



Friday, June 19<sup>th</sup>

8:00 am – 9:30 am

Paper/Panel Session 3

**1. Candidates' Panel:  
Thinking, Participating, and Speaking Outside of the Box**

Speakers: Sam Guzzardi, LCSW, USA; Michael Melmed, PsyD, USA; Amalia Fernandois Schmutzer, ClinPsych, Chile; and Bettina von Lieres, PhD, Canada

Discussant: William Coburn, PhD, PsyD, USA

Moderator: Sandra Toribio Caballero, PsyD, Spain

Abstract:

Relational thinking embraces the idea that therapeutic action occurs in verbal and nonverbal realms. This broader notion of therapeutic action expands the analyst's freedom within any clinical moment, opening up immense possibility as well as uncertainty. The seemingly infinite choices at any given clinical moment can be unmooring for the seasoned analyst, and even more so for those newer to the field. This panel consists of papers written by candidates or new analysts that offer a clinical perspective on the experience of candidates actively engaged and challenged to think and/or speak outside of the box, to push the boundaries and limits of their training, experience, or own sense of personal comfort. In each of these papers, the writers grapple with how to turn an unformulated, unthinkable, or unspeakable experience in the analytic field into a therapeutic moment.

Learning Objectives:

At the conclusion of this panel, attendees will be able to:

1. Assess the ways in which mutative action occurs at the implicit levels of the analytic relationship.
2. Describe the roles of language and speaking (or not speaking) as a mechanism of therapeutic action since the relational turn.
3. Describe the ways in which the analyst's subjectivity informs the choices that are made when working with unformulated, unthinkable, or unspeakable experience in the analytic field.



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## **2. Scratching the Surface: What Does How We Look Have to Do With Who We Are?**

Speakers: Susan Sands, PhD, USA; Sarah Schoen, PhD, USA; and Jean Petrucelli, PhD, USA  
Moderator: Ali Kimmell, LCSW, USA

### Abstract:

This conference asks us to consider the implications of relational perspectives that have moved us beyond a “talking cure” into a clinical encounter that includes the unspoken dimensions of analytic work. As such, it invites us to consider what can often emerge with patients as gaps in what is verbalized and what is felt--what is seen and what is hidden--and to consider what it is that forms a bridge between these dimensions of experience. Such gaps are particularly vivid with patients whose disorders of self and self-regulation manifest somatically—more in action than words. Further, words, for these patients are often severed from affective vitality, such that it is a problem, as well, to be all talk, and no action. Attempts to make sense of the bridge between internal and external-- how inner life and externality can feel either connected or disconnected, interpenetrating or severed-- has a rich history in psychoanalytic theorizing (e.g., Loewald, Winnicott). From contemporary psychoanalytic lenses, incorporating findings from neuroscience and sociocultural perspectives, this panel explores the constricted and depleted body-self experience from which some patients suffer, and illustrates the physical dimension of varied pathways to an expanded sense of interiority (Slochower, 2004), agency (Gentile, 2008), and developmentally progressive “illusion-ment” (Seligman, 2018). Playing with the interpenetration of surface and depth, each of the papers interrogates the concept of “appearances.” The self of appearance and the self of experience can be polarized and disconnected, or offer a fertile link between what’s public and private—an opportunity not to appear other than who we “are,” but to make an appearance in the world of others where we can see and be seen.

### Learning Objectives:

At the conclusion of this panel, attendees will be able to:

1. Deepen their understanding of how to help patients with disorders of self-regulation resume their body development and reclaim their body aliveness.
2. Conceptualize how patients with disordered eating and body image problem use clothes in efforts to self soothe and regulate internal experience.
3. Identify how the analyst can invite or foreclose access to transference material related to the analyst’s physicality, and the ways in which this material can be a bridge to subjective and intersubjective vitality.



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### **3. Creative Treatment Modalities**

Speakers:      Giuseppe Leo, MD, Italy; Sarit Lev-Bendov, PsyD, Israel; and  
Sara Biondi, PsyD, Italy

Moderator:      Laura Williams, PsyD, USA

Abstract:

*Etty Hillesum's Therapy Diary in the Light of Infant Research- **Giuseppe Leo***

The paper will argue which “therapeutic” factors worked in the relationship in the 1940s between Etty Hillesum and Spier, her “therapist”, in the light of the concepts of the five Senses of Self (Stern, 1985), forms of vitality (Stern, 2010) and present moment (Stern, 2004), by analyzing one single entry of Etty’s diary, just the first one: a sort of subjective report of her early impact with Spier’s personality. In spite of the fact that nowadays we could hardly recognize that Spier’s “treatment” can be considered as a genuine psychotherapy, provided with any basic requisite for it (a well-established set of rules, codified and assessed by Scientific Societies, respectful of patient’s privacy and dignity), the relationship between Etty and Spier tuned out to be positive for Etty’s self-confidence and regulation of negative affect. The first entries of her diary reveal the importance for therapy of “present moment”, and specifically of the “moment of meeting” (Stern, 2004). This is a very instant insight, a sort of flash allowing Etty to describe her problems very briefly and, soon after, her emotions and feelings experienced during her first encounter with Julius Spier. In general, the proposal would focus on diary as an useful tool, not only for the reader but also for its writer, in order to track down the present moment VITALITY forms, i. e. its dynamic characteristics before being altered by following re-narration.

