
IARPP eNEWS

A Digital Periodical of the
International Association for Relational Psychoanalysis and Psychotherapy
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President's Column

Hazel Ipp, Toronto

This is an opportune time to reflect on our organization's development over the past three years as I write my final column as President. IARPP is in a particularly healthy state even as we reel along through global crises and hold our breath waiting for the U.S. election result we so need and hope for.

We are truly an international organization with new members from across the globe continuing to sign up on a regular basis. Under the excellent stewardship of Neil Altman and Chana Ullman, Co-Chairs of the Chapters Committee, we are increasing the number of local chapters, and they are faring well with ongoing educational events and growing memberships. The U.K. is our most recent addition.

Our colloquia continue to draw large numbers from many countries and perspectives, enriching

our dialogue and opening new potential spaces. We just had our first Candidates Colloquium, which sold out within days of its posting. Led by Jody Davies and moderated by Lucyann Carlton, 54 candidates discussed two of Jody's stellar papers in this fabulously successful colloquium. Thanks to Judy Pickles and Susan Bodnar, our new Co-Chairs of the Web Seminar Series who have already demonstrated so much expertise, and Todd Essig, our invaluable cyber man, for enabling this at all levels. Thanks, too, to Margaret Black and her innovative Candidates Committee, co-chaired by Deborah Pines and Orna Kislasy, for spearheading this initiative. We look forward to more.

Dan Shaw and Bruce Reis, our excellent Colloquia Co-Chairs, are stepping down after the next colloquium on "The Question of Technique," which will run from

December 1 to December 16. They have worked tirelessly, fielded much at all levels, and yet have always managed to keep our Relational dialogue at an exceptionally high level—one that has attracted and included so many thinkers and clinicians from near and far. Our grateful thanks to them!

Katie Gentile and Eyal Rosmarin will be taking over as Colloquia Co-Chairs. They are well known to many of us and will, no doubt, bring their own stamp of excellence to the

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Colloquia we all so look forward to.

We have begun our first effort at long-distance education. The International Education Committee, co-chaired by Jody Davies and Tony Bass and enabled by our favorite Greek, Spyros Orfanos, has launched our first initiative, teaching a six-month course in Relational theory to a group in Athens. We anticipate this model of long-distance learning will soon be applied to other communities that are already indicating keen interest in such a project.

I also want to thank Shelly Petrov-Sherman, outgoing Chair of the Continuing Education Accreditation Committee, for all the hard work she's done and extend a warm welcome to Shelly Putnam, the new Chair. Let me also thank Steven Knoblauch for his wonderful work as Co-Chair of the Membership Committee and thank co-chair Alexis Mordah as well.

Our Diversity Task Force, co-chaired by Gill Straker and Melanie Suchet, is proceeding well. Interesting ideas for projects in the important area of diversity are finding their way back to us since their letter and questionnaire were circulated to the membership. We anticipate really important ideas emerging from this initiative and hope

that many of you will get involved.

We are very excited to be having our next International Conference in Tel Aviv next June. The Israelis, who represent our largest contingency outside of North America, have a strong and vital community led by their vibrant Chapter Head and Conference Co-Chair, Rina Lazar. Rina and her Co-Chairs, Chana Ullman and myself, along with the Israeli Conference Committee are working hard to ensure that this conference is memorable in every way. I have no doubt they will succeed and do us all proud. We advise you to make your plans early as it promises to be a huge attraction for many around the world. Watch for hotel details, etc., on our website early in November.

As Suzi Naiburg states in her editorial column, she is stepping down as eNEWS editor. While we respect her wish to move on and finish her book, we are also saddened. Suzi has been phenomenal, patient, supportive, and on her game always. We have been really fortunate to have her working along with us and wish her the best of luck in her endeavors. We're waiting on that book, Suzi!

I also wish to offer a special welcome to Jill Bresler, who will be taking over as eNEWS editor and will, no doubt, bring much to this publication.

As I step down as President, I want to thank those who did so much to make my journey possible. Val Ghent and Elisa Zazzera are an essential part of the engine that enables us to run. Your competence and vital presence are invaluable, and IARPP is beyond fortunate to have you as an integral part of our team. Thank you!

