

## MAPP Workshop

**“On the sometimes failure to use  
countertransference productively:  
Conflicts of self-interest between analyst and patient”**

with

**Irwin Hirsch, PhD**

on

**Saturday, December 5, 2009**

from

**9:00 am - 1:00 pm**

**Cambridge Hospital, Learning Center, 3rd Floor  
1493 Cambridge Street, Cambridge, MA**

**For further information, please contact Mary Loughlin at 781-446-8450 or email: MLough23@aol.com**

### MAPP

Massachusetts Association for  
Psychoanalytic Psychology  
American Psychological Association  
Massachusetts Chapter, Division 39  
c/o 1 Eagle's Nest Road  
Westford, MA 01886

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# MAPP News

Fall 2009

www.mappsych.org

## President's Column

Fall 2009

Peter Lawner, Ph.D., ABPP

Dear MAPP member,

After this year as MAPP's steward, I want to write to you this summer about living and working in sets of concentric worlds that are in dramatic turmoil and flux. Dickens' words reverberate: "It was the best of times; it was the worst of times." Experiencing and navigating this is by turns threatening, disheartening, challenging, exciting, and uplifting. In this so uncertain climate, MAPP offers a clearing of stability, precious communal perspectives, and values and avenues for learning and satisfying collegial relationship.

Now, twenty-five years into our organization's life, we have been and continue to be a steadfast influence in the Boston (as well as some of its geographically outlying) area(s). In the "inner concentric circle" that constitutes our field of "mental health or illness" "psychological well-being or disorder" or what have you and psychotherapy, MAPP has steered a consistent course. Its path is informed by a community of conviction as to the inestimable value of the person, more particularly of the person in psychological distress, and regarding the psychological depth of the difficulties with which any (and at times, all) of us struggles and that must be spoken to in psychotherapy for us to recover ourselves. This is our enduring humanistic heritage infused with psychodynamic understandings. It always has been disputed or debunked by competing orientations in our field and continues to be. This is one of the areas in which the robustness of our values and belief fortify us. Our vitality ensures that we are able mutually and in a fruitful cycle to contribute to and draw courage and inspiration from our shared world view and community.

MAPP has now re-found a state of vibrancy that it knew in earlier days. Our membership has once again grown to over 250. Being a member offers rich opportunities for learning and connection to colleagues. We offered three courses last year (in Self Psychology, Relational theory, and Freud) and will again this coming year offer the first two of these as well as a yet-to-be-determined third. We will offer a workshop on cognitive-behavioral therapy for those with an analytic orientation. We will continue to offer a (and likely more than one) workshop for early career clinicians, and have planned presentations and/ or workshops by noted local BPSI analysts Gerald Adler, George Fishman, and prominent New York interpersonalist, Irwin Hirsch, among others. I know from first-hand experience how fine the programs, courses,

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MAPP Workshop

## Creative and Dis-creative Varieties of Immersion and of Detachment with Peter Lawner, Ph.D., ABPP and Daniel Jacobs, M.D., Discussant

By Marcia Smith-Hutton, MSW

On February 18, 2009, Dr. Peter Lawner presented his paper “Creative and dis-creative varieties of immersion and of detachment. Adopting an existential perspective, he proposed that “we are in many ways free to create ourselves within our world. In turn, this shapes what our experiences and consciousness become.”

In elaboration, he described conditions of being and experience that, on one hand, represent and perpetuate the negation of this freedom; on the other, represent and promote achievement of it. He terms the former, freedom-nullifying states, dis-creative immersion and detachment. These paired modes of self-restriction are experiential worlds within which one is so utterly absorbed and embedded and so absolutely identified with that no other world of experience can be conceived of. There is no “boundary” demarcating any such realm such that one can observantly detach from it. The kind of disjunctive detachment that then attends such “absolute” states of immersion and that precludes self-reflection upon those states is of being and feeling disconnected and alienated from oneself.

Creative varieties of immersion and detachment, by contrast, are ones in which one is deliberately and feelingly engaged in an activity, endeavor, or process, yet able and inclined to intermittently step aside from it and note that one is so engaged. The co-presence (or alternation between) these creative states both expresses and augments one’s sense of freedom—indeed, may be quintessential to its realization.

Dr. Lawner illustrated this from his own experiences, for example, vitalizing and opening versus deadening modes and states of playing the piano and in extended case material from two patients whose struggles vividly exemplify those universally contending creative and dis-creative personal inclinations and conditions.

