



Thursday, June 25th 2:00 pm – 3:30 pm PANEL SESSION I

#1: Inside and Outside of Culture

Speakers: Lisa Lyons, PhD, USA; Cynthia Chalker, MSW, USA; and
Andrew Samuels, DHL, UK
Moderator/Interlocutor: Elizabeth Corpt, MSW, USA

Abstract:

Dreaming in Chinese: Psychoanalysis across culture, time and space.

Lisa Lyons

Three days a week, I meet over Skype with Jon, a 32 year old Chinese man. He is half-way around the globe, in his small one-room apartment in China. It is late in the evening in China; Jon's day is winding down and his energy waning; It is morning in New York; I am at my most fresh and rested. Time and space frame our work, but account for only a few of the differences between our worlds. We have had to search to find each-other across vastly different cultures, histories and language. This paper explores dilemmas in this ongoing English language analysis, conducted for two years over Skype, and more recently in person. I focus here on the interweaving into the analysis of our vastly different cultures, history and language, and the alterations to the work shaped by our differences. I am particularly interested in the complexities of exporting psychoanalysis across cultures and the shifts in the work that demands. I examine the critical importance in the analysis of attention to subtle markers of culture and explore how Jon, classically trained in psychoanalysis, has connected deeply with Relational psychoanalysis.

1. Members of the audience will be able to list four elements of Relational psychoanalytic theory and clinical work that make it especially appropriate for work with patients from China.
2. After hearing this paper audience members will be able to describe crucial differences in the sense of self in Western and Eastern cultures.
3. Audience members will learn 3 alterations they can make to psychoanalytic work when working with Chinese patients.

The Activist Patient: Individual Vitality and Social Responsibility

Andrew Samuels

Attention is increasingly being paid to the active role of the patient in the evolving therapy or analysis. We see a cluster of ideas that underscore the patient as the motor of therapy and as an active agent therein. These tendencies are summarised as 'patient as healer'. Within this general move, it is proposed that there is also the question of 'the activist patient' to be considered. Such a patient's personal vitality rests upon the assumption of social responsibility, a matter likely to have been worked on in their therapy or analysis. The activist patient is a potential contributor to processes of social healing and regeneration.

As a result of having attended this presentation, the learner will:

1. be able to describe and critically evaluate differing conceptions of the role of the patient in therapy and analysis.
2. Assess critically the role of analysis and therapy in connection with the evolving potential of the patient as an agent with social responsibility.
3. Analyse tendencies in him or herself that seek to keep the patient in a clinically unhelpful passive, dependent and infantile position.



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#1: Inside and Outside of Culture (continued)

Speakers: Lisa Lyons, PhD, USA; Cynthia Chalker, MSW, USA; and
Andrew Samuels, DHL, UK

Moderator/Interlocutor: Elizabeth Corpt, MSW, USA

Abstract:

Outsiders on the Inside: The Role of Cultural Identifiers Inside and Outside the Psychoanalytic Room.

Cynthia Chalker

In her paper, *The Analyst at the Intersection of Multiple Cultures*, Janice Bennett explores the space that the African-American Psychoanalyst inhabits at the intersection of these cultures: psychoanalysis, African-American and dominant (Euro-American) culture. Bennett says, “The analytic hour is not neutral. If the patient and analyst are free to fully express themselves and the patients intrapsychic world, the both must be free to investigate race in the treatment.” (Bennett, 2012) As a fourth year candidate in a five-year psychoanalytic training program, I have amassed a practice that allows me access to the struggles and accomplishments of a diverse group of clients. Two clients, Black American woman, one referred by an institute colleague, the other through a web-source, specifically sought a Black female therapist who also identified as Queer/Lesbian. As I gain confidence in my practice and my voice in the larger psychoanalytic community, I continue to build upon the work of Psychoanalysts of Color to negotiate my experience as an analyst of color in a professional community searching for language and application of experiences in practice. Through clinical vignettes, this paper will explore the ways in which our cultural identifiers intersect to provide a co-created space which allows for explore aspects of race, gender and sexual orientation which can be sources of pain and oppression (often by members of their own groups) as well as sources of strength all within a psycho-dynamic frame work that allows for growth and change within and outside the therapeutic space.

Using clinical observations and applicable theory and literature, this paper has the following objectives:

1. Assess the ways in which this analyst navigates the intersections of race, ethnicity, socio-economic status, immigration status and/or sexuality in the treatment room.
2. As Analysts of Color, investigate how ones status within the psychoanalytic community as ‘other’ affects the work with ‘othered’ clients in ones practice.
3. Critique the ways in which training within and outside institutes assists and inhibits exploration of these topics.