To the IARPP Board— You are an incredible group of people that I have had the privilege of getting to know and work with these past years. Your spirit, dedication, and energy have enabled much, and I feel deeply fortunate to have worked (and played) alongside you, not only as colleagues but also as friends. I believe that the friendships that have been struck as we've battled the odds and celebrated the triumphs of these years will last a lifetime. I look forward to that! Many of you have been there with me from the beginning when IARPP began as a gleam in Steve Mitchell's eye and became transformed into his Founding Board. We have journeyed far since those days, realizing his dreams and going beyond. Thank you!

The path ahead looks rich and exciting. I step down, proud and content, as I hand over the reins of this vital and vibrant organization to the able

stewardship of Jeremy Safran, who, as the next IARPP President, will no doubt continue to chart an exciting and fruitful voyage for us all. ❖

IARPP On Line



Dec.1- Dec. 14, 2008

Online Colloquium

The Question of
Technique -
The View from
Relational
Psychoanalysis



Jan. 19- Feb. 13, 2009

Web Seminar

Meeting Mitchell's
Challenge:
A Comparison
of Relational
Psychoanalysis
and Intersubjective
Systems Theory



March 2-March 27, 2009

Web Seminar

The Clinical
Implications of
Attachment Theory
Research



Nov. 2-Nov. 24, 2009
Web Seminar

Expanding Analytic
Attention:
The Weave of
Embodied and
Symbolized
Communication

Relational Perspectives on Attachment Theory and Psychoanalytic Process

Conference Observations

Nancy Vanderheide,
Beverly Hills, CA

Despite John Bowlby's object relations orientation, the relationship between the attachment theory he developed and psychoanalysis has been fraught with tension. This year's IARPP conference, "Relational Perspectives on Attachment Theory and Psychoanalytic Process," provided an opportunity for experts from both traditions to continue exploring the possibilities for integration and cross-fertilization between the two disciplines.

Bowlby, wearing his ethnologist's hat, originally posited that attachment behaviors promote proximity between caregiver and infant in service of the infant's safety. However, a compelling alternative to this perspective points to a more purely psychological formulation of the advantage conferred by such a strategy. Fonagy (1999) proposed that attachment behaviors also facilitate the intersubjective matrix from which invaluable psychic processes, including affect regulation, reflective awareness, and basic trust, can emerge. In suggesting that there may be more than physical protection at stake, he cited the high risk to the

infant often associated with expressions of distress and the neurodevelopmental anomalies caused by excessive cortisol triggered by neglect (Perry, 1997). In a similar vein, Lyons-Ruth (2006) points to the exchange of affective cues engendered by sustained face-to-face contact between mother and infant. Bowlby's psychoanalytic leanings, however, manifest in numerous other points of convergence between the two traditions.

In different ways, both Judy Guss Teicholz and Jessica Benjamin drew our attention to the compatibility of certain attachment findings and the postmodern sensibilities of the American Relational tradition of psychoanalysis. Teicholz underscored her patient's change in implicit procedural knowing by illustrating "Toby's" realization that her belief about how a caregiver will react to her needs is outmoded—denoting, in attachment theory terms, an alteration in her internal working model and movement towards an increasingly secure attachment pattern. Benjamin spoke to the multiplicity of attachment strategies that mark an

individual's varying self/other representations, and the intersubjective capacity to recognize another's state of mind that sustains connection in the face of the challenges posed by the otherness of the other.

Horst Kaechele illustrated ways in which the Adult Attachment Interview (which provides adult analogues to the infant and child attachment categories distinguished in the Strange Situation protocol) illuminated the state of a patient's mind 25 years after her psychoanalytic treatment. Amalia's interview results indicated her preoccupied state of mind with respect to attachment and her unresolved state of mind with respect to loss. The countertransference reactions experienced by the interviewer in response to Amalia's participation in the AAI, particularly as she spoke about her parents' deaths, were especially notable. The protocol tracks unconscious linguistic process rather than content and is specifically geared to activate the attachment system. The interviewer's experiences of fear and eeriness in conducting the interview can thus be related to unconscious communications from Amalia.