Learning Objectives:

At the conclusion of this panel, attendees will be able to:

1. Identify two theoretical rationales for detecting “moments of meeting” even in similar “unorthodoxal” psychotherapies, capable to open innerpotentialities of recovery in patients who use diary as a mean of mentalisation.
2. Describe the nature of how these “moments of meeting” contain different Senses of Self and affective forms of vitality whose intersubjective sharing can “move” the patient toward better ways of regulation of negative affects.
3. Understand through Stern’s metaphor of ‘the world in a grain of sand’ the powerful role of implicit levels of communication in therapeutic relationship, in which even enactments can allow experiences of increasing self-awareness in the patient.



IARPP 18th ANNUAL CONFERENCE  
**Expanding Our Clinical Experiences:  
The Spoken, Unspoken, and Unspeakable in Relational Psychoanalysis and Psychotherapy**  
Thursday, June 18 - Sunday, 21, 2020  
The Luskin Conference Center  
Los Angeles, CA, USA

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### 3. Creative Treatment Modalities- (*Cont'd*)

Speakers:            Giuseppe Leo, MD, Italy; Sarit Lev-Bendov, PsyD, Israel; and  
Sara Biondi, PsyD, Italy

Moderator:        Laura Williams, PsyD, USA

Abstract:

*“We never talked about the abused horse”- A relational perspective on Trauma and hope in Animal Assisted Psychotherapy- **Sarit Lev-Bendov***

Nina, a young therapist, and Dana a 12 year old girl, meet in a unique clinic, located in a rescue farm for neglected and abused animals.

Both Nina and Dana are coping with traumas that are too threatening to put into words, and their unspeakable pain enacts and reenacts itself through behavior and actions that threatens the therapeutic relationship. The rescue farm, though a non-traditional therapeutic setting, enhances the therapeutic alliance and process and expands the possibilities for change and hope. This presentation will demonstrate how the presence of rescued animals serves as a catalyst for mutual regulation, bonding, and finally, for mutual recognition.

Learning Objectives:

At the conclusion of this panel, attendees will be able to:

1. Assess the possible contribution of an atypical setting to the therapeutic alliance and process.
2. List the main original concepts you have gained from this presentation.
3. Describe your opinions and believes on incorporating live animals in the therapeutic setting.



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Paper/Panel Session 3

### 3. Creative Treatment Modalities- (*Cont'd*)

Speakers: Giuseppe Leo, MD, Italy; Sarit Lev-Bendov, PsyD, Israel; and Sara Biondi, PsyD, Italy

Moderator: Laura Williams, PsyD, USA

Abstract:

*The magic of a manga. The role of comics in the analytic relationship with an inhibited adolescent-*  
**Sara Biondi**

In this paper I will discuss the therapeutic process with a 14-year-old adolescent, who was experiencing intense social anxiety, and the difficulties I had in engaging him in the analytic relationship. I will describe the strategy I decided to implement to overcome the impasse, and in particular the use of tools, like comics, in the analysis room. From the first sessions I struggled to engage Federico in a dialogue. Federico's answer to all my questions was almost always, "I don't like anything", or something to that effect. There was an intense inhibition and Federico was scared of not being accepted and of being excluded by his peers; these fears were freezing his enthusiasm for everything, isolating him in his house. I felt unmoored in the work with Federico. He seemed paralyzed and refused the relationship with me. After some months I decided to bring to the session a manga, a Japanese comic book called Naruto, which I like very much. Introducing into the field something of my personal experience and conveying my enthusiasm to him provoked a change and kindled Federico's interest. In relational psychoanalysis in these last years there has emerged the importance for "the analytic relationship to evolve freely, without constraint and inhibition"(Donnel Stern, 2015, p. 114). Relational freedom involves relaxing the constraints of the field, allowing the possibility of new experiences; "therapeutic action depends on our freedom to allow ourselves novel, unbidden experience" (ibidem, p. 113). Is it possible to navigate the implicit and the unspoken by means of such tools as books, comics or songs? Federico found a way to explore his emotions by reading a manga and he could talk about himself through Naruto's stories without feeling completely paralyzed by his intense anxiety. In working with adolescents introducing a channel, like comics, can help to enter into their world and speak their language. Moreover the choice of a specific manga allowed my subjectivity to emerge and this played a fundamental role in engaging Federico and in building a closer and mutual relationship (Aron, 1996) with him.

Learning Objectives:

At the conclusion of this panel, attendees will be able to:

1. Describe a strategy to navigate the implicit and the unspoken in the work with adolescents: the use of tools, like comics, in the analysis room.
2. Explore the concept of relational freedom in the clinical work with adolescents and the possibility for the analysts to allow themselves unbidden experiences to overcome the impasse.
3. Highlight the importance and the impact of the subjectivity of the analyst, which could emerge introducing channels like comics, songs, books in the field.



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#### **4. Resilience and Survival in the Holocaust**

Speakers:        Sophia Richman, PhD, ABPP, USA; Irit Felsen, PhD, USA; and  
                              Zipora Rosenberg Schipper, PhD, Israel

Moderator:     Dorianne Sorter, PhD, USA

Abstract:

*“...they are like people from another planet”*: Challenging the pathologizing narrative of Holocaust Trauma- **Sophia Richman**

Sweeping generalizations about Holocaust survivors by well respected psychoanalytic theoreticians have influenced contemporary relational formulations of catastrophic trauma. The result is a pathologizing tilt in our trauma theories which fail to recognize the complexity and diversity of individuals in this population of immigrants/refugees. The tendency is to perceive Holocaust survivors as Other and to refer to their psychodynamics as if “one size fits all.” This view unwittingly re-enacts and perpetuates the stereotyping of the perpetrator. As one of the last living witnesses of the Shoah, the author challenges the current dominant psychoanalytic narrative of massive psychic trauma and offers a more balanced perspective.