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#2: The Environmental Pulse: Characterizations of the Relational Center

Speakers: Susan Bodnar, PhD, USA; Anthony Wilson, MSW, Canada; and Elizabeth Allured, PsyD, USA

Moderator/Interlocutor: Sarah Turnbull

Abstract:

Two Hearts Beating As One, Susan Bodnar

Most environmental movements focus on preserving the planet. There is a strange one person psychology embedded in how we understand the role of the physical environment in our lives. Most assume that planet preservation benefits the planet, similar to the assumption that the therapist preserves the psychic health of the patient. In reality, the planet will outlast climate change. Humans and other mammals will not. The dialectical dynamic between people and their physical ecosystems, a "two-person" relational psychology, can be a foundational frame for new constructions of mental and planetary health. Utilizing the foundational ideas of relational theory this paper will discuss what the object relationship would look like between individuals and their physical spaces. The paper also challenges and deconstructs the narcissistic positioning that leads to a theoretical foundation that dissociates from the physical environment. These ideas are illustrated with clinical material as well as those collected from field research.

"There Was A Valley With A Stream:" Taking the Relational Pulse in an Age of Environmental Crisis, Anthony Wilson

This paper will explore the findings of a narrative research project begun in July 2012. Participants will be taken into the thoughts and experiences of 12 psychoanalysts and psychotherapists, at various stages of life and career, who were interviewed and recorded by the presenter. The transcriptions provide an intimate glimpse into seldom-spoken-of personal and clinical worlds regarding the more-than-human: worlds of comfort, kinship, and loss, and awe, and estrangement. The project takes a small sampling, a pulse, of how or whether clinicians are thinking, and feeling, about the environmental crisis; and how, or whether, they are thinking about the implications for clinical theory and practice. Beginning with clinicians stories of experience in and with the more-than-human world, then moving to their reflections on the environmental crisis, including the phrase itself, the interview concluded with explorations of how, or whether, the environmental crisis is appearing in sessions through patient narratives, dreams, anxieties, dilemmas, and behavioral enactments. Often the realization arose of how difficult it was to think about the environmental crisis, both personally and clinically. This was accompanied by common themes of feeling overwhelmed, powerlessness, anxiety and concern, guilt, and dissociation. For most, if not all, disavowal appeared to be the defense of choice in managing knowledge of the unprecedented scale and threat of the crisis to present and future generations.



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#2: The Environmental Pulse: Characterizations of the Relational Center (continued)

Speakers: Susan Bodnar, PhD, USA; Anthony Wilson, MSW, Canada; and Elizabeth Allured, PsyD, USA

Moderator/Interlocutor: Sarah Turnbull, PhD, Canada

Abstract:

From Dissociation and Enactment to Conscious Intersubjectivity: Using Relational Concepts to Work and Live Within the Environmental Crisis, Elizabeth Allured

We live in socioeconomic and political structures that are physical as well as psychological. These structures limit our awareness of our destructive influences upon our larger holding environment, the more-than-human environment. The analytic concept of the human holding environment has been useful in exploring relational ideas such as mutual influence and affect regulation for the child as well as for the patient. As we face feelings of anxiety and guilt related to human-induced climate change, it can be helpful to try to understand our experience of, and psychological defenses against, the larger holding environment. We can strengthen our attachment bond to a mother-in-transition in order to more consciously engage in the dance of mutuality and intersubjectivity with our nonhuman relatives. We as relational practitioners have moved our focus to the two-person bi-directional frame. Can we take the bold step of looking at our environmental context as part of the field in which we live and work? Linking our psychological health with the physical health of the biosphere and its nonhuman inhabitants is a relatively new concept, first proposed by Harold Searles. A review of Searles' early contributions to our understanding of this relationship will be shared. A cartoon caricaturing our reluctance to see our interdependence within the greater whole will be included, with opportunity for panel and audience commentary. This paper will begin a discussion of how we can hold in a creative tension the exploration of the analytic dyad's intersubjectivity in both the human and more-than-human worlds.

1. Promote participants reflections on their experiences in and with the more-than-human world, while helping them to locate where THEY are with the panel themes;
2. Encourage questioning of our current basic clinical assumptions of intersubjective relationality. These assumptions privilege to the extreme the human-human connection, and largely ignore the human-eco system relationship.
3. Invite reflection by participants on their level of denial or disavowal of the environmental crisis, and the possible clinical significance of this for patients and 21st century analysts/psychotherapists.



