected on each child and parent from the divorcing families. Her results have been published in the New York Time bestseller, *The Unexpected Legacy of Divorce: the 25 Year Landmark Study* co-authored with Julia Lewis and Sandra Blakeslee.

The subjects of Dr. Wallerstein's study were chosen from divorcing families in Marin County. This county represents one of the richest counties in the world. While some question whether this is a true representation of the majority of divorcing families, Dr. Wallerstein chose these families in order to represent "divorce under the best circumstances." The youngsters were psychologically sturdy, not in trouble at school or emotionally before the divorce. The parents are well-educated, not on welfare or suffering poverty like many families do after the family's breakup. Dr. Wallerstein believed that this clarified the psychological impact of the divorce alone. Others questioned the small sample size and the lack of a control group. Design difficulties aside, Wallerstein's study is an important long term study showing the effects of divorce across time for this group of children.

Dr. Wallerstein's findings were surprising to most of the American public. Recent understanding has been that the most difficult time for the child of divorcing families is at the time of breakup.

What we all believe now, that in America-- and all of our resources have gone into this-- it's the breakup that matters. And we tell parents-- attorneys tell them, mental health people tell them-- that if you can settle your problems between you with civility, if you can settle the financial affairs with some justice, and if the child will continue to have contact with both parents, the child is home free... But I didn't expect that the greatest upset -- I'm talking now about divorce as a cumulative experience-- that the greatest impact [for the children] would be in their 20s and in their 30s...

Contrary to our cherished beliefs about the limited long term impact of divorce, the study found that even in the families where there was high conflict between parents, no child was in favor of the divorce. The impact of divorce reached a crescendo in adulthood. Adults were found to have deficits in conflict resolution. They had little confidence in their ability to work through conflicts with a mate, choosing flight from relationship instead of working through difficulties. They feared that any relationship was doomed to fail. They tended to marry less, and divorce more frequently than their peers from intact families. Wallerstein postulated that they lacked an "internal template of how adult males and females can live together."

As adults, the subjects had serious psychological problems. The study found a two-fold increase in the incidence of mental health issues requiring psychological counseling and treatment. According to Dr. Wallerstein, this increase represents a stronger association between divorce and psychological problems than the association between smoking cigarettes and cancer. These psychological problems included a greater difficulty with commitment in males and increased female sexual frigidity. Many experienced emotional numbing. Dr. Wallerstein felt this was the result of the child trying to deal with his fears of overwhelming the parent who is struggling with the intense feelings surrounding the divorce and/or the child's fears that it was something that he did that caused the divorce. In an attempt to be good, all emotional expression was repressed.

In the second session, Dr. Wallerstein turned to the experience of children before and after parental remarriage. After the divorce both biological fathers and mothers struggled to form new relationships with the children. The complex, difficult changes the child and parents faced resulted in parental struggles dividing their attention evenly between the children. In families of three or more children, the mother frequently struggled financially. They felt overburdened and painfully aware of their limitations. Mothers were less likely to feel overwhelmed when there were only two children. Fathers also found it difficult to give equal attention to each child and were particularly sensitive to rebuff. The child who was more responsive to father's overtures and had like interests was more likely to capture their attention. Younger children were favored over adolescents. Adolescents were more easily bored away from their friends. Fathers felt outdone, as though they had nothing to offer, and so withdrew from their children. Adolescent girls tended to become anxious about spending time with their fathers, especially sleeping in father's house alone, menstruating at his house, etc.

It was striking that the fathers in her sample were inept as both providers and nurturers. Only six of twenty-six provided for their kids' college educations, though virtually all could afford it. Most were unable to maintain close relationships with their children once their divorce was settled. Some disappeared, while others insisted on rigid custody schedules their kids resented. In adulthood, only five of the young people said they would turn to their fathers for personal advice. By contrast, most remained close to their mothers although they worried she had sacrificed too much on their behalf. Wallerstein concluded, "The instability of father-child relationships that emerges in this long-term study is troublesome."

Custody arrangements have a clear impact on children of divorce, especially as adolescence looms. Shuttling between two households becomes difficult as the child's interests become focused on after-school activities and their friends.

"In a normal family, somebody says to Jimmy, 'What do you want to do Sunday? How do you want to spend your vacation?' But in divorced families, it's too often, 'You're with Dad Sunday and all summer, too.' The kids feel powerless. The parents remain center stage when developmentally they're supposed to become less important [in favor of the peer group]."