Learning Objectives:

At the conclusion of this panel, attendees will:

1. Identify 3 generalizations about survivors of Holocaust trauma
2. Describe the negative consequences of these generalizations
3. Offer an alternative and more balanced perspective that respects the complexity and individuality of survivors.



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#### 4. Resilience and Survival in the Holocaust- (*Cont'd*)

Speakers: Sophia Richman, PhD, ABPP, USA; Irit Felsen, PhD, USA; and  
Zipora Rosenberg Schipper, PhD, Israel

Moderator: Dorianne Sorter, PhD, USA

Abstract:

*“Relational Assassination” or Offering a Chance for Mutual Survival: The Deadening Impact of What Can’t Be Spoken About- Irit Felsen*

This paper focuses on the impact of trauma in family relationships as reflected in an impossibility of authentic, well-modulated, intersubjective emotional communication when disappointments, hurts or conflicting needs occur within emotionally meaningful relationships. The profound meanings of what cannot be said and what can be said are at the core of the therapeutic process articulated through a clinical case vignette. Focusing on several poignant enactments, this paper illustrates co-constructed changes as they manifested in the encounter between a patient who is a son of Holocaust survivors, and a therapist who is a daughter of Holocaust survivors.

The renegotiation of trauma-saturated unspeakable implicit internal models in the therapeutic encounter allowed for these models to become explicit and open to change. Consequently, co-constructed enactments leading to moments of meetings propelled changes in relational patterns associated with persecution for both patient and therapist.

Learning Objectives:

At the conclusion of this panel, attendees will be able to:

1. Identify the multiplicity of sources of differences between various children of survivors of a similar historical trauma
2. Recognize “character assassination”, the presence of the imprint of trauma as it manifests in relational expectations about the “unspeakable”, about the impossibility and incommunicability of certain aspect in relationships.
3. Recognize particular factors in the personal background of the therapist and the patient and be able to attend to these and analyze their potential effects against the backdrop of a shared historical trauma, which will increase sensitivity and effectiveness in therapeutic work in such dyads.



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#### **4. Resilience and Survival in the Holocaust- (*Cont'd*)**

Speakers:        Sophia Richman, PhD, ABPP, USA; Irit Felsen, PhD, USA; and  
                              Zipora Rosenberg Schipper, PhD, Israel

Moderator:     Dorienne Sorter, PhD, USA

Abstract:

*To Be A Witness and Stay Alive- Zipora Rosenberg Schipper*

This article highlights the virtues and difficulties of bearing a witness, namely, the healing power of giving testimony, and the emotional and physical risks of witnessing a spoken testimony which lasts a long time. A case study illustrates this claim. The process of the treatment described here, was mostly nonverbal. Therefore, the paper navigates between words and paintings. Now, when there is a general consensus that witnessing is a vital therapeutic function, therapists should know the risks, and try to find a good way to protect themselves from being burned. Obviously, they cannot escape the scene, but neither be totally unprotected.

Learning Objectives:

1. Witnessing has the power of healing, and it is vital therapeutic function in every treatment.
2. To be a witness to traumatic testimony, especially when the testimony lasts long time, is a risky journey for both participants.
3. When the `second generation` of Holocaust survivors, refuse to listen to their parents and fled the scene, they expose the young `third generation` to the emotional and physical risks of hearing repeated trauma`s stories at their home.





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## **5. The Whiteness Taboo: Interrogating Whiteness in Psychoanalysis**

Speakers:        Janie Riley, LMFT, USA; Molly Merson, LMFT, USA; and Ben Ringler, LMFT, USA  
Moderator:     Michelle Sweet, PhD, USA

### Abstract:

Three white candidates interrogate whiteness and its seduction in psychoanalytic history, training, theory, and practice in order to expose and examine whiteness's silent grip on psychoanalysis. Utilizing case examples, a critique of Freud's interpretation of the myth of Oedipus, an exploration of how psychoanalysis became white, and a personal account of the process of interrogating whiteness on an institutional and personal level, the presenters offer points of discussion for practitioners of psychoanalysis to investigate whiteness in themselves, the clinical dyad, psychoanalytic theory, and training institutes. The candidates also share feedback about the project from their training institute's president and its constituents. Given that the panel is comprised of candidates from a pluralistic institute, focus is placed on the experience of candidates who are embarking on training with the intent of interrogating whiteness in their learning process using a psychoanalytic approach to do so. Participants will be provided with an understanding of whiteness as well as its manifestations in psychoanalytic history and training, and examples of how candidates can challenge and augment clinical and theoretical learning by utilizing self-interrogative practices. Priority will be given to discussion of the issues with the audience by allowing ample time for audience participation.