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#3: “Framing” as Relational Process

Speakers: Kim Bernstein, PhD, USA; Rachel Sopher, MSW, USA; and Françoise Jaffe, LCSW, USA

Moderator/Interlocutor: Glenys Lobban, PhD, USA

Abstract:

*One of Many Circles: Presence, Absence, and the Relational Frame, **Kim Bernstein***

*The Grammar of the Autistic-Contiguous Position: Communicating One’s Frame of Mind, **Rachel Sopher***

*Courageous Analysis: Framing, Anxiety, and the Analyst’s Internal World, **Françoise Jaffe***

This panel addresses the conceptualization and clinical use of the frame, positing that in the wake of the relational turn in psychoanalysis, this vital aspect of treatment has remained largely undertheorized in the contemporary literature. Drawing on Bass’s assertion that the frame “has properties of both process and structure” (2007), our three presentations explore both the potentialities and dangers of moving from a notion of the frame as fixed to “framing” as part and parcel of the clinical process. Along the way, we use case material to illustrate and explore our efforts to integrate framing in ways that acknowledge the specificity of each dyad, as well as reflect our respective clinical experiences and diverse relational perspectives. Theoretical rationales for each of these diverse perspectives will be proposed to support the concept of moving from “frame” to “framing” in line with the spirit of relational theory.

1. At the conclusion of this presentation, participants will be able to identify, explain, and compare classical and contemporary utilizations of the psychoanalytic frame and the theory underpinning each position.
2. At the end of this presentation, participants will be able to explain and utilize the different grammatical systems for meaning making in each of the Kleinian psychic positions and their ramifications for the process of co-constructing a frame for treatment.
3. At the conclusion of the presentation, participants will be able to identify the role anxiety plays in the therapist’s interactions with the patient, both from a conscious and non-conscious perspective, and explain how different theoretical stances affect how the therapist handles his feelings in the room.



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#4: Psychotherapy Integration and the Relational Paradigm

Presenters: Karen Starr, PsyD, USA and Jill Bresler PhD, USA

Moderator/Interlocutor: Offer Maurer PhD, Israel

Abstract:

*Radical concern for the needs of the patient: The historical origins of relational psychoanalysis and psychotherapy integration, **Karen Starr***

*What's good for the analysand is good for the analyst: Therapeutic multiplicity, psychotherapy integration and the relational paradigm, **Jill Bresler***

This panel demonstrates the suitability of relational psychoanalysis for explorations in psychotherapy integration. The panel is comprised of two papers and a discussant knowledgeable in both areas. The first paper traces the early history of relational psychoanalysis and efforts at psychotherapy integration, locating the origins of both in the technical experiments of Sandor Ferenczi, whose work was elaborated upon and developed by other creative analytic thinkers. These analysts experimented with a variety of techniques, including relaxation exercises, somatic therapies, behavioral suggestions, and short-term therapy, all with the aim of helping the patient, and all in the name of psychoanalysis. This tradition of experimentation, controversial for its time, was unfortunately cut short and derailed, as it came under criticism from the psychoanalytic mainstream. The second paper examines how the contemporary relational paradigm re-opens the possibilities for integrating psychoanalysis with other forms of therapy, such as CBT and contemporary somatic therapies. The inevitable limitations of single-model training programs are discussed. The relational concept of multiple self-states is offered as a way of thinking about how the relational psychoanalytic community, including training institutes, can provide a sense of freedom and support for the psychoanalytic practitioner interested in an integrative approach.

1. Attendees will be able to describe the early history of the link between the relational psychoanalytic approach and efforts at psychotherapy integration.
2. Attendees will be able to explain how the relational paradigm is conducive to an integrative approach.
3. Attendees will be able to deepen their thinking about working psychoanalytically while employing techniques from other therapeutic modalities.



