

## DAY RESIDUE

Winter 2010

*A joint publication of NYSP and the Society of NYSP.*

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*Dear Colleagues,*

*Selma, Joan, and I hope you will enjoy this copy of the Day Residue. It brings news of colleagues, news of the field and news of the Institute and Society.*

*As always we depend on your contributions and comments.*

## HOLIDAY PARTY 2009



## **Congratulations to our Graduates:**

CHRISTINE MACDONALD • JENNIFER BROWN • DEBRA PARKES • ALIASA GRUDZINSKI



**LET'S HAVE A PARTY! DATE? – TO BE ANNOUNCED**

## **News from Colleagues**

### **JANE HALL**

Below is the abstract of a paper given by Jane Hall on Friday October 23, 2009 at the Metropolitan Institute for Training in Psychoanalytic Psychotherapy. The paper reviews our institutionalized tenets, some of which Jane challenges. It is also a personal review of Jane's thoughts, as she moved from her "orthodox roots" to a more humanistic approach.

#### *Psychoanalytic work in today's world: what would Freud think?*

It is 2009: 100 years since Freud brought psychoanalysis to America delivering his introductory lectures at Clark University. The world has changed vastly since Freud created his baby. What kind of parent would he have been during separation/individuation, adolescence, and adulthood? And, just what is psychoanalytic work in today's world? This paper touches on some of the developmental difficulties of psychoanalysis, and suggests that unlike Freud and his disciples, we try to listen to each other with open minds and a learning ear. We must respect the separation/individuation phase and cultivate our acceptance of "the other." Individuation implies autonomy, seemingly at odds with institute life here in America. Factionalism during what some call the demise of psychoanalysis is suicidal. Listening to like minded individuals is soothing and helpful, but listening as well to those who challenge "received wisdom" can lead to growth. As for psychoanalytic work – I will talk briefly about how I have evolved from my orthodox roots.

*The full article can be accessed on the web.*

### **JOYCE EDWARDS**

Joyce was the keynote speaker at a conference sponsored by the Suffolk Institute for Psychotherapy and Psychoanalysis on November 7, 2009. The Conference title was "The Place of Siblings in the Therapeutic Hour" and her talk was entitled "Sibling Discord: A Force for Growth or Conflict."

### **MIRIAM PIERCE**

Miriam Pierce presented a paper at the IPA meeting in Chicago, July 2009 at a workshop: Perspectives in Dealing with Object Loss in Clinical Work. The title of her paper is "The Treatment of a Severe Post Partum Depression, Utilizing Winnicott's Concept of Primary Maternal Preoccupation and the Holding Environment"

*The full paper can be requested by emailing Miriam directly at [mimipierce@aol.com](mailto:mimipierce@aol.com)*

## RENEE GOLDMAN

### *“Does Advice-Giving Have Psychiatric Respectability?”*

Psychoanalytically-trained therapists might have a knee-jerk reaction to the question posed by Renee Goldman, in the title of the paper that she presented at a NYSPP workshop in her home on Sunday, October 18. We learn early in our training that the analyst’s neutrality is an invaluable tool. Even as modern use of the counter-transference and intersubjectivity have given more voice to the analyst in the consulting room, we still hold fast, for good reason, to our neutral stance.

Ms. Goldman explains that she first became interested in writing about this topic because she felt she had made a mistake in giving advice to one of her patients, and was interested in exploring the dynamics at play in that case and others where advice-giving was either considered and used, or rejected, as an intervention. She was fascinated by the idea that we, as psychoanalytically-trained therapists, might be ashamed to discuss the times that we deviate from neutrality, thereby depriving ourselves of dialogue with our colleagues.

Through case examples, Renee illustrated her benignly curious stance, when she offered a patient her opinion, similarly to cases in which we all may have offered an opinion, more out of unexamined counter-transference than deeply understood intervention.