### Learning Objectives:

At the conclusion of this panel, attendees will be able to:

1. Identify historical roots and current representations of whiteness in themselves, in theoretical constructs, their training institutes, and communities
2. Identify practical measures towards interrogating and interrupting whiteness in themselves, their training institutes, and communities
3. Differentiate between tokenism/ fetishization of Black and Indigenous people and People of color in diversity efforts, and what it takes to create inclusive and diverse spaces



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## 6. Shame and its Transformation: A Feminist Perspective

Speakers: Tammy Ben-Shaul, PhD, Australia; Sarah Pouliot, PhD, USA; and Shoshana Ringel, PhD, USA

Moderator: Betsy Cohen, LCSW, PhD, USA

### Abstract:

*Things we don't talk about: The amnesia of the menstrual cycle in everyday life and the clinic-*  
**Tammy Ben-Shaul**

The centrality of the menstrual cycle's impact on every aspect of our body, heart and mind has been absent for centuries from conscious awareness (Lupton, 1993). Most of us will concur that discussing the women's menstrual cycle has not been part of their training, and perhaps rarely discussed, per case, if some concerns around menstruation or ovulation are described. At present, there is a clear social conflict regarding the presence and what flavour it carries as can be seen in the media. Particularly, I argue that the way society regards menstruation created a deep-seated intergenerational trauma that varies in its presence and intensity between cultures and families. The messages delivered at menarche, for better or worse, are a rite of passage that is marked by mothers' ways of relating to their own menstruation as part of its embeddedness in society. As there is a deep-seated cultural amnesia regarding the menstrual cycle and a rooted wish to ignore, discount and silence the menstrual experience, this trauma is continually transmitted. However, given permission and an invitation, women of all ages will most often describe their menstrual history and heritage with clarity that indicates ongoing processing. Yet, it's curious how little women actually know about the phases and the potential imbued in the awareness of the menstrual cycle. In the past several years, I've integrated my studies around the menstrual cycle into my clinical psychotherapeutic work. I have found it to be a surprising, enlightening and grounding experience for my patients to know that their body, emotions and mental state changes on average every two days! In this paper, I will describe how the menstrual cycle can become an integral part of psychotherapy as I will provide clinical cases that describe it.

### Learning Objectives:

At the conclusion of this panel, attendees will be able to:

1. Describe the intergenerational trauma of menstrual cycle amnesia.
2. Recognize and analyze their clients diagnoses and mental states following the gap between their physiological experiences and their contextual norms around menstruation.
3. Evaluate the usefulness of menstrual mapping for themselves and their clients and apply it.





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## 6. Shame and its Transformation: A Feminist Perspective- (*Cont'd*)

Speakers: Tammy Ben-Shaul, PhD, Australia; Sarah Pouliot, PhD, USA; and Shoshana Ringel, PhD, USA

Moderator: Betsy Cohen, LCSW, PhD, USA

### Abstract:

*When the Therapist Joins the Dance: The transformational power of Movement and improvisation- Shoshana Ringel*

In the following paper I describe my work to help free my patient N from an entangled web of distorted religious dogmas and sexual subjugation. I will show how we eventually succeeded in enlivening her creative vitality through dance and improvisational movement. In the lives of many women, shaming and sexual control are used to sustain social/religious control and male privilege (Herman, 2012). I will discuss how, like N, other women lose ownership of their bodies to male dominance, and are shamed, threatened and silenced when they express their anger. This paper will show how patient and therapist may collaborate to enact new lived and intersubjective experience that would gradually transform old repressive patterns (Aron & Atlas, 2015; Davies, 2018; Ringstrom, 2009).

### Learning Objectives:

At the conclusion of this panel, attendees will be able to:

1. Identify how religious dogma leads to women's sexual subjugation
2. Expand their understanding of the potential of the analytic process to include mutually improvisational dialogue between therapist and patient
3. Focus on processing trauma through somatic channels



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## 7. Perspectives on Psychic Pain

Speakers: Michael Pariser, PsyD, USA; Adam Kaplan, PhD, USA; and Alberto Samperisi, PhD, Argentina

Moderator: Martha Gilmore, PhD, CGP, USA

### Abstract:

*Kafka's "Metamorphosis" and the Core Experience of Depression- Michael Pariser*

Franz Kafka's classic work, "The Metamorphosis," has been rightly hailed as a modern masterpiece. Analyses of the work, however, often have difficulty pinning down the central theme. Without doubt, the sense of alienation, plays a big part, but alienation from what? Critics point to the dehumanizing impact of capitalism, the Industrial Revolution, the class system, anti-Semitism, the bourgeois family, and so on. All of these formulations, however, while certainly valid in and of themselves, miss the central point of the narrative. At its core, "The Metamorphosis" is an extended visualization of the core and (nearly?) universal experience of depression. This presentation will compare depression with Gregor's nightmare existence to help clinicians towards a more phenomenological understanding of their patients' experiences of loveless aloneness and to help them create a kind of reverse Metamorphosis in the clinical setting.

Learning objectives:

At the conclusion of this panel, participants will be able to:

1. Describe ten different facets of the experience of depression.
2. Match the different facets of depression to elements of Kafka's The Metamorphosis.
3. Utilize an understanding of the experience of depression as presented in the person of Gregor Samsa to better enter the phenomenological-emotional worlds of their depressed patients.



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### 7. Perspectives on Psychic Pain- (*Cont'd*)

Speakers: Michael Pariser, PsyD, USA; Adam Kaplan, PhD, USA; and Alberto Samperisi, PhD, Argentina

Moderator: Martha Gilmore, PhD, CGP, USA

Abstract:

*Searching Beyond Words for the Elusive “Me” of Depression- Adam Kaplan*

The roles seem clear: I am a doctor and analyst on a psychiatric inpatient unit. The members of my groups are patients. But it's not that simple. While the group members find enormous therapeutic value in exploring their similarities and differences, the therapeutic potential of the group is heightened if I allow myself to become a part of that process as well. In this paper I describe an emotional configuration of depression that emerges during group therapy that I refer to as a state of “distant or unfamiliar me.” I describe the nature of this self-state and the act of “witnessing” that occurs on the unit that facilitates access to sequestered aspects of self. Finally, I highlight how utilizing my own history of suffering contributes to the therapeutic process and aids in the patients' capacity to create meaning and bridge the gap between distant states of self.