In the second half of his paper he proposed viewing the dynamic psychotherapy and psychoana-

lytic situation, for example, the traditional Freudian analytic set-up, as ones in which the patient is encouraged to try out and become more at ease with and adept at assuming attitudes of creative immersion with and detachment from him/herself and aspects of her world as the subject of interest and study while highlighting her ever-recurring divergences from doing so.

Dr. Daniel Jacobs discussed this paper from a contemporary classical psychoanalytic viewpoint. He questioned the strictly dichotomous representation of these two constellations of being and experience. He suggested the qualification that what Dr. Lawner characterized as dis-creative immersion at times constitutes useful compromise formations, serving as useful coping mechanisms in an otherwise excessively stressful and unmanageable life.

*Marcia Smith-Hutton is a Social Worker in private practice in Brookline, MA.*

## President’s Column

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and the like that we provided last year were. Join us again this coming year for offerings that surely will be as enlightening and spirited. (Re)join us this year also to assure that you are included in our bi-yearly MAPP directory of members. At a minimum, I know of no more certain way of remaining “in the loop” than being in our MAPP directory, as well as having at hand that valuable registry of colleagues.

Finally, Our Board of directors is a terrific group. We are hard-working and committed and have fun

together. We urge you as MAPP members to join some of our committees, e.g., Program, Education, Membership. A last piece of good news: Our for some years past and current treasurer, a treasure in herself, Gaiana Germani will be our new MAPP President-elect, thus taking the reins when I retire as President at the end of next year. This is great good news. (Re)Join us. We are in a meaning-full project and process together.

- Paper: "Moments of truth and perverse scenarios: Revisiting Davies' 'Love in the Afternoon'" presented at a panel "Love in the Afternoon" Revisited: Perspectives on a Modern Classic, at the meetings of the Division of Psychoanalysis (39), San Antonio, Texas, April 2009.

- Workshop: "The Analyst's Authority," mini course for the Psychoanalytic Institute of Northern California, May, 2009.

#### **Malcolm Owen Slavin, Ph.D.:**

- "More than Empathy, Less Than Projective Identification: The Search for Realness and Reciprocity in Development and Treatment," Invited talk at the University of Rome, Italy, May 19, 2009.

- "Listening to Shahrazad: Remembering, Forgetting and Staying Alive in the One Thousand and One Nights," Invited Plenary Presentation, International Association for Relational Psychoanalysis and Psychotherapy, IARPP, Annual Meeting, Tel Aviv, Israel, June 25, 2009.

#### **APPOINTMENTS, ELECTIONS & PROMOTIONS**

**Barbara Keezell, LICSW, CGP** was recently appointed co-editor of the NSGP newsletter.

**Holly Levenkron, LICSW** has been appointed to teach Affect in Contemporary Psychodynamic Theory. This course is part three of four segments in the Boston Institute for Psychotherapy program Thinking about Feeling: The Central Role of Affect in the Therapeutic Process.

#### **AWARDS**

**Barbara Keezell, LICSW, CGP** received the 2009 Affiliate Societies Assembly Award at the American

Group Psychotherapy Association (AGPA) conference in Chicago.

#### **Jonathan H. Slavin, Ph.D., ABPP**

- Special recognition by the Israel Association for Relational Psychoanalysis and Psychotherapy, presented June 2009. The citation read in part: "Dear Jonathan, today when we can stop and reflect upon the long way relational thinking has gone in Israel, we can see some of the seeds lovingly planted by you nearly two decades ago. They say that a man who cares for one year plants wheat. He who cares for years plants trees. But a man who cares for generations—educates."

- Division of Psychoanalysis Leadership Award, to be presented, Spring meeting, Division 39, Chicago, 2010.

## **M. Gerard Fromm, Ph.D., ABPP Presents "Murmuring Blood" The Intergenerational Transmission of Trauma**

**By Harry Gracey, Ph.D.**

On March 21, 2009, M. Gerard Fromm, Ph.D., ABPP Director of the Erikson Institute for Education and Research at Austen Riggs gave a well attended lecture and active forum discussion reporting on his work and research with second-generation Holocaust survivors. He has been studying how family traumas are transmitted to a second and even third generation by the way those who live through an overwhelming, unthinkable experience are shaped by it emotionally and psychologically and pass it on to their children by how they relate to their offspring. This leads to his "argument that some major resistances in treatment reflect a complex authority issue, the experience of having been especially, if unconsciously, "authorized" to carry their parent's trauma into the future." He writes that this unthought known "must come into being as emotional understanding if the patient is ultimately to take authority for her or her own life as distinct from that of the traumatized parent."