Ms. Goldman then described a particularly poignant case in which she believes her use of advice was particularly helpful. She talked about her work with an elderly woman whose new bladder problems were contributing to her isolation. Ms. Goldman’s delicate use of advice about sanitary products that could help the patient find more independence and connection, furthered the treatment because of the therapist’s awareness and use of her counter-transference. The exploration of the advice-giving, rather than the mere act of giving it, proved to be the useful part of the intervention. Renee’s presentation of what we have long considered a “mistake” took the idea out of the closet and opened it up for examination and lively discussion.

*Beth, DiBiase, LCSW*

## CHRISTINE MACDONALD *writes:*

I delivered my NYSPP case presentation paper at the International Conference for the Advancement of Professional Practice in Clinical Social Work (CAPP) in July '09 in San Francisco. The paper was entitled “Watching Star Trek On My Uncle’s Knee: Learning to Cope in a Dangerous Galaxy: Fantasy as Facilitator in Mutual Growth”.

## SANDRA PARNESS *writes:*

On June 5, 2009 - I participated in a Supervision Panel presentation for community professionals at the Training Institute for Mental Health. The discussion focused on a case presentation by a second-year TI psychoanalytic candidate. It was critiqued by myself and two other TI supervisors, from an ego psychological - psychoanalytic perspective (my approach), an interpersonal - relational perspective and a self-psychological point of view. The exchanges were informative and provocative.

I remain Director of Continuing Education at TI and have a series of Saturday Workshops coming up on a variety of psychotherapeutic interests, such as a harm reduction approach to the treatment of alcohol and substance abuse, a treatment of the many faces and varieties of trauma, treatment of eating disorders, attachment theory issues in the transference, the dissociative spectrum, etc. NYSPP colleagues may call me for more information. Tel. 212-460-5221

## SUNDAY WORKSHOPS

Myrna Ram gave a workshop presentation on the “Psychoanalytic Meaning of Money for Both Patient and Therapist” that was well attended by both members and guests. It was especially nice to have members bring along colleagues that might be interested in NYSPP for advanced training. We do thank those members who brought guests as this is very helpful for our recruitment efforts. It is particularly important for those interested in our training to hear a presentation that explicates our theory and teaching. Our workshops that can be opened to non-members are a wonderful adjunct to our scheduled open houses. The next workshop where guests will be invited is “Relationships Between Adult Daughters and Their Mothers” presented by Maryam Razavi on Sunday, February 28th at 4PM. We ask members and any interested guests to join us for this and future workshops. There will be a workshop/open house Sunday, April 18th at 4PM presented by Miriam Pierce. Save the date and look for further details.

*Carol Thea*

### MYRNA RAM'S WORKSHOP PRESENTATION:

“The Psychoanalytic Meaning of Money in Treatment,” included a review of the literature on money as an actual and symbolic reality in therapy. Clinical material was used to illustrate the importance of the practitioner to be acutely aware of transference and counter transference regarding money, and how healthy entitlement allows therapists to set and feel entitled to a reasonable fee. Beginning therapists may unwittingly sabotage treatment by mishandling of money matters, such as allowing large balances to accumulate. Different arrangements regarding fees, such as working in an agency, were discussed. When insurance or a third party such as a parent, family member, or government agency is responsible for payment, a different dynamic is involved and can lead to resistance.

## NYSPP Continuing Education Program

**ED FANCHER** and **MIRIAM PIERCE** write:

Many of you know that Gertrude Blanck, the philosophical founder of NYSPP, was fond of saying “For any serious profession, such as medicine, law or psychotherapy, practitioners must be in training for the rest of their life.”

NYSPP was founded by professionals who studied with Gertrude and Rubin Blanck and are dedicated to carry on their commitment to providing high quality training in psychotherapy and psychoanalysis. Many graduates of our three-year program in psychotherapy have asked for additional training.

In the past we have provided, from time to time, additional training leading to certification in psychoanalysis. Several of the graduates in our training in psychoanalysis have gone on to teach at NYSPP as well as other training institutes. We are proud of their success.