As step-parents are introduced, the relationships become even more difficult. It was striking that in 1/3 of the families parents divorced and remarried a second time. Step-parents meet step children as strangers. The step-child has no bond of relationship and is not the object of affection. In the study, step-parents in every case responded variably to their step-children. The role of the step-parent was seen to be daunting. There are complex transference issues between the child and step-parent. As the new couple attempted to build a relationship, the relationships with children suffered.

In Dr. Wallerstein's study step-mothers of adolescent children had limited engagement with children from

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the spouse's first marriage. They felt that their home lifestyle should take primacy over the children's. None reached out energetically to engage the step-children. Children who quickly learned the rules and culture of the new home and got along with their step-siblings seemed to do well as did older children who helped to care for younger step-siblings. Step-mothers greatly influenced the amount of time and money that the biological father spent with his children. No father questioned the step-mother's limitations on or involvement with his relationship to the children from the first marriage.

Step-fathers in the study were more closely involved in their biological children's lives than their step children's. Their preferences for one step-child were displayed openly. If the step father was older than the biological father, the step-fathers tended to be more strict disciplinarians. They depreciated the biological father. Mothers were glad to give over discipline to the step-parent, especially of adolescent boys. If the step-child was like themselves, step-fathers found it easier to respond positively to the child. In all cases, they had more difficulty identifying with the child and remembering their own childhoods as they dealt with the children. If the new marriage was successful, the biological father tended to withdraw and the biological mother did not encourage continued visits.

Wallerstein repeatedly emphasized the lack of models for step-parenting as a cause for the difficulties in these relationships. For this study, which began in 1972 immediately following the initiation of No Fault divorce laws, the lack of role models was a major contributor. However, in the ensuing 35 years as divorce rates has increased and the number children living in step families has risen, our experience with step-parenting has also grown. New models for these complex relationships have developed and the lack of adequate step-parenting has likely changed. Even so, the findings of this study can serve to make us aware of potential difficulties and areas of focus to improve outcomes for children experiencing divorce today.

The afternoon session included case presentations by Dr. Cheryl Straus-Witty and Tom Avery, MSW. Dr. Straus-Witty's case of an adolescent girl illustrated the difficulties of working with the court system that still believes that the child is best served when allowed equal visitation with both parents, even against the child's wishes. Dr. Wallerstein stressed that children in this age group should be allowed to participate in negotiating visitation. Both the parents and the courts need to be encouraged to put the child's need first. Dr. Wallerstein frequently asks parents, "What sacrifices are you willing to make? What are you willing to do to win over and have a continued relationship with this child?" In some cases, this may involve allowing the adolescent to bring a friend along for their visit to Dad's or the parent traveling to the child's home to visit with them, a switch of the usual role.

Mr. Avery's case of a latency aged child illustrated the need for a new role for the therapist. Wallerstein felt that as more children are faced with divorce, male therapists will receive more referrals of male children needing fathers. The therapist then serves as a role model and an educator about relationships. She also stressed that as latency aged children deal with divorce, they often have fantasies that help them to deal with their emotions. There is no reason to encourage children to face reality. "Let them have their fantasy! They will give it up when they are ready."

Attendees were concerned about how counselors should work with parents considering divorce and in decreasing the difficulties seen in this study. Dr. Wallerstein stressed that more resources must be made available for children of divorce, not only at the time of the breakup but also throughout the ensuing years. Telling children about the divorce should not be a one time event, but a process where the child is included and

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informed about what divorce is and how it will affect the child. Stressing that there are marriages that work and enlisting the help of grandparents or friends with successful marriages to serve as role models may decrease the sense of sure failure children of divorce feel when trying to develop relationships of their own. She also recommended the importance of educating step-parents about their role in their step children's lives and intervening in problem step parenting styles.

When asked whether divorcing couples should be encouraged to stay together for the children's sake, Dr. Wallerstein replied, "I am by no means stating that anyone other than the involved couple can determine whether they can or should stay together. That is for them and only them to decide. My research doesn't point to restricting divorce. Divorce isn't going to go away. My work points to the complexity of divorcing and doing it right for the children. A good divorce is about as much work as a good marriage."

Other books by Dr. Wallerstein:

1. *Surviving the Breakup: How Children and Parents Cope with Divorce* with Sandra Blakeslee [1979].
2. *Second Chances: Men, Women and Children a Decade After Divorce* [1989].
3. *The Good Marriage: How and Why Love Lasts*



**THE COLLEAGUE ASSISTANCE PROGRAM**  
of the Denver Psychoanalytic Society  
is available to all Society members  
if a situation arises they want 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

## FUTURE EVENTS....

### **Saturday, April 12th, 1:30 p.m. at the DCPA — Society Annual Fundraiser**

We hope you will join us at the Denver Center for the Performing Arts in the Ricketson Theater to enjoy the presentation of DOUBT. Following the matinee performance and a discussion with Margy Stewart and Michael Moran, we will host a wine reception and a wonderful dinner at PRIMA RISTORANTE. Please go to our website for details or contact the Society office (303-315-7776).