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#5: Uncharted Depths: Expanding the Reach of Psychoanalysis

Presenters: Barry Magid, MD, USA; Katherine Leddick PhD, USA; Evelyn Rappoport, PsyD, USA; and Sebastian Medeiros Urzua, MD, Chile

Moderator /Interlocutor: Hilary Maddux, LCSW, USA

Abstract:

Mindfulness based Group Interventions from an Intersubjective and Relational Perspective,
Sebastian Medeiros Urzua

Mindfulness based Interventions (MBI) are being widely incorporated in the healthcare system and in different psychotherapeutic scenarios as complementary interventions in the context of integrative and mind-body medicine. Scientific research on this area grows exponentially acknowledging the benefits of mindfulness practice and explaining its mechanisms of action from neuro-scientific, psycho-physiological and cognitive approaches. This paper discusses possible dialogues between first person- experiential - processes observed during an 8 week (2.5hrs/w) group intervention, and relational- intersubjective perspectives. It explores how mindfulness practice, within a systematized intervention, can foster healing processes of self and mutual regulation, secure intersubjectivity and psychological integration.

1. Explore psychoanalytic and relational perspectives in the understanding of psychological changes during Mindfulness based interventions.
2. Acknowledge the contribution of mindfulness practice in individual and interpersonal contexts.
3. Analyze, through a clinical case, the role of mindfulness meditation practice as a complement to psychoanalytical therapy.

*Integrating Neurofeedback with Psychoanalytic Treatment, **Katherin Leddick***

Dynamical Neurofeedback (DN) and Relational Psychoanalysis (RP) are both used to achieve improved self regulation and personal development or transformation. Common underpinnings include nonlinear dynamic systems theory and chaos theory. Also shared are a respect for the uniqueness of each person, each transformation and for the embeddedness of each person in multiple complex systems. Differences in the two approaches may be more obvious. In DN, the data engaged (by a computer) are electrical voltage changes on the scalp, i.e., an electrical (energetic) field not directly perceptible without specialized technology (EEG, electroencephalogram). Because of the data (EEG), DN readily engages some processes that operate on a very small time scale, such as sensory motor integration, nonconscious trauma responses and affect regulation, attention, and high level skills that involve timing such as in sports and performing arts. DN alone is not equipped to engage the whole person nor the mind, including the complex processes that we call broadly the unconscious. Of course, processes engaged by either modality have implications for the whole, and such is the art of integrative practice. DN offers nonconscious pathways for letting go of automated fight flight and other problematic responses such as trauma responses. DN does not employ relationship as a mechanism of change, bypassing frequent triggers and resistance in change via RP. DN provides assistance in creating space for change by releasing over rehearsed brain responses, including dissociative process and other symptoms, and restoring access to more complex cognition and more capacity for affect regulation. In integrated treatments DN paves the way for personally meaningful transformation including increased conscious control and recognition of unconscious process. Brief vignettes will be outlined to illustrate patients who benefitted from integrative treatment.



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#5: Uncharted Depths: Expanding the Reach of Psychoanalysis (continued)

Presenters: Barry Magid, MD, USA; Katherine Leddick PhD, USA; Evelyn Rappoport, PsyD, USA; and Sebastian Medeiros Urzua, MD, Chile
Moderator /Interlocutor: Hilary Maddux, LCSW, USA

Abstract:

Sitting Together, Barry Magid

Psychoanalysis and Zen meditation are each practices of self awareness, self regulation and self transformation in which one both literally and metaphorically learns to sit still with and experience a whole range of otherwise avoided, repressed or dissociated self and affect states. In particular, meditation provides an opportunity to engage and transform those preverbal and unsymbolized states that make up the affective tone of our subjective experience – the taken for granted affective background that shapes attachment and intersubjectivity. While some Western meditators may unconsciously enlist meditative techniques to avoid painful affects in the name of detachment or spirituality, a psychologically minded Zen practice can serve to reengage these warded off states and integrate them into concurrent analytic treatment. A case of one such a patient will be presented to clarify Zen’s understanding of the nature of the self, of “no self” and to present a cross disciplinary understanding of attachment and detachment.

The Body as Container and Narrator: Dynamic Linking of Psyche and Soma, Evelyn Rappoport