The child, Dr. Fromm said, can be "nominated" to carry the trauma in his own being without knowing what it is or even that it is there while it shapes his life in fundamental ways. There is the shaping of the self in terms of the nightmare from the past experiencing some form of angst denied in the family. Lucan's phrase, "Where it was, there I must be," is the carrier experience of loss of subjectivity as a trauma that cannot be contained in one generation is transmitted out of awareness and out of conscious control to the next. Therapy, Dr. Fromm said, involves discovering the unconscious meanings the patient is carrying mainly through the transference. In this way the unspeakable trauma comes to be spoken by the child. He gave many examples from his work where in analysis symptoms, behaviors, and world views of patients turn out to be expression of the previous generation's traumatic horrors. He also referred us to Jane Fonda's autobiography for a story of the discovery of how her mother's traumatic

experiences were lived out in her life.

There was a very lively and engaged and informed discussion following the talk which could have continued into the afternoon had the auditorium not been committed to another program. The focus was on both understanding the mechanisms of the transmission and incorporation of the parent's trauma in some form, and how this is uncovered in analysis. Dr. Fromm spoke of the new relationship of therapy as including the symbolization and mentalizing leading to "minding the unthought" thought of the patient. This includes the counter transference experience registering the "signal action" flagging the presence of the unthought known. Believing that "there is no such thing as an individual" helps him register the signals of the presence of the others in his patient, Dr. Fromm concluded.

*Dr. Gracey is in private practice in Cambridge and Hingham, MA.*

### **I HAVE BEEN THINKING**

*We are planning a new feature in the MAPP Newsletter. It is a column in which members can present things they have been thinking about, writing about, or working on. These need not be finished or polished offerings, but rather pieces that you can present and then members can respond to. If you would like to offer a column, please e-mail it to MaryBelle Fisher, Ph.D. at mhambf@comcast.net.*

## Dawn Skorczewski, Ph.D. Presents 'WRITING FOR THERAPISTS' From Intention to Execution: Creative Approaches to Clinical Writing

By MaryBelle Fisher, Ph.D.

On Saturday morning, October 17, 2009, we participants started this workshop wondering if we would ever be able to write professionally. By the end we all believed we would. Dr. Skorczewski had us begin by writing freely for 10 minutes, then making a two-sided list of items we want to write on the left and reasons we can't write these on the right.

This exercise introduced us to what she calls "the inner critic." Much of the focus of the rest of the workshop was on how to ignore, silence, or put aside this critical voice. The critical voice can take many forms, such as 'what I have to say is boring, stupid, a cliché, shallow, or been said many times before.'

Dr. Skorczewski explained the three phases of writing. First is to just write with the knowledge that writing is thinking, so the ideas will change as they are written. This is a process of learning what the writer is thinking. It is about imagination and is writer focused. The writing will be shaped, focused, and edited later. The second phase is reader focused and involves how to show the reader what the writer is thinking, and how to invite the reader into the idea. The third phase is editing and polishing. Writing is revision and discipline.

She identified four tasks to writing: 1) silencing the inner critic, 2) exercising the discipline of writing and making time and a place to do it, 3) having patience for the process, and 4) how do I get this into the shape I want.

Some techniques for silencing the inner critic include free writing, cubing, and mapping. In Dr. Skorczewski's words, 'Free writing is putting pen to paper and writing down whatever comes into your mind. You don't judge the quality of what you write and you don't worry about style or surface issues like spelling, grammar, or punctuation. Cubing enables you to consider your topic from six different directions: 1) describe it, 2) compare it, 3) associate it, 4) analyze it, 5) apply it, and 6) argue for and against it. Mapping has you write your main topic in the center of a page using two or three words. Then move out

from the center filling in the open spaces any way you are driven to fill it. Then make connectors between the ideas. When you look at this you should see a set of clusters or a map of the idea.'

Additionally, Dr. Skorczewski thinks that writing is a relationship which needs attention daily. There is a writing self; it is always about us in some way. It can be a love/hate relationship, but you have an obligation to the writing. Writing is also messy; lots of what is written will be discarded. Writing is for an audience, so have an audience from the start. Show your work to a colleague, mentor, or writing group. You need to go public to produce the sense of obligation.

Dr. Skorczewski gave us hints for openers. The opening is important to catch the eye of the reader. Openers include pithy quotations, illustrative quotations, surprising facts and clever observations, relevant anecdotes, defining key terms, questions, an overview that's relevant to the essay's argument, or lastly setting the scene in a dramatic fashion.