### **Monday April 14th, 7:15 p.m.—Salon**

Presentation on "Trauma" by Mary Ann Levy, M.D. at the home of Ronnie M. Shaw, APRN, BC. Call 303-315-7776 to RSVP.

### **Friday, May 9, 2008, 7:30 p.m.—Lecture**

Please join us for our final lecture for this academic year entitled, "Three Voices: The Evolution of Psychoanalytic Identity and the Emergence of New Modes of Being with Patients." Ben Green will be moderating a discussion following presentations by Mary Ann Levy, M.D., David Stevens, Ph.D., and David Hurst, M.D. The discussants will be Leslie Jordan, Ph.D. and Richard Simons, M.D. This will take place at our new location on the DU campus in Building #51 at 2050 E. Iliff Avenue. (2 blocks south of Evans Ave. and 2-3 blocks west of S. University Blvd.. There is visitor parking directly to the west of the building.)

### **Monday, May 12th, 7:15 p.m.—Salon**

(final for the year) "Biological Defect, Medical Treatment & Sense of Self: The Analysis of a 4-year old girl," presented by Ronnie M. Shaw, APRN, BC and hosted by Rhoda Singer, M.D. Please call 303-315-7776 to RSVP.

### **Saturday-Sunday, May 31 & June 1, 2008**

Institute Faculty Development Weekend with Sheldon Bach. Watch the website for details.

### **Monday evening, June 9, 2008—Society Members' Annual Business/Dinner Mtg.**

at the Wellshire Inn. Please hold the date. Details will be announced.

## OUT AND ABOUT...

by Ben Green, M.D.

In this time of widespread skepticism towards psychoanalysis and psychoanalytic therapies, our brave troupe soldiers onward, convinced as we are about the intellectual integrity and the philanthropic import of this body of thought and work.

Our Community Lecture Series started off with an all-day conference on Divorce and Remarriage featuring **Judith Wallerstein**. Co-sponsored with the Colorado Society of Clinical Social Work and made possible largely through the efforts of our own **Joan Heron, Margy Stewart, and Denise Detrick**, this meeting sparkled with rigorous empiricism and arresting clinical material, some of which was provided by **Tom Avery** and **Cheryl Straus-Witty**.

December brought us a thought-provoking presentation about psychoanalytic research by **Jonathan Shedler**, which was followed in early February by Harvard's **Alexandra Harrison** who discussed the use of infant research tools in an office practice. On March 7<sup>th</sup> **Mike Moran** spoke on "War--What is it Good For?" **Please note that the time is still 7:30 pm, but the location for these and all future lectures has been changed to Boettcher Auditorium (Building #51) at 2050 E. Iliff Ave. on the Denver University campus.** (Visit our website at [www.denverpsychoanalytic.org](http://www.denverpsychoanalytic.org) for further details and any post-publication changes.) We hope that this relocation will augur a deepening connection with DU faculty and students.

Next, on May 9<sup>th</sup>, "Three Voices: The Evolution of Psychoanalytic Identity and the Emergence of New Ways of Being with Patients" will feature presentations by senior analysts **Mary Ann Levy, David Stevens, and David Hurst**, with commentaries by **Leslie Jordan** and **Richard Simons**.

The April Community Event will be a special treat: for the third year in a row, **Margy Stewart** has organized a fundraiser at the Denver Center for the Performing Arts, this time involving the theatrical production of "Doubt," followed by a psycho-dramaturgical discussion led by **Margy**, herself, and **Mike Moran**. Please watch for mailings and e-mails, or go to our website. After all, in this nervous age of ours, who of us couldn't stand to understand a little more about **Doubt**?

The Monday evening Salon schedule has included the following discussion topics presented by these speaker/host dyads: Psychoanalytic Horse Whisperer (**Fred Mimmack/ Barbara and Fred Mimmack**), Neurodynamics (**David Stevens/ Peter Mayerson**), Theory and Technique (**Neil Rosen/ Joan and Geoff Heron**), Nonverbal Treatment Process (**Jacob Jacobson/ Ann Sartori**), Human Suffering (**Rex McGehee/ Esther and Roy Lowenstein**). Still available for your listening and viewing pleasure at the time of this writing, (all at 7:15 pm): "Psychoanalysis in China: The China-American Psychoanalytic Alliance," March 10th (**Shoshana Adler/ Jill Miller**); "Trauma", April 14<sup>th</sup> (**Mary Ann Levy/ Ronnie Shaw**); "Biological Defect, Medical Treatment & Sense of Self: The Analysis of a 4-year old girl", May 12<sup>th</sup> (**Ronnie Shaw/Rhoda Singer**). Please see location and RSVP details elsewhere in this newsletter or on our website.