Winnicott writes, "Out of the material of the imaginative elaboration of body functioning the psyche is forged. The psyche therefore has a fundamental unity with the body through its relation both to the function of tissue and organs and to the brain as well as through the way it becomes intertwined with it by new relationships developed in the individual’s fantasy or mind, conscious or unconscious (1988, p.52)". When patient and analyst enter into the analytic space, their bodies as well as minds encounter each other and, as Bion reminds us, an emotional storm ensues. Multiple selfstates (Davies,1995, Bromberg 2011) in each member of the dyad meet as do to multiple arousal levels and activation levels(Bromberg 2011, Davies, 1996,2005). Embodied subjectivities of both patient and analyst meet, both explicitly and implicitly and, when they are brought into awareness, mutual regulation can be experienced on a sensory, physical and emotional level. Attachment researches, neurobiologists and traumatologists continue to demonstrate that unprocessed, unmetabolized experiences can be held in the body, within the muscle, the viscera, the tissue and/ or body positions thus creating disruptions and imbalances in energy, mood, affect regulation and arousal levels (Bucci, 2008; Levine 2010; Ogden, Minton, and Paine, 2006; Scaer, 2001). As symptoms become embedded in the body, they often show themselves as habitual patterns of constriction, dissociation, anxiety and pain. Somatosensory approaches in the relational field often create opportunities for linking mind and body thereby promoting regulation, integration and healing. Through short clinical vignettes I highlight the integration of psychobiological interventions in an extremely difficult and challenging treatment where words failed for extended periods of time. The treatment by necessity involved what Winnicott (1988) termed “containing the madness” first and foremost. Clinically, I demonstrate how working directly and intentionally with different self states unformulated experiences and “unknown knowns” (Stern,2004,2010) slowly become more accessible(D.B.Stern,2010). Affects then become identifiable and narrative is cocreated with words that communicate authenticity as well as mutual verbal exchanges.

Attendees will be able to:

1. Identify characteristics of patients that respond well to 3 extraanalytic, integrated modalities.
2. Describe how Zen meditative practice may enhance standard relational psychoanalytic therapy.
3. Describe how Embodied Mentalization and Dynamical Neurofeedback may enhance standard relational psychoanalytic therapy.



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#6: Challenging the Success Failure Polarity in Relational Psychoanalysis

Presenters: Annette Richard, MA, Canada; Ellen Shumsky, LCSW, USA and
Doris Brothers, PhD, USA

Discussant: Lynn Preston, MA, USA

Moderator: Marianne Kennedy, MA, Australia

Abstract:

Paul and I: Failure or Survival, Annette Richard

The Two Analyses of Ms. S, Ellen Shumsky

Meeting with Triumph and Disaster and Demolishing Those Relational Imposters, Doris Brothers

This panel examines the problems that are involved in applying the success-failure polarity to psychoanalytic practice. It consists of three papers, each taking a different slant on the issue, and a discussion. The first paper involves a patient's 25-year-long relationship with a prior analyst who suffered severe cognitive impairment; the second paper applies Winnicott's notion of "survival" to an analytic relationship that both analyst and patient had deemed a failure; the third paper involves a comparison of the authors own two very different analyses.

1. At the conclusion of this presentation, participants will be able to discuss the problems involved in applying the success-failure polarity to relational psychoanalytic practice.
2. At the conclusion of this presentation, participants will be able to describe the ways in which analysts' and patients' cultural surround and family systems affect their criteria for judging the success and failure of a therapeutic relationship.
3. At the conclusion of this presentation, participants will be able to critique attempts by analysts to present their therapeutic relationships as successes or failures.



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#7: Relational Considerations of Family and Group Constellations

Presenters: Christine Kieffer, PhD, ABPP, USA; Allison Katz, CSW, USA
and John Skrovan, PhD, USA

Moderator/Interlocutor: David Wright, Canada

Abstract:

The Group Relational Pulse: alterity, neighborliness and mutual recognition, Christine Kieffer

This paper will utilize the contributions of group-as-a-whole theory to understand and mitigate the forces that work against community and tolerance. Analysis of phases in the life history of a group demonstrate that there are expectable developmental crises of authority, intimacy and threats to the group's existence, the resolution of which may lead to growth or stagnation. The author will demonstrate how the group press for conformity may lead to scapegoating in any of these phases, with the group providing a potentiality for both respect for alterity and the development of mutual recognition.

At the end of my presentation, participants will be able to:

1. Differentiate between mutuality and alterity
2. Describe 3 consequences of scapegoating in groups
3. Describe 2 aspects of countertransference that promotes mutuality over recognition

Siblings In The Room, Allison Katz

Sibling relationships are notably under-theorized in psychoanalytic literature. This presentation will consider the various meanings behind the sparseness of material covering this area of study. This paper will also provide a deeper exploration of the impact of siblings on an individual's development, as well as the ways in which these relational patterns are enacted in the analytic dyad. Through a clinical example in which issues around sibling rivalry and birth order were particularly resonant, the author will discuss how the presence of siblings can both expand and collapse an individual's capacity to achieve closeness and differentiation. Additionally, this presentation will discuss the effect of the analyst's subjective experience as a youngest sibling on the clinical process.