In 2009 the third-year graduating class requested an advanced training course in Transference and Countertransference. We decided to offer a ten-session seminar for those graduates and other NYSPP graduates who were interested in additional training.

We designed a curriculum for the courses to be taught one in Manhattan and one on Long Island. Jane Hall is faculty in Manhattan and the candidates are: Bridgette Boucher, Joan P. Le Var, Laura H. Segundo, David Stuart, Dita Dobroski and Christine MacDonald. Patsy Turrini is faculty on Long Island and candidates are: Alaisa Grudzinski, Debra Perkes, Barbara Lewis and Barbara Murphy. These courses will be recognized for advanced credit if the candidates wish to continue their studies in psychoanalysis.

The success of these two seminars has led the Training Committee to schedule an additional ten-session seminar in the spring adding to and expanding on the variations of meaning of transference and countertransference as seen in dreams and enactments.

In 2007, The Accreditation Council for Psychoanalytic Education, after an extensive site visit, granted accreditation to our psychoanalytic program. We have this distinction of being included in the company of the Post-Doc program of NYU and several others.

We are convinced that psychotherapy and psychoanalysis are serious professions requiring life-long learning, and we hope that graduates of NYSPP will participate in these advanced seminars.

*Miriam Pierce*

**PATSY TURRINI** writes:

Four gifted graduates of NYSPP, Aliasa Grudzinski, Barbara Lewis, Barbara Murphy and Debra Perkes have joined together to study Transference and Countertransference here on Long Island in my office. The selected readings on this subject are amazing, deep, broad, exhilarating, and at times contradictory. Thus the content leaves open many researchable questions and future study. The case presentation vignettes offer exciting analytic data, also worthy of research and study. The literature confirms that the original ideas and newest range of thought are part and parcel of valuable psychoanalytic knowledge, and very productive. Richness of the discussion is a credit to the first teachers of ego psychology who opened up many pathways of psychoanalysis to social workers (one of the students comes from teaching), who prepared texts and lectures vital and currently useful, and to the Institute's training program, and to the students who are willing to invest in learning.

Now, just to decide what definition of transference and countertransference one would prefer is an interesting task.

## From the literature

### *THE EFFICACY OF PSYCHODYNAMIC PSYCHOTHERAPY*

Jonathan Shedler, PhD  
University of Colorado Denver

*Empirical evidence supports the efficacy of psychodynamic psychotherapy. Effect sizes for psychodynamic psychotherapy are as large as those reported for other therapies that have been actively promoted as "empirically supported" and "evidence based." Additionally, patients who receive psychodynamic therapy maintain therapeutic gains and appear to continue to improve after treatment ends. Finally, non-psychodynamic therapies may be effective in part because the more skilled practitioners utilize techniques that have long been central to psychodynamic theory and practice. The perception that psychodynamic approaches lack empirical support, does not accord with scientific evidence and may reflect selective dissemination of research findings.*

There is a belief that psychodynamic concepts and treatments lack empirical support, or that scientific evidence shows that other forms of treatment are more effective. Academicians repeat it to one another, as do healthcare administrators, as do healthcare policy makers. With each repetition, its apparent credibility grows. At some point, there seems little need to question or revisit it because "everyone" knows it to be so. The scientific evidence tells a different story: considerable research supports the efficacy and effectiveness of psychodynamic psychotherapy.

The article reviews empirical evidence for the efficacy of psychodynamic treatment, including evidence that patients who receive psychodynamic psychotherapy not only maintain therapeutic gains but continue to improve over time. Finally, it will consider evidence that non-psychodynamic therapies may be effective in part because the more skilled practitioners utilize interventions that have long been central to psychodynamic theory and practice.