Continuing Education course topics have been varied and imaginative: "Oedipus-Schmedipus" by **Cheryl Straus-Witty** and **Jennifer Kennedy**, Narcissism by **Barbara Redinger** and **Margy Stewart**, Pre-school Child by **Rex McGehee** and **Edie Buchanan**, Men's Crises in Novels by **Mike Moran** and **Fred Mimmack** and The Brain by **Jill Miller**.

Several of our members have recently earned distinctions and awards: **Jill Miller** was honored by APsAA for Denver's initiation of the "Child-Only" training program, **Earlene Dal Pozzo** was recognized for her contributions to the Department of Psychiatry, **Pam Haglund** has become an associate editor for the Journal of the International, **Leslie Jordan** and **Ted Gaensbauer** have been asked to present Grand Rounds to the Psychiatry Department in March while **Leslie Jordan** and **David Nichol** will speak at the Department's Aspen Conference. Also- kudos to **Stacey Keller** and the leadership of the Institute and the Society for their ongoing valiant efforts to balance budgets whose red ink threatens to inundate the entire metropolitan area.

Please accept our invitation to join us for one or more of our upcoming events. Do you have a topic you'd like to hear more about (or are willing to present yourself)? Please e-mail us at [lin.borden@uchsc.edu](mailto:lin.borden@uchsc.edu). We hope to see you around...

*Sleeping with the Enemy:  
On the Clear. Present. yet Strangely Seductive Danger of Psychoanalytic Research*

By Jonathan Shedler

Reported by Leslie Jordan, Ph.D.

On a snowy Dec 7, the 2007/2008 Psychoanalytic Society lecture series began in a spiffy new location at the University of Denver. Thanks to the planning efforts of Pam Haglund and Peter Buirski, we are joining forces with the department of psychology to present ideas about psychoanalysis to a wider audience. A university setting exposes us to the scrutiny of critics who may think that psychoanalytic principles and treatment are outmoded in the twenty-first century. Should we worry that we are getting in bed with the enemy?

An enmity, or at the very least a deep disconnect, has long existed between academic psychology and psychoanalytic inquiry. Jonathan Shedler opened his talk by pointing this out. He quoted from a *New York Times* article which likened the disciplines to two ships in the night, passing with mutual indifference:

*"If you want to learn about psychoanalysis at the nation's top universities, one of the last places to look may be the psychology department, where it is treated as 'desiccated and dead,' a 'historical artifact,'...It is not the mainstream anymore."* ("Freud is Widely Taught in Universities, except in the Psychology Department," November 2007).

From the side of psychoanalysis, Jonathan came prepared with quotes from analysts who have little use for research:

*"As for academic psychology, its methods give extensive and reliable data which are, in everybody's subjective judgment, of minor importance"* (Brenner, 1982). *"Impeccable studies of nothing very much"* (Spence, 1994).

*"Compared with the richness of the clinical experience of psychoanalysis, the findings of researchers look very meager"* (Green, 2001).

Jonathan Shedler concurs with the *Times* article in its conclusion that the primary reason psychoanalysis became marginalized in academia is that "while most disciplines in psychology began putting greater emphasis on testing the validity of their approaches scientifically, 'psychoanalysts haven't developed the same evidence-based grounding.'"

Recent generations of psychologists and psychiatrists have been trained in evidence-based medicine. In evaluating whether a method of treatment is worthwhile to learn or to recommend to a prospective patient, they have been taught to ask, 'What is the empirical evidence that this

treatment works?' If a trainee asks this question in a psychoanalytic seminar, it is not uncommon that the instructor is unprepared to answer it.

The divide between the knowledge base of the psychoanalytically informed clinician and the world of research has led to misinformation on both sides. A common misconception (apparently shared by both sides) is that psychoanalysis and psychodynamic psychotherapy lack empirical support for their efficacy. Because this misconception exists, many on our side of the divide feel that we have to rely on individual professional experience and the "richness of the clinical experience", to use Green's phrase, to back up our belief that the psychodynamic treatment approach is effective. We are ill-equipped to respond to data which show that medication, cognitive behavioral therapy (CBT), or relaxation therapy are effective treatments for anxiety and depression.