At the conclusion of my presentation, participants will be able to:

1. Understand and explain the role sibling relationships play in the individual's development
2. Understand and explain the impact of sibling dynamics in the transference/countertransference
3. Understand and explain why sibling dynamics have been under-theorized in psychoanalytic discourse.



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#7: Relational Considerations of Family and Group Constellations (continued)

Presenters: Christine Kieffer, PhD, ABPP, USA; Allison Katz, CSW, USA
and John Skrovan, PhD, USA

Moderator/Interlocutor: David Wright, A.S., Canada

Abstract:

*The Clinical Wisdom of Murray Bowen: Family Systems Theory Viewed from a Relational Perspective, **John Skrovan***

Although Murray Bowen is known as one of the fathers of family therapy he was initially trained as a psychoanalyst at the Menninger Foundation. Bowen admired Freud as a theoretician but he was also a committed logical positivist and hoped “to use clinical practice for clues that might connect Freudian theory to the accepted scientific principles” (Kerr, Bowen 1988). The key concepts of Family Systems Theory as described by Bowen are embedded in the language of sociobiology and rationalism. Yet Bowen’s research involved intensive direct observations of families in distress and his insights should not be lost to the predominant epistemology of his times. To this end, the concepts of differentiation of self, emotional reactivity, triangles, and multigenerational emotional transmission will be considered from a constructivist, relational perspective in light of concepts such as multiplicity, complementarity, loss of the third, dissociation, and unformulated experience. A clinical case presentation will then demonstrate a Bowenian conceptualization of a relational treatment.

1. To provide an historical context for the development of Family Systems Theory.
2. To provide a review of key concepts of Family Systems Theory.
3. To provide a reformulation of Family Systems concepts from a relational perspective



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#8: Contradiction, Empathy, and Multiplicity

Presenters: Ann-Marie Sacramone, MEd, LP, USA; Alessandro Cavelzani, PhD, Italy and Judith Levene, PhD, Canada

Moderator /Interlocutor: Janna Sandmeyer, PhD, USA

Abstract:

Simultaneous Contradicting Experience and Empathic Treatment, Ann-Marie Sacramone

In this paper I propose a consideration of the subjective experience of simultaneous contradicting emotions. I go on to describe a relational empathic approach to treatment of an adult patient with simultaneous contradicting emotions. Beebe and colleagues observed contradictory emotions in the video micro analysis of 4 -month old babies who were later classified as having a disorganized attachment style. Using this research as a background, I describe similar contradictory emotions observed in a young child, an adult patient, and in myself as the analyst engaged in treating an adult patient with this contradicting experience. In my description of the adult patient, I connect body movement and internal experiences to contradictory emotions, I describe a therapeutic process based on communicating the analyst's recognition of this patient's experience of contradiction as a way of recognizing this patient. Following this, I communicate my own subjective experience of the patient's state of contradictory emotions. I work with momentary procedural experiences in the foreground, with the verbal symbolic meaning of content in the service of elucidating the procedural. The observations in this paper are an attempt to add to the integration of infancy research into psychoanalytic understanding and practice. They continue Beebe and Lachman's explorations of the procedural dimensions of psychoanalytic treatment. Additionally, they continue the focus of infancy researchers such as Jaffe, Beebe, Stern, and analysts such as the Boston Change Process Group, who have mined the richness of interaction and experience in single moments.

1. Therapists will gain proficiency in recognizing their adult and child patient's simultaneous contradicting internal experiences.
2. Therapists will learn how to use their own experience in the analytic relationship to help patients begin to organize internal simultaneous contradictions
3. Therapists will expand their conception of the role of time and rhythm in therapy with patients who have simultaneous contradicting internal experience

Matching, Mismatching, and Reparation in the Analytic Treatment with Adults, Alessandro Cavelzani

The paper aims to discuss the applications of Tronick's model of matching, mismatching, and reparations moments, and the dyadic expansion of consciousness (Tronick, 2007), to the analytic treatment with adults. A clinical exemplification is also presented to show how treatment impasse (mismatching) may be solved by co-constructing reparation moments.