Learning objectives:

At the conclusion of this panel, participants will be able to:

1. Describe a quality of major depressive disorder that has received little attention in the literature.
2. Apply appropriate boundaries and ethical standards to the use of personal disclosure during therapy.
3. Demonstrate an understanding of the therapeutic potential of appropriately acknowledging one's own suffering with patients.



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### 7. Perspectives on Psychic Pain- (*Cont'd*)

Speakers: Michael Pariser, PsyD, USA; Adam Kaplan, PhD, USA; and Alberto Samperisi, PhD, Argentina

Moderator: Martha Gilmore, PhD, CGP, USA

Abstract:

*A brief tour of the classical and relational psychoanalytic paradigms to understand painful experiences- Alberto Samperisi*

There are some sufferings, painful experiences, losses, absences or impossibilities that are deeply rooted in the human being. In order to understand the experiences of pain and loss, whether corporal or psychological, it is necessary to understand psyche structuring. This paper presents a brief tour that goes from Freud's basic tenets on the existence of the unconscious as a starting point. He considered the psychic apparatus as formed by three instances (Id, Ego and Superego) that develop at different stages of psychosexual development; oral, anal, phallic, latency and genital. Later, Melanie Klein described an early Superego and considered that object relations play a decisive role in the development of the psychic apparatus. According to Ronald W. Fairbairn, the Ego is present from the beginning of life and he roundly affirms that the libido is object seeking, meaning, that it is primarily aimed at making relationships with others. Years later, Stephen Mitchell starts relational psychoanalysis proposing a mind that develops through interactions with others. He explained intersubjectivity stating that the impact and modification occurs bidirectionally –two directions-.

Learning objectives:

At the conclusion of this panel, participants will be able to:

1. Recognize the basic differences between the classic and the relational psychoanalytic paradigm, based on "libido seeks ..."
2. Evaluate the role of interaction with the Other regarding the mind structuring
3. Analyze the incidence of losses and frustrations in the mind structuring



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## 8. Psychoanalytic Knowing: The Explicit and the Implicit

Speakers: Paolo Stramba-Badiale, PhD, Italy; Marcia Steinberg, PsyD, USA; and Luciana Maiorino, PhD, Italy

Interlocutor & Moderator: Charles Levin, PhD, Canada

### Abstract:

*How to listen in order to be heard: reflections on respect in psychoanalysis- Paolo Stramba-Badiale*  
The paper addresses psychoanalytic listening as a space created by the analyst and patient together. The elements and features that make listening specifically psychoanalytic, hence respectful of the patient's deep-rooted and unique subjective organization are pointed out. In particular, three variables are considered: the analyst's non-neutrality, empathy and authenticity, understood as aspects of the self experience of both participants in the analytic dialogue. These variables are discussed within the theoretical-clinical frameworks of Relational Psychoanalysis and of the Theory of Intersubjective Systems, also as key concepts in the debate that is taking place in contemporary psychoanalysis regarding the specific nature of the requests and needs that emerge in the therapeutic relationship. Therefore, psychoanalytic listening is the result of the convergence of empathy, non-neutrality and authenticity, which are also understood as specific components of the therapeutic role and discipline. Within this framework, the implicit aspects of psychoanalytic relationality, intended as curative factors, are taken into consideration. The paper also presents two clinical vignettes which are meant to provide examples of narrative transformations that occur during the session and of the co-construction of meanings in the interpretive sequence

Learning objectives:

At the conclusion of this panel, participants will be able to:

1. Apply a specific way of listening the patient in the psychoanalytic encounter
2. Utilize her/his authenticity to improve the therapeutic effectiveness
3. Utilize the "implicit relational knowing" in the analytic session





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## 8. Psychoanalytic Knowing: The Explicit and the Implicit- (*Cont'd*)

Speakers: Paolo Stramba-Badiale, PhD, Italy; Marcia Steinberg, PsyD, USA; and Luciana Maiorino, PhD, Italy

Interlocutor & Moderator: Charles Levin, PhD, Canada

### Abstract:

*Symbolic and Sub-symbolic Language: Exploring a Connectionist Listening Perspective in the Clinical "Gabfest"- Marcia Steinberg*

This paper explores relationships between dynamic systems theory and linguistics as they relate to the multiple penetrating ways in which symbolic and sub-symbolic language creates meaningful experience. This paper will show convergences between these theories as they are considered in the examination of the treasured "Tomorrow" soliloquy from the Shakespearean play, Macbeth. The text will be systematically analyzed, highlighting the richly generative properties of both the verbal symbolic and verbal sub-symbolic realms of language. The symbolic and sub-symbolic realms of language construction emerge out of the unconscious. I hypothesize that these procedural, automatic language processes and their properties are existent in all human dialogical exchanges. Hence, the examination of verse which distills and condenses language in all of its richest manifestations will enhance the understanding of the explicit and more importantly, the implicit ways language itself plays a significant role in the therapeutic encounter.

Learning objectives:

At the conclusion of this panel, participants will be able to:

1. Describe at least (2) elements of complexity theory that in a connectionist model transfer information within the intersubjective field.
2. Enumerate at least one aspect of linguistic theory that relates to the notion of a relational unconscious.
3. List (3) ideas that define sub-symbolic language properties as they might emerge in the psychoanalytic dyad.