Jonathan's talk aimed to fill in this information gap. He introduced us to meta-analysis, which is a widely used approach to integrating a body of treatment effectiveness research. Instead of reporting findings of individual studies, research findings in a given field are pooled, abstracted, and reported on as a group. A large number of meta-analyses of treatment studies have been published in the last twenty years, as well as hundreds of meta-analyses in treatment areas outside of mental health such as medicine and education.

Unlike the previous single study reporting, meta-analyses have provided strong patterns of evidence about the efficacy of psychological intervention in general and about psychodynamic psychotherapy in particular.

Meta-analysis reports results in terms of **treatment effect size, i.e.**, the size of the difference between a treatment and control group, expressed in **standard deviation** units.

A treatment **effect size of 1** means that on average, subjects moved up one standard deviation on the bell curve in response to treatment. In percentage terms, this means that someone who was worse off than 85% of the population pre-treatment (for example, on a measure of depression) would be at the 50<sup>th</sup> percentile post-treatment. To help us get a feel for effect size meaning, Jonathan pointed out that an effect size of .2 is considered small, an effect size of .5 is considered moderate, and an effect size of 1 is quite large.

What are the effect sizes in treatments for psychological problems? We have heard that antidepressant medication is an empirically validated treatment for depression, and indeed

he effect size in medication studies is respectable. However psychotherapy, especially psychodynamic psychotherapy, stacks up very well when effect sizes are compared. One of many tables Jonathan showed us was as follows:

	Effect Size
-Medication v. standard placebo control	.39
-Psychotherapy, all outcomes (Smith Glass & Miller, 1980)	.85
-Psychotherapy, extremely rigorous Research designs (Landman & Dawes, 1982)	.78
-psychotherapy, for depression (Robinson Et al, 1990)	.72
<b>-psychodynamic psychotherapy, change in presenting problems (Leischsenring &amp; Rabung, 2004)</b>	<b>1.39</b>
<i>As a point of comparison, he gave a table of commonly accepted medical treatments and their effect sizes:</i>	
-Aspirin, effect on heart attacks	.07
-Coronary bypass surgery, effect on angina	.80
-Drug treatment for arthritis; various outcomes	.45 to .77
-Cyclosporine; effects on organ rejection	.39
-Anticoagulants; effects on thromboembolism	.30
-Coronary bypass surgery, effect on mortality	.15
-AZT for AIDS, effect on mortality	.47

A frequent assertion is that cognitive behavioral therapy (CBT) is an empirically validated treatment. This is true, but it is not more effective than psychoanalytic psychotherapy. In 2001 Leichsenring reported on studies comparing treatment effects on patients randomly assigned to manualized CBT treatment versus short-term psychodynamic psychotherapy. Jonathan noted that “there were no appreciable or interpretable differences” between outcomes in the two groups. A 2006 study at Columbia by Clarkin et al. compared treatments, including DBT (Dialectical Behavior Therapy) and psychodynamic therapy (PPT), for borderline personality disorder. In terms of symptomatic improvement, PPT was slightly more effective than DBT. However, when the researchers went beyond looking at symptomatic outcome to study mechanisms of change, they found considerably greater improvement in attachment patterns and mentalization in patients treated with PPT.

A study by Enrico Jones’ team in Berkeley compared CBT treatment with PPT, aiming not only to compare outcomes but to look at mechanisms of change. He asked therapists from each camp to list the main technical ingredients of their approach, and then proceeded to demonstrate that in those cases where CBT lead to improvement, the “active ingredients” appeared to be psychodynamic interventions that were unacknowledged by the therapists who used them.

There were many more intriguing points of informa-

tion in Jonathan’s lively lecture. He showed us that there was at least one rigorously controlled study demonstrating the effectiveness of PPT in the following areas of pathology: Depressive Disorders, Anxiety Disorders, Panic Disorder, PTSD, Somatoform Disorder, Bulimia Nervosa, Anorexia Nervosa, Borderline Personality Disorder, Cluster C Personality Disorders, and Substance-related Disorders. In addition, for psychoanalysis per se, he described evidence that improvement continues after treatment has ended, and that improvement on character variables has been researched and demonstrated.

Let me conclude by quoting Jonathan’s PowerPoint bullets based on empirical data:

**Psychotherapy is unambiguously effective.  
Psychodynamic psychotherapy is unambiguously effective,  
More effective than anti-depressants,  
At least as effective as CBT.**



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