1. To learn to look at the analytic process in terms of multiple levels of complexity, as the micro and macro levels, in order to become more conscious of what is happening and intervene more effectively
2. To learn to identify matching, mismatching, and reparation moments in the analytic treatment with adults
3. To learn to construct moments of reparation in order to try to solve mismatching and impasse situations



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#8: Contradiction, Empathy, and Multiplicity (continued)

Presenters: Ann-Marie Sacramone, MEd, LP, USA; Alessandro Cavelzani, PhD, Italy and Judith Levene, PhD, Canada

Moderator /Interlocutor: Janna Sandmeyer, PhD, USA

Abstract:

Complex Empathy: Multiplicity and Empathic understanding, Judith Levene

When a patient enters the consulting room for the first time, we agree to collaboratively enter a sort of “unknown zone,” a liminal space in which empathy and understanding are tentative, potential, and emergent. Empathy, the capacity for attuned listening, hearing, and understanding the emotional experience of another, is an essential component of the analytic relationship for all analysts. Some authors eschew the term “empathy” as modernist, preferring “attunement” to describe the receptive apprehension of experience. I would argue that the use of the term “empathy” provides conceptual continuity. However, the meaning of “empathy” changes with the preferred model of the mind on the unified – dissociative continuum. This paper introduces the notion of “Complex Empathy” as a model of receptive attunement toward multiple self-states, or multiplicity, that constitute a dissociative model of the mind. A review of the literature on definitions of empathy includes such authors as Freud, Racker, Kohut, Wolf, Lichtenberg, Goldberg, Fosshage, Brandchaft, Doctors, Benjamin, Bromberg, and Shore. Two cases provide clinical examples for the proposed terminology.

1. Participants will be able to describe the history of definitions of “empathy.”
2. Participants will be able to consider how the analyst and patient listen for the emergent, concurrent multiple self-states.
3. Participants will learn about Complex Empathy and the way in which it applies to case material.



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#9: Technology as Challenge and Opportunity in Psychoanalytic Practice

Presenters: Shoshana Ringel, PhD, ABPP, USA; Faye Mishna, PhD, Canada and Aleksandra Misiolek, PhD, Spain

Discussant: Larry Zelnick, PsyD, USA

Moderator: Philip Classen, PhD, Canada

Abstract:

Developing a Reflective Self in Cyberspace, Shoshana Ringel and Faye Mishna

The purpose of this paper is to discuss how cyber technology may facilitate reflective functioning with survivors of attachment trauma who present with fragmentation and dissociation. The utilization of text-based information and communication technology (ICT) in analytic treatment may allow for a reflective space, free from the therapist's potential danger of intrusion. This paper will include a review of the extant literature that examines the benefits and risks/challenges in the use of ICT in traditional therapy. The authors conclude with recommending the need for nuanced guidelines and standards of practice in using ICT to supplement face-to-face practice in a beneficial and ethical manner that furthers the therapeutic process and contribute to clinical knowledge.

1. Listeners will be able to describe and analyze some of the benefits and risks associated with the use of cyber technology in face-to-face therapy
2. Listeners will learn how cyber technology can help integrate the patient's fragmented self states
3. Listeners will learn how both patient and therapist's reflective functions can be enhanced through the use of cyber technology

Psychoanalysis Via Skype – Moving with the Times, Aleksandra Misiolek

Psychotherapy via telephone has been practiced by psychoanalysts since the 1970s and skype therapy seems to be its more modern and improved version. It is still a controversial topic, though in the 2009 IPA meeting the topic of skype psychoanalysis was broached and it was concluded that psychoanalysis must adapt to the current social reality. Skype is a peer to peer communication, where the analytic third becomes an e-third. It is a setting which does not only depend on the analyst and which is co-created by the analysand, as two peers. Considering the implicit aspects as being equally important to therapy as the explicit ones, some may question the validity of skype therapy. There are not enough studies carried out, however, to make final assessments.

1. The presentation will consider the positive and negative aspects of skype therapy in a form of literature review and personal reflections of the author, which will broaden the participant's own spectrum of thoughts and elicit critical thinking.
2. Clinical vignettes will be shared to illustrate the situations that may occur when technology is used in therapy, which will let the participant decide whether and in which cases they could apply skype therapy in their own practice and which errors to avoid.
3. Skype therapy, being a controversial topic, might cause disagreement of some of the participants and therefore provoke a discussion and exchange of ideas and doubts by other professionals.