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## 8. Psychoanalytic Knowing: The Explicit and the Implicit- (*Cont'd*)

Speakers: Paolo Stramba-Badiale, PhD, Italy; Marcia Steinberg, PsyD, USA; and Luciana Maiorino, PhD, Italy

Interlocutor & Moderator: Charles Levin, PhD, Canada

### Abstract:

*“Can you feel what I can’t say?”: The Unspeakable Dimension of the Therapeutic Relationship-*  
**Luciana Maiorino**

This paper will present the case of L., a brilliant young man frightened by himself, by his deep states of anxiety and loneliness which led him to think about suicide. This case will be investigated from the perspective of relational psychoanalysis and Self-psychology. It will illustrate how our relationship unfolds between what he tells me about himself and what he does not tell me in words, between the ideal and the real self (Morrison A.P., 2005), in a dialogic process between autonomy and mutual influence (Aron L., 1999). The aim of this proposal is to illustrate how the “Unspoken”, the similitudes, the identifications, and the differences may promote the encounter with the Other, and may represent a rescue still in a wide space where two individual subjectivities meet and mutually recognize.

Learning objectives:

At the conclusion of this panel, participants will be able to:

1. Understand how, according to relational psychoanalysis, the analytic process unfolds in an ongoing non-linear progress between enactments and mutuality.
2. Identify an implicit, sub-symbolic level of patient-analyst interaction, which displays as a dissociated communication of unspeakable issues and is expressed through somatic, bodily, unconscious facets.
3. Reflect on bi-directionality of the analytical relationship, the analyst’s self-reflective abilities, and the dimension of mutual engagement.



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## 9. Silence is Not Just Golden, It Speaks with a Silver Tongue: Listening to, Understanding, and Using the Unspoken

Speakers: Frank Summers, PhD, ABPP, USA; Kris Yi, PhD, PsyD, USA; and  
Kerry Thomas-Anttila, PhD, New Zealand

Moderator: Gil Spielberg, PhD, ABPP, USA

### Abstract:

#### *The Sounds of Silence- Frank Summers & Kris Yi*

This panel explores various meanings of silence in the psychoanalytic process through the analyst's experience of the patient's silence. The overriding theme of the panel is that silence is important not only as a means of conveying meaning to the analyst, but also in the type of relationship it tends to form between patient and analyst. The first paper uses Racker's concept of the three transference-countertransference positions to elucidate the meaning of silence and the type of relationship it engenders between patient and analyst. It is argued that the object relationships reenacted with silence in the analytic dyad can be transcended if the analyst is able to use her experience of the silence to grasp the patient's communication and use it form a new relationship. The second paper focuses on the difference between using the couch or face-to-face interaction in trying to understand silence. Using a case of her own, the presenter shows the decisive difference in the countertransference between looking into her patient's eyes and averting eye contact by using the couch. Each of the two papers will present case material to illustrate these ideas. We invite the audience to be our discussant.

### Learning objectives:

1. Describe at least one tool for understanding the meaning of silence recommended by the authors.
2. Describe at least one difference in working with silent patients between patient lying down on couch and sitting up face-to-face.
3. What are some examples of transference-countertransference dynamics that could transpire between an analyst and a silent patient?



Friday, June 19<sup>th</sup>

8:00 am – 9:30 am

Paper/Panel Session 3

## **9. Silence is Not Just Golden, It Speaks with a Silver Tongue: Listening to, Understanding, and Using the Unspoken- (*Cont'd*)**

Speakers: Frank Summers, PhD, ABPP, USA; Kris Yi, PhD, PsyD, USA; and  
Kerry Thomas-Anttila, PhD, New Zealand

Moderator: Gil Spielberg, PhD, ABPP, USA

### Abstract:

#### *Who Talks and Who Listens? A Journey out of Silence- Kerry Thomas-Anttila*

Traditionally the analyst's silence has predominantly been understood as providing an environment of optimal anxiety and the patient's silence has often been understood as an expression of resistance. There have been many elaborations, challenges and additions to these formulations, particularly but not solely by practitioners/writers in the relational psychoanalytic paradigm. In this talk I will trace the developments in psychoanalytic thinking about silence in both the analyst/psychotherapist and patient, as well as the relationship between silence and speech. This will serve as a background to speaking about a childhood mostly conducted in silence, the meanings of that silence and, the journey out of silence towards an interacting with speech. Questions related to who is talking and who is listening in the consulting room will be considered, as well as the more primordial experiences of talking and listening, the being "sensitive to the thread of silence from which the tissue of speech is woven" (Merleau-Ponty, 1973, p. 46). I will draw on both psychoanalytic writers and philosophers in the hermeneutic phenomenological tradition, such as Hans-Georg Gadamer, Hannah Arendt, Martin Heidegger and Maurice Merleau-Ponty.

Learning objectives:

At the conclusion of this panel, participants will be able to:

1. Describe the developments in psychoanalytic thinking in relation to the analyst's/psychotherapist's and patient's silence.
2. Describe your understanding of the relationship between silence and speech.
3. Critique the usefulness or otherwise of the contribution of the named philosophers in the hermeneutic phenomenological tradition to thinking about the relationship between silence and speech.



Friday, June 19<sup>th</sup>                      8:00 am – 9:30 am                      Paper/Panel Session 3

## 10. Transformation and Therapeutic Action

Speakers:                      Brendan McPhillips, MBBS, MD, Australia; Sol Oren, MA, Israel;  
and Drew Magidoff, PsyD, USA

Interlocutor & Moderator:      Sue Shapiro, PhD, USA

### Abstract:

*Philosophical Approaches to the Notion of Psychological Transformation in Psychoanalytic Psychotherapy- **Brendan McPhillips***

This paper will examine the notion of transformation in psychoanalytic psychotherapy. It will focus on recent philosophical theories which attempt to understand what occurs when a person's lived experience undergoes transformation. In particular, it will review the theories developed by the philosophers L.A. Paul and Ian Goldie. Coming from different perspectives, Paul and Goldie both conclude that one cannot plan nor predetermine how a profound personal transformation, such as may occur in the therapeutic process, will change one's subjectivity.