### *Distinctive Features of Psychodynamic Technique*

The essence of psychoanalytic psychotherapy is exploring those aspects of self that are not fully known, especially as they are manifested and potentially influenced in the therapy relationships:

1. Focus on affect and expression of emotions

2. Exploration of attempts to avoid distressing thoughts and feelings
3. Identification of recurring themes and patterns
4. Developmental focus on past experience
5. Focus on interpersonal relations
6. Focus on the therapy relationship
7. Exploration of wishes and fantasies

The goals of psychodynamic psychotherapy include, but extend beyond, symptom remission. Successful treatment should not only relieve symptoms (i.e., get rid of something) but also foster the positive presence of psychological capacities and resources.

### *How Effective Is Psychodynamic Psychotherapy?*

In psychology and in medicine more generally, meta-analysis is a widely accepted method for summarizing and synthesizing the findings of independent studies (Lipsey & Wilson, 2001; Rosenthal, 1991; Rosenthal & DiMatteo, 2001). Meta-analysis makes the results of different studies comparable by converting findings into a common metric, allowing findings to be aggregated or pooled across studies.

A recent and especially methodologically rigorous meta-analysis of psychodynamic psychotherapy, published by the Cochrane Library, has given rise to studies supporting the efficacy of psychodynamic psychotherapy for a range of conditions and populations. Randomized controlled trials support the efficacy of psychodynamic psychotherapy for depression, anxiety, panic, somatoform disorders, eating disorders, substance related disorders, and personality disorders (Leichsenring, 2005; Milrod et al., 2007). Findings concerning personality disorders are particularly intriguing.

A recent study of patients with borderline personality disorder (Clarkin et al., 2007) not only demonstrated treatment benefits that equaled or exceeded those of another evidence based treatment, dialectical behavior therapy (Linehan, 1993), but also showed changes in underlying psychological mechanisms (intrapsychic processes) believed to mediate symptom change in borderline patients - specifically, changes in reflective function and attachment organization (Levy et al., 2006). These intrapsychic changes occurred in patients who received psychodynamic psychotherapy but not in patients who received DBT.

Such intrapsychic changes may account for long-term treatment benefits. A newly released study showed enduring benefits of psychodynamic psychotherapy five years after treatment completion, and eight years after treatment initiation. At five-year follow up, 87% of patients who received "treatment as usual" continued to meet diagnostic criteria for borderline personality disorder, compared to 13% of patients who received psychodynamic psychotherapy (Bateman & Fonagy, 2008). No other treatment for personality pathology has shown such enduring benefits.

### *A Rose by Another Name: Psychodynamic Process in Other Therapies*

The "active ingredients" of therapy are not necessarily those presumed by the theory or treatment model. For this reason, randomized control trials that evaluate a given therapy as a "package" do not necessarily provide support for the theoretical premises underlying the therapy, or for the specific interventions that derive from them. For example, the available evidence indicates that the mechanisms of change in cognitive therapy (CT) are not those presumed by the theory. Kazdin (2007), reviewing the empirical literature on mediators and mechanisms of change in psychotherapy, concluded: "Perhaps we can state more confidently now than before that whatever may be the basis of changes with CT, it does not seem to be the cognitions as originally proposed."

## THE FLIGHT OF THE DODO

The heading of this section is an allusion to what has come to be known in the psychotherapy research literature as the Dodo bird verdict. After reviewing the psychotherapy outcome literatures of the time, Rosenzweig (1936) and subsequently Luborsky, Singer, & Luborsky (1975) reached the conclusion of the Dodo bird in Alice in Wonderland: "Everyone has won and all must have prizes." As noted earlier, the goals of psychodynamic psychotherapy include, but extend beyond, alleviation of acute symptoms. Psychological health is not merely the absence of symptoms; it is the positive presence of inner capacities and resources that allow people to live life with a greater sense of freedom and possibility. Symptom-oriented outcome measures commonly used in outcome studies (e.g., the Beck Depression Inventory (Beck et al., 1961) or Hamilton Depression Rating Scale (Hamilton, 1960) do not attempt to assess such inner capacities (Blatt & Auerbach, 2003; Kazdin, 2008). Possibly, the Dodo bird verdict reflects a failure of researchers, psychodynamic and non-psychodynamic alike, to adequately assess the range of phenomena that can change in psychotherapy.