Of further interest were Amalia's seemingly dissociative oscillations between various states of mind, designated by attachment theory as disorganized forms of representation called

segregated systems. Segregated systems remain outside of conscious awareness until activated in a specific context, such as the attachment memories accessed through the AAI. Kaechele's application of attachment theory and the AAI to a psychoanalytic case stimulated lively discussion about the compatibility of attachment theory to psychoanalysis. Of particular interest was the applicability of the AAI within an ongoing analysis as many participants misunderstood that Amalia was administered the interview decades after her treatment.

Notwithstanding the many areas in which the two traditions converge, questions remain regarding the compatibility of attachment theory and the psychoanalytic process. Lively debates ensued in the discussions and breakout groups in which many psychoanalysts questioned the role of fantasy in attachment theory, including its distorting role in the generation of internal working models. Others wondered when attachment theory's empirically derived categories of orientation towards loss and attachment might find a home in the diagnostic conceptualizations and listening stances of psychoanalysis.

Adherents of attachment theory cited a lack of thorough familiarity with key concepts

on the part of many conference attendees. In particular, the frequent, incorrect use of the word "style" in discussing the findings of attachment theory was a source of disquiet. Specifically, this misunderstanding indicated an erroneous reification of the attachment classifications. An individual displaying, for example, a dismissive state of mind in relation to loss was spoken of as "having a dismissive style." For those more comfortable with fluid, process-oriented descriptions of intersubjective relating and unconscious dynamics, the attachment research can

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seem concrete and static. Attachment categories then depict permanent, inert characterizations rather than the information-laden snapshots of the highly dynamic, internal representations of self in relation to other they are meant to connote. The frequency with which the word "style" was used, instead of "orientation" or "state of mind," and the abruptness with which that usage was sometimes brushed off as an issue of semantics contributed, in part, to the concern that perhaps Relational psychoanalysts were not as yet sufficiently open to attachment theory despite the efforts made at the conference.

A corresponding concern was the perception that attachment theory adherents insisted that their conceptualizations be incorporated into the psychoanalytic canon. Additionally, although

many of the attachment theory constructs are increasingly shown to be organized around such psychoanalytic concerns as the context-dependent nature of development, the organizing properties of affect, strategies for affect regulation, mutuality of influence and recognition, and nonverbal, unconscious processes, others remain unaddressed. Primary among them are the many clinical issues arising outside the context of attachment, including those with a basis in the sexual, aversive, and exploratory motivational systems (Lichtenberg, 1992). Equally unclear are the ways in which attachment theory accounts for the ubiquity of shame in the therapeutic dyad, narcissistic rage, and idealization.

In all probability, a full integration of the two theories is unlikely as well as, perhaps, unnecessary. Notwithstanding false

dichotomies, outdated criticisms, and uninformed misconceptions, tensions between them continue to provide fertile ground for rich and rewarding discourse.

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IARPP International Conference

June 24-27, 2009

David Intercontinental Hotel • Tel-Aviv, Israel

The Shadow of Memory

Relational Perspectives on Remembering and Forgetting

World-Renowned Speakers • New Voices • Social and Cultural Events

Major Panels

- Meeting of Minds: The Need to Remember, the Wish to Forget •
- The Ethics of Memory • Mourning and Melancholia Revisited: Multiple Perspectives •
- Traumatized Memory and Dissociation • Memory and Hope •

Conference Co-Chairs: Hazel Ipp, Rina Lazar, Chana Ullman

From the Editor

Suzi Naiburg,
Belmont, MA

I got my first crack at working for a newspaper when I was six and my brother was eight, while living on the south side of Chicago. We owned *The Hyde Park Flash* and did everything ourselves. I remember squeezing little red rubber letters into plastic frames and cranking the press as the paper rolled through. We peddled our rag a few blocks away at the Windermere Hotel where my grandmother lived, selling it for a nickel to each of her friends. I can't remember if I did any of the reporting or if I was only in production and sales.