Learning objectives:

At the conclusion of this panel, participants will be able to:

1. Understand what is meant by transformational change in psychoanalytic psychotherapy.
2. Analyze the philosophical theories of L.A. Paul and Ian Goldie.
3. Apply the theories of Paul and Goldie to transformational change in psychoanalytic psychotherapy.



Friday, June 19<sup>th</sup>

8:00 am – 9:30 am

Paper/Panel Session 3

## 10. Transformation and Therapeutic Action- (*Cont'd*)

Speakers: Brendan McPhillips, MBBS, MD, Australia; Sol Oren, MA, Israel; and Drew Magidoff, PsyD, USA

Interlocutor & Moderator: Sue Shapiro, PhD, USA

### Abstract:

*Analytic Action and Analysis of Action: From Freud to Jody Davies, from Dora to Karen- Sol Oren*

The concept of action in psychoanalysis appeared as a key concept in a paper by Freud (Freud, 1905). It has since been broadening the perspective of what the therapeutic act is, and it is incorrect to distinguish between actions that appear in therapy and the speech that it requires. Discussion of the therapeutic value of action in therapy occurs at various levels of discourse, and during the 130 years of psychoanalysis, the concept has changed on the therapeutic and lexical level, and at the relational level between speech and action. In this paper, I suggest that although the significance of action in contemporary theories invaluablely enriches the theoretical and clinical uses of action that appears in therapy, it also indicates overextension and thus loss of clarity and dissolution that require the redefinition of this concept. I will illustrate the concept for redefinition through hermeneutic analysis of two case studies from classical and contemporary psychoanalytic literature: Freud and Dora, and Jody Davies and Karen.

Learning objectives:

At the conclusion of this panel, participants will be able to:

1. Introduce and expose contemporary psychoanalytic literature presenting the changes psychoanalysis has undergone throughout its years of existence, the influence of the concepts of the ideal of knowledge in the philosophical field on psychoanalysis.
2. Develop critical thinking toward the relational approach using self-criticism (and not only criticism of other schools) to avoid stagnation or being occupied with defending the approach, and to promote future studies and observation.
3. Use the theoretical-clinical concept “action” in psychoanalysis that illustrates the directions of developments in psychoanalysis and marks its current state, to create an animated and generative discourse on the status of action in therapy, to specify the need to formulate a new image of knowledge and to bring about contemporary separation between action and speech.



IARPP 18th ANNUAL CONFERENCE

**Expanding Our Clinical Experiences:**

**The Spoken, Unspoken, and Unspeakable in Relational Psychoanalysis and Psychotherapy**

**Thursday, June 18 - Sunday, 21, 2020**

The Luskin Conference Center

Los Angeles, CA, USA

**Friday, June 19<sup>th</sup>**

**8:00 am – 9:30 am**

**Paper/Panel Session 3**

## **10. Transformation and Therapeutic Action- (*Cont'd*)**

Speakers: Brendan McPhillips, MBBS, MD, Australia; Sol Oren, MA, Israel;  
and Drew Magidoff, PsyD, USA

Interlocutor & Moderator: Sue Shapiro, PhD, USA

Abstract:

*Bother- Drew Magidoff*

The subjective experience of bother in the analytic relationship is explored. How it can be implicitly and explicitly navigated and utilized therapeutically is discussed. This aspect of analytic process is tracked from within multiple psychoanalytic perspectives. The specific analytic thinking and methodologies advanced here are illustrated through a clinical vignette and process.

Learning objectives:

At the conclusion of this panel, participants will be able to:

1. Assess and begin to analyze how you work with bothersome aspects of certain analytic relationships and therapeutic interactions
2. Utilize the subjective experience of “bother” within your analytic relationships
3. Apply the implicit and explicit methodologies advanced in this presentation to unsettling experiences in the consulting room



Friday, June 19<sup>th</sup>

8:00 am – 9:30 am

Paper/Panel Session 3

## 11. The Unspoken in Violations of Power in the Psychoanalytic World

Speakers: Tracy Sidesinger, PsyD, USA; Ginna Clark, PsyD, LPCC, ATR-BC, USA; and Roshanak Vahdani, MA, Australia

Interlocutor & Moderator: Roberto D'Angelo, PsyD, MBBS, Australia

### Abstract:

*You Want to Eat Me: Too Muchness in Parallel Process- Tracy Sidesinger*

This paper will explore an affective dysregulation that occurred between a psychotherapist and an esteemed mentor, with applications for treating the perceived too-muchness of clinical encounters. Discourse about difficult parallel processes will be used over silence for the purposes of meaning-making. Specifically, neglect and disavowal will be discussed as defenses against too-muchness, and these will be considered as alternate attacks on linking that prevent sustaining experiences of being held in mind. A transpersonal ethic will be offered to simultaneously support the limits and presence of an object when the subject is perceived as too much.