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#10: Self Psychology and the Intersubjective

Presenters: Mariko Konishi, PhD, Japan; Shelley Doctors, PhD, USA and Donna Orange, PhD, PsyD, USA
Interlocutor: Harry Segal, PhD, USA
Moderator: Margaret Amerongen, MSW, Canada

Abstract:

Relational Perspective on “True Self”: Analyzing psychoanalytic and popular psychological theories, Mariko Konishi

In this presentation, I would like to show that the concept of “True Self” which contemporary people do seek for has relational aspects, and then the “relational perspective” is essential to analyze human mind in our period, in terms of both psychoanalytic and popular psychological theories. First, I analysis psychoanalytical “True Self” which tries to focus both on internality which recalls drives, and on externality which relates to the notion of “relationship.” Then I show that, for typical contemporary clients, most important psychoanalytical question is “how meaningful and authentic is a person’s experience and expression of herself,” so for their clinic, the concepts of True and False Self give beneficial information. Third, I mention that “True Self” is also mentioned in the field of popular psychology which general people often accesses. I insist that, of course the “True Self” of psychoanalysis and popular psychology has many difference points, but it is obvious that the concept of “True Self” which is key idea for contemporary human cannot be separated with the relational pulse, and we should consider both “drives” and “relationship” in order to analyze human being.

At the conclusion of this presentation, the participant will be able to:

1. Explain the concept of “True Self” is key for contemporary clients of both psychoanalysis and popular psychology.
2. Describe both similarity and differences between “True Self” of psychoanalysis and popular psychology
3. Discuss the importance to consider both “drives” and “relationship” in order to analyze human being.

Self Psychology: Earning a Seat at the Table (Again), Shelley Doctors

Heinz Kohut was known as Mr. Psychoanalysis and had been a president of the American Psychoanalytic Association when he introduced the Psychology of the Self. Though Self Psychology quickly won a loyal group of adherents nationally and internationally, his distinctive contribution—the selfobject concept—was broadly criticized as “unpsychoanalytic”, for it was (correctly) understood as involving the psychological impact of one person on another. Thus, Self Psychology was initially rejected by many psychoanalysts for being “too relational”. Although Kohut had emphasized intrapsychic representations of relations between people, indeed those who followed in his footsteps present clinical work emphasizing the relational aspects of Self Psychology—the ways in which relationships in the world contributed to the coherence, continuity and positive affective coloration of an individual’s experience (or, conversely, the ways in which actual relationships interfered with that and resulted in painfully fragmented, depleted experience). Psychoanalysis has now developed further and a relational focus has virtually replaced an intrapsychic one in many circles. Yet, paradoxically, the question sometimes heard today is, “Are Self Psychology and Intersubjectivity (a field theory describing the psychological relationships that pertain between people) relational enough?” Examples will be provided to argue that Self Psychology and Intersubjectivity are both Relational theories.



Thursday, June 25th 2:00 pm – 3:30 pm PANEL SESSION I
#10: Self Psychology and the Intersubjective (continued)

Presenters: Mariko Konishi, PhD, Japan; Shelley Doctors, PhD, USA and
Donna Orange, PhD, PsyD, USA
Interlocutor: Harry Segal, PhD, USA
Moderator: Margaret Amerongen, MSW, Canada

Abstract:

Not Relational Enough? Space for the Intersubjective, Donna Orange

Not so long ago we heard the relational work we theorize and practice dismissed: “that’s not psychoanalysis!” Now we sometimes hear of theories or theorists, that they are not relational enough, even for the big tent of relational psychoanalysis. Whatever we may think of such non-inclusive attitudes, and of the likelihood that relational psychoanalysis will grow or stagnate if it cultivates these attitudes, I want to address the cluster of intersubjectivities. This grouping: one fully within relational orthodoxy (Aron and Benjamin), one “not relational enough” but arguably fruitful (Stolorow, Atwood, Brandchaft, Orange), and one independent and extremely influential across boundaries (Ogden), shows that inclusive attitudes can only enrich relational psychoanalysis. To consider all intersubjectivities relational, and to encourage dialogue among their thinkers, could only enrich psychoanalysis as a whole, and relational thinking in particular. This contribution to the hermeneutics of dialogue at the professional level will support efforts to reverse the long tendency in psychoanalysis toward splitting and exclusion, and move back toward becoming a psychotherapy for the people in a burning world.

1. Attendees will be able to describe the ongoing controversy within psychoanalysis as to which theories are “really” psychoanalytic.
2. Attendees will be able to assess statements made about Self Psychology and Intersubjectivity (from adherence to detractors) and distinguish substantive from ad hominem critiques.
3. Attendees will be able to apply knowledge gained to describe in detail why Self Psychology and Intersubjectivity are relational theories.