## Discussion

The available evidence indicates that effect sizes for psychodynamic psychotherapies are as large as those reported for other treatments that have been actively promoted as "empirically supported" and "evidence based." It indicates that the (often unacknowledged) "active ingredients" of other therapies include techniques and processes that have long been core, centrally defining features of psychodynamic treatment. Finally, the evidence indicates that the benefits of psychodynamic treatment are lasting and not just transitory, and appear to extend well beyond symptom remission. For many people, psychodynamic psychotherapy may foster inner resources and capacities that allow richer, freer, and more fulfilling lives.

American Psychologist, in press

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*The above article has been heavily abridged. If you wish to refer to it in a paper or presentation, please quote from the original, which can be accessed on the web.*

Maryam

## How Do We Care for Our Children?

Child-welfare advocates gathering for a rally and conference in Washington say America should be embarrassed to have a child-abuse death rate far higher than other wealthy democracies. They cite the latest federal figures showing that an estimated 1,760 U.S. children died from abuse in 2007 — up 35 percent from 2001.

"Child abuse and neglect are national problems that require national solutions," said Michael Petit, president of the Every Child Matters Education Fund. "That means federal lawmakers must work with states to find a solution." Abuse deaths are up possibly due to the recession (overwhelmed parents? Fewer child welfare workers?) sharply in some areas — authorities in Las Vegas, Nevada have tallied 37 abuse deaths so far this year, compared to 18 in all of 2008. The report cited a survey by UNICEF in 2003 that calculated the U.S. child abuse death rate as 3 times higher than Canada's and 11 times higher than Italy's.

*From a meeting of child-welfare advocates gathering for a conference in Washington at the end of October, 2009.*

## LEARNING FROM LIFE

Patrick Casement, M.A.

*Casement has written an unusual article in which he discloses many of his own experiences and how they affected his choice of career and his clinical work. While reading the article I felt a little like an eavesdropper listening behind the therapist's door, even though he has given the reader his permission!*

*If the abstract makes you want to read the rest of the article, drop me an e-mail.*

*Maryam*

maryamnewman@gmail.com

For many analysts, choice of a career in psychoanalysis can be found to lie deep-rooted in our own experience. It is therefore likely that our approach to clinical work will have been influenced, sometimes quite profoundly, by our own life experience. So the theoretical orientation at which we eventually arrive, the approach to clinical work, and the technique we come to prefer, may well have been selected subjectively, rather than having been chosen quite as objectively as we might wish to believe.

Unfortunately it is rare for the connections between life experience and clinical orientation to be openly addressed, probably because most analysts choose to keep their personal details out of the public arena, and with good reason. Such self-disclosure is almost bound to contaminate the transference, thus interfering with the clinical work that lies at the center of their professional endeavor. Do I only address the topic of this chapter indirectly, still being careful to preserve for myself the personal privacy that I have always counted on in my clinical work? Or do I take advantage of the stage of life at which I am now asked to write on this topic? Having decided not to take on any new clinical work, and working towards my retirement with current patients, I have decided that I have an unusual opportunity here to address the topic under discussion without the protection, in preserving relative anonymity, that I would normally claim for myself.

In what follows there will be vignettes from my own life and experience, with comments on what I have since come to recognize in these examples. And when appropriate, I shall say something of how these experiences have contributed to how I have since come to regard the clinical endeavor. Even though some of these vignettes may not seem to be particularly important, I include them because, for me, they have come to stand for issues of much greater significance than was present in the events themselves at the time.

Patrick Casement is Training and Supervising Analyst for the British Psycho-Analytical Society; author, *Learning from the Patient* (1991), and *Learning from Our Mistakes* (2001).