Learning objectives:

At the conclusion of this panel, participants will be able to:

1. Analyze personal experiences of unmet desire in parallel process with foreclosures in clinical work
2. Describe the influence of loss and neglect on difficulties in affect regulation
3. Describe how a transpersonal ethic can facilitate affective linking when subjects are otherwise experienced as too much





Friday, June 19<sup>th</sup>

8:00 am – 9:30 am

Paper/Panel Session 3

## 11. The Unspoken in Violations of Power in the Psychoanalytic World- (Cont'd)

Speakers: Tracy Sidesinger, PsyD, USA; Ginna Clark, PsyD, LPCC, ATR-BC, USA; and Roshanak Vahdani, MA, Australia

Interlocutor & Moderator: Roberto D'Angelo, PsyD, MBBS, Australia

### Abstract:

*Unspeakeable sex and the whispered influence of sexual boundary violations- **Ginna Clark***

In this paper, I'll first explore the unspoken and unsymbolized influence of a "once-removed" sexual boundary violation on my clinical work with a patient, Sam, whose mother married her psychotherapist. This paper will recount enactments and on-going dynamics that seem related in theme to sexual boundaries that range in scope from Sam's explicit fantasies about sexual healing and vague references to Shepard's (1971) controversial work; a shocking but poignant moment during the analysis when she literally drank from my coffee cup; her poetic pleas for me to 'break through stone' to access her; as well as my own repetitive sense that the edges of my effort were never enough, never a match for the unarticulated heroic and romantic fantasies that I surmise we both had about her step-father's transgressions. Secondly, I'll attempt to borrow from these clinical examples and my own dissociative process with Sam, to think about the implicit impact of sexual boundary violations on the group at large, within psychoanalytic institutes, and on generations of clinicians that train within those institutions.

Learning objectives:

At the conclusion of this panel, participants will be able to:

1. Identify unspoken and unsymbolized aspects of an analysis that relate to a "once removed" sexual boundary violation
2. Analyze dynamics and enactments present in the clinical material and relate them to sexual boundaries
3. Apply clinical ideas to better understand collective and institutional dissociative processes concerning sexual boundary violations



Friday, June 19<sup>th</sup>

8:00 am – 9:30 am

Paper/Panel Session 3

## 11. The Unspoken in Violations of Power in the Psychoanalytic World- (Cont'd)

Speakers: Tracy Sidesinger, PsyD, USA; Ginna Clark, PsyD, LPCC, ATR-BC, USA; and Roshanak Vahdani, MA, Australia

Interlocutor & Moderator: Roberto D'Angelo, PsyD, MBBS, Australia

### Abstract:

#### *Analytic training as a destructive/creative becoming- Roshanak Vahdani*

In keeping with the theme of this year's conference, I would like to bring to the table what is often unspoken and that is the topic of our education. That is, how we are made into analysts/therapists and by what psychological, educational and socio-cultural means this identity is created. I contend that analytic training has at its core some real problematics, including whether analytic capacity is teachable, how the trainee's readiness to progress and complete is sanctioned, whether these processes are transparent and democratic, whether training programmes are geared to pay respect to the trainee as a participant in the process (with much at stake), and how pecuniary interest and power relations are managed in the analytic institute. Analytic training institutions have historically been insular, not lending themselves to transparency, and openness. On many occasions, the future of a trainee has been dictated by a handful of people in positions of power who may well have their own legacies of trauma and shame from their own training experience at play (Buechler, 2008). Such conditions can lead to a state of fear and anxiety in the trainee which can block creativity and innovation in favour of keeping in line with analytic parents and families in the form of analyst, supervisors and training committee. Such conditions are to the detriment of our profession, I believe. The paper contends that the formation of an analyst involves facing these dynamic processes, surviving them and creating oneself, whether one completes the training program or not.

I will use the experience of my own analytic training to illustrate my contentions and will demonstrate how this destructive and painful training experience (ceased by me after three years), became a source of creativity, and transformation and was key to the becoming of the analyst/therapist that I am today. Through this creative development I was able to possess my own thinking, bridge different trends and perspectives in psychoanalysis which appealed to me intuitively and clinically, something that my analytic institute did not foster nor encourage, and ultimately I was able to develop my own analytic mind. To achieve this, I had to leave my training and occupy the in-between places, be without an analytic home, and mourn its loss. I also had to accept feelings of dread and anxiety about whether I could stand on my own and do this profound and life changing work. "Change comes through dis-equilibration and reintegration, through destruction and reformation"(Harris,2015). This truly was my experience and I will outline my dialectic process and



Friday, June 19<sup>th</sup>

8:00 am – 9:30 am

Paper/Panel Session 3

## 11. The Unspoken in Violations of Power in the Psychoanalytic World- (Cont'd)

Speakers: Tracy Sidesinger, PsyD, USA; Ginna Clark, PsyD, LPCC, ATR-BC, USA; and Roshanak Vahdani, MA, Australia  
Interlocutor & Moderator: Roberto D'Angelo, PsyD, MBBS, Australia

Abstract:

*Analytic training as a destructive/creative becoming- Roshanak Vahdani- (Cont'd)*

the shape it took for me in this paper. In conclusion, I will outline my thoughts as to how a 21st Century training program might address the trainee in a holding/seeking frame characterized by creativity, openness and professional and personal respect, in the name of a future-oriented view of the psychoanalytic profession.

Learning objectives:

At the conclusion of this panel, participants will be able to:

1. Describe some of the problematics at play in psychoanalytic training and the implications of these for the formation of an analytic identity, via an investigation of the literature.
2. Illustrate these issues through the writer's own negative/destructive experience of training and how this fuelled an internal creative process which culminated in her possessing her own analytic mind and becoming.
3. Propose ways in which training programs can address some of the issues raised and promote creativity in candidate development.