So when I was fortunate enough to become the editor of the eNEWS about two years ago and was offered an outstanding production team and the ironclad guarantee that no sales were required, I knew I had arrived. What I didn't know was how much fun I would have getting more involved in IARPP while establishing the Press Corps, helping writers with their craft, and putting out the next six issues without having to squeeze a single red rubber letter into place.

My thanks go to all the writers who have appeared in print under my editorship—Alejandro Avila, Zsuzsa Barta,

Margaret Black, Anthony Bass, Mary Bayles, Jill Bresler, Lisa Director, Shelley Doctors, Angela Greenfield, Marsha Hewitt, Hazel Ipp, Steven Knoblauch, Lynne Layton, Rina Lazar, Maureen Murphy, Spyros Orfanos, Deborah Pines, Barbara Pizer, Stuart Pizer, Bruce Reis, Daniel Shaw, Chana Ullman, Nancy Vanderheide and Deborah Washburn; to the capable production crew, Seth Warren, Valerie Ghent, Elisa Zazzera, and Larry Zelnick; to Muriel Dimen, my ever-ready Board Liaison; to the Board for its support; and to Hazel Ipp, President extraordinaire, who was always accessible no matter how many balls she had in the air, because she could juggle them with one hand while holding her BlackBerry in the other.

As I leave the position of eNEWS editor to turn more of my attention to my manuscript on clinical writing, I will take much with me, including rich experiences and rewarding friendships. I might even take a little of the advice I offered writers in my IARPP workshops, that is, "to court surprise" as Donnel Stern would say. Sitting at my sun-drenched dining room table one August morning to gather writing

samples and inspiration for my manuscript, I suddenly found myself compelled to write. I hope the same thing happens to you. Who knows, the magic trick might just be getting involved in something you care deeply about. These are the words that surprised me.

Words matter. They compel writers. Grab readers by the throat. Hurt, soothe, wail, and blunder. Seemingly inert upon the page, in the alchemy of reading and hearing, they transport us into and out of ourselves, through our own and other worlds, wherever imagination dares to roam.

In the most intimate or horrific moments, they may fail us. Or they may tumble out of hiding to extend our reach, searching for connection.

Trying on bravery, exercising restraint, they take on character.

In our consulting rooms, they live out old lives, hint at new ones. First words and others come in and go out, go unspoken, underground, chasing desire. ❖

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Psychoanalytic Travels

Jill Bresler, New York,

Just before I traveled to the Baltimore conference, I was fortunate to learn that I would be assuming the job of eNEWS Editor in November. This added a dimension to my trip as I got to meet Suzi Naiburg and begin learning about the job. I'm on the train now as I write this, on the way home from the conference, and thought it would be fitting to talk about the conference experience as a way of getting my feet wet in this new capacity.

This is the third IARPP conference that I have attended. I still remember the electricity—there is no other word for it—of that first conference in New York in 2002. It was clear that something extraordinary was happening. One thousand and nine people, all excited about the same set of ideas, came together to hear some of the original Relational thinkers. The conference was already international as some had travelled far to attend it. As Manny Ghent said in his address there, speaking of Steve Mitchell's hopes for the organization, "Above all, his dream was of an association of psychoanalysts in which it would be possible for

analysts of all persuasions to meet and share their experiences and ideas, a place where institutional and political concerns would survive only as a memory, a relic from former times."

My next conference was just last year in Athens. It was no less electric but in a very different way. Having been away for a while, I had no idea how much more international IARPP had become. People from 22 different countries attended this exciting event. In spite of our geographic distance from one another, the participants at the conference shared an excitement for Relational thinking that created a sense of connection and pleasure in each other's company that made me decide that skipping any more IARPP conferences was no longer an option.

And so to Baltimore. Once again an international crowd showed up to share their interest in psychoanalysis. Here the important question of how Relational thinking and attachment theory could cross fertilize and inform each other was taken up. I think many of us came away with a new appreciation of the complexity of the task. As a New Yorker who has studied Relational thinking in its hometown, I found it exciting to see individuals from different countries and different continents

share the podium as they discussed their work as analysts and theory builders. There were differences of opinion and some lively discussions of the type that could further everyone's thinking. And this year we had the advantage of seeing papers projected in English on a large screen as they were being presented to facilitate understanding by those whose first language wasn't English. That technical advance, in fact, allowed many of us to follow the presentations more closely.