-- (2002). Learning from Life. *Psychoanalytic Inquiry* 22:519-533.

## Asperger to Autism ----A Spectrum

It is one of the most intriguing labels in psychiatry. Children with Asperger Syndrome, a mild form of autism, are socially awkward and often physically clumsy, but many are verbal prodigies, speaking in complex sentences at early ages, reading newspapers fluently by age 5 or 6 and acquiring expertise in some preferred topic — stegosaurus, clipper ships, Interstate highways — that will astonish adults and bore their playmates to tears.

The disorder seems headed for psychiatric obsolescence. Though it became an official part of the medical lexicon only in 1994, the experts who are revising the diagnostic manual have proposed to eliminate it from the new edition, due out in 2012.

If these experts have their way, Asperger's syndrome and another mild form of autism, pervasive developmental disorder not otherwise specified (P.D.D.-N.O.S. for short), will be folded into a single broad diagnosis, autism spectrum disorder — a category that encompasses autism's entire range, or spectrum, from high functioning to profoundly disabling. One reason for the change is that Asperger Syndrome is too vague to be useful for research.

All interested parties will have an opportunity to weigh in on the proposed changes. The American Psychiatric Association is expected to post the working group's final proposal on autism diagnostic criteria on the diagnostic manual's Web site in January and invite comment from the public. Dr. Swedo, Head of the autism section of DSM-V and company are bracing for an earful.

*Abbreviated from the NY Times, November 3, 2009.*

*Maryam*

## Recommendations by Colleagues:

### FILM

I would recommend that you see the DVD silent, long-lost classic unearthed by the Nederland's film museum. It is amazing what can be conveyed without words. It is called *Beyond the Rocks*, features Rudolph Valentino and Gloria Swanson, who have a "smoldering and yearning for one another." At the time that this was filmed both Swanson and Valentino were at the height of their careers. This outstanding silent romance was long considered "one of the great lost films from the Hollywood Golden Age." You will be impressed by its artistry and its very essence.

*Flora Jackson*

I saw *THE INFORMANT* with Matt Damon. It is based on a TRUE story of a man who turned informant to the FBI and told about "international price setting" on certain crops. The man was an incredible character, and I think all therapists should see it. It's hard to tell about what, where and when he's lying or even if he's lying. Matt Damon does a great job and will probably be nominated for an Oscar. The movie is a little draggy, but the true personality of this man is not to be missed by anyone who studies behavior.

*Bridgette Boucher*

## BOOKS

POSSIBLY FOR PATIENTS OR WAITING ROOMS:

For a jargon-free introduction to contemporary psychodynamic thought, see at <http://psychsystems.net/shedler.html> *That Was Then, This Is Now: Psychoanalytic Psychotherapy for the Rest of Us* (Shedler, 2006); freely available for download.

Salman Akhtar's new book, *Comprehensive Dictionary of Psychoanalysis* (2009), available on Amazon, provides even more interesting definitions. His introduction to the book, is worth the price of the book.

*Patsy Turrini*

## INTERESTING FACT

Brazil has the highest number of psychoanalysts per population. Perhaps we should all move there and no longer worry about maintaining a full practice, or haggling with insurance companies!

*Maryam*

## Future Workshops to be Presented by the Society

Guests are welcome to attend.

### ***Relationships Between Adult Daughters and Their Mothers***

Presenter: Maryam Razavi, Ph.D., LCSW

Sunday, February 28, 2010 4:00-6:00pm

80 Central Park West @ 68th Street (Apt12F), NYC

### ***Revisiting Winnicott's "There Is No Baby Without a Mother" Implication for Transference-Countertransference.***

We will also view the film, "The Story of the Weeping Camel"

Presenter: Miriam Pierce, LCSW

Sunday, April 18, 2010 4:00-6:00pm

165 West End Avenue & 68th Street (Apt18D), NYC