Next year, we meet in Israel with the wonderfully evocative theme of memory to organize us. Even the call for papers is enticing. My feeling that it would be a mistake to miss another IARPP conference is stronger than ever. Not only are the papers and intellectual camaraderie wonderful, and the people open, inviting, and fun, but attending all the conferences is going to be a great way to see the world. Now if we can only get big-enough chapters to warrant conferences in India, Buenos Aires, and, hmmm, maybe Bali, I am going to be one happy analyst.

I'd like to thank Suzi Naiburg for her generous help in beginning to make the transition to the editorship of the eNEWS, and I hope to meet each and every one of you in Tel Aviv. ❖

The Shadow of Memory

Relational Perspectives on Remembering and Forgetting

4th International Conference

June 24-27, 2009 Tel Aviv, Israel

Hazel Ipp, Rina Lazar, Chana Ullman, Co-Chairs

The interplay of remembering and forgetting, of dissociation and integration, lies at heart of the psyche's dynamics and the analytic encounter. It is also central to Israel's existential dilemma, because our nation was born in the shadow of memory—the memories of both nations that live on this land; the shadow of history that has brought the Jews here; and the shadows of history, politics, and passion that do not let the Palestinians and Jews live together in peace.

As long as these memories continue to cast their shadows in blinding and binding ways, we are doomed to live in eternal strife. This theme is written in blood. The Relational perspective can enlighten us in these areas of our life, since it deals extensively with the complex dialectics between the human psyche and its sociopolitical and cultural context.

Many questions come to mind as we think of the interplay between remembering and forgetting. How do we deal with our past, both personal and political? How do we deal with what was possible but

missed? How can we mourn what has been lost to us? Can we forgive ourselves and others? In Freud's (1914) language, do we aim at "curbing the patient's [and nations'] compulsion to repeat and ... turning it into a motive for remembering?" Or do we try to enlarge the scope of our "implicit relational knowledge," enriching those modes of dealing with human [and political] relations we are embedded in? How do we reread canonical texts such as Freud's "Remembering, Repeating and Working Through" and "Mourning and Melancholia" or Bion's "Notes on Memory and Desire"? How do we deal with our anxiety of influence when it relates to our cherished beliefs and theories?

We hope that this conference will enable us to learn more about shadows of memories and forgetting both as treasures and traps. We hope the conference will enable us to experience the burden of memories and dissociations and help us discover new ways to integrate them in the clinical context, in the Israeli context, and beyond. These questions

and more guided our thinking as we suggested the following major panels for the conference:

The Ethics of Memory

Meeting of Minds: The Need to Remember, the Wish to Forget

Mourning and Melancholia Revisited: Multiple Perspectives

Traumatized Memory and Dissociation

Memory and Hope

These panels as well as many other invited and submitted panels will feature speakers from the international Relational community, including new voices as well as our world-renown speakers.

Realizing that for many of our guests the experience of being in Israel may itself be loaded with memories, questions, anxieties, or excitement, we will begin each morning with an open, large group entitled "Memory in Context: Processing Being in Israel." This group will give all of us the opportunity to come together as a community and share our thoughts and feelings about being in Israel and the conference.

The Israeli Forum was

Continued on Page 9

established three years ago at the IARPP Conference in Rome. The idea of holding the next IARPP conference in Israel was then in the air, but we had to wait until we became better organized. That time has come. For us, the Israeli chapter of IARPP, this conference is a very exciting event, a landmark in our functioning as a local chapter and as part of the Israeli psychoanalytic

and psychotherapeutic community. We feel that this conference represents the relevance of Relational thinking to the therapeutic community in Israel and will strengthen our ties to the international Relational community.

As in all international IARPP conferences, we will offer cultural events that we are certain will be both intellectually stimulating and fun. The conference

organizers are planning pre- and post-conference tours of the unique sites Israel has to offer. We hope that having this rich and integrative event in our burdened yet intriguing and beautiful country will be a very satisfying and pleasurable experience, and we invite all of you, our relational friends and colleagues, to participate.



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