Dr. Skorczewski then gave us eight motives for writing: 1) The truth isn't what one would expect, or what it might appear to be on first reading. 2) The knowledge on this topic has heretofore been limited. 3) There is a mystery or puzzle here that needs answering. 4) Published views of the matter conflict. 5) We can learn about a larger phenomenon by studying this smaller one. 6) This seemingly tangential or insignificant matter is actually more important than has been recognized. 7) There is an inconsistency, contradiction, or tension here that needs explaining. 8) The standard opinion needs challenging or qualifying.

Lastly, she talked about the need for a response to one's writing from the audience. This response can include recognition which means that the reader simply recognizes the writing without judgment or editing. It also can include description which is also a non-judgmental response which aims at describing the reader's response to the paper's logical, argumentative, or descriptive sequence. Or it can be a conversation. This response raises issues, asks questions, and seeks clarifications about the paper's possibilities.

Dr. Skorczewski's style and material were thoroughly engaging and as I said at the beginning left us all feeling we could write professionally. Now we see if we actually do.

MaryBelle Fisher, Ph.D. is in private practice in Cambridge and Hingham.

## Members at Work and Play Fall 2009

By Sarah Landew Psy.D.

### JOURNAL ARTICLES

**Celenza, A.** (2009). Book Review: False Self: The Life of Masud Khan. Linda Hopkins, *American Journal of Psychoanalysis*, 69:87-91.

**Layton, L.** (2009) Who's Responsible? Our Mutual Implication in Each Other's Suffering. *Psychoanalytic Dialogues* 19/2.

**Levenkron, H.** (2009), Engaging the implicit: Meeting points between the Boston Change Process Study Group and relational psychoanalysis. *Contemporary Psychoanalysis*, V45 No. 2, 179-217.

**Slavin, J.** (in press). Becoming an individual: Technically subversive thoughts on the role of the analyst's influence. *Psychoanalytic Dialogues*. Forthcoming Publication.

**Slavin, M.O.** (in press) "What Do We Mean (and Not Mean) When We Say "Mutual" in Mutual Recognition: A discussion of Donna Orange's, Recognition as: Intersubjective Vulnerability in the Psychoanalytic Dialogue," *International Journal of Psychoanalytic Self Psychology*.

**Whitman-Raymond, L. M.** "The influence of class in the therapeutic dyad" will be published in an upcoming issue of *Contemporary Psychoanalysis* (October, 45(4)).

### PUBLICATIONS

**Slavin, M.O.** (in press) "On the Evolution of Existential Anxiety, and the Human Struggle for Authenticity and Connection," chapter in *Psychoanalysis and Individuality*,

Routledge Press, London, England.

**Lee Miriam Whitman-Raymond, PhD, MFA** has two poems coming out in the Worcester Review, where she won a prize for the poem "Stealth".

### PRESENTATIONS

**Andrea Celenza, Ph.D.:**

- "Symposium on The Passions of the Analyst: The Analyst's Needs and Desires". Paper presented at the American Psychoanalytic Association Winter Meeting, New York, and Division 39 Spring Meeting, San Antonio, Texas.

- "The Threat of Male to Female Erotic Transference: When Murder is a Possibility". Paper presented at The American Psychoanalytic Institute, New York.

- "Erotic Transferences and Erotic Perversions". Presented at the Canadian Society for Psychoanalysis, Montreal, Canada, and the International Psychoanalytic Association, Chicago.

**Elizabeth Corpt, LICSW:**

- Was the discussant for "Becoming, Dreaming and Transforming: A Kleinian/Bionian Perspective on Intersubjectivity", a paper given by Lawrence Brown, Ph.D., for MIP on March 14, 2009.

**Barbara Keezell, LICSW, CGP:**

- Led a two-day experiential institute at the American Group Psychotherapy Association (AGPA) conference on "Countertransference and Projective Identification". Feb

2009, Chicago.

**Lynne Layton, Ph.D.:**

- Invited Panel, Division 39, "Attacks on Linking: Perverse Practices in Clinic and Culture." April 25, 2009.

- Keynote Speaker, Pavis Lecture Series on "What is Social Thought?" The Open University, Milton Keynes, UK: "On Resistance." May 13, 2009.

- Keynote Speaker, Cardiff University, Conference on Researching Affect and Affective Communication: Researching Relationality. May 15, 2009.

**Holly Levenkron, LICSW**

- "Affective Honesty and Enactment" presented to RIAPP, Providence, RI, March 2009.

- "Conflict, Change, and the Realm of the Implicit" presented to Espania e Instituto de Psicoterapia Relacional, Madrid, Spain, February 2009.

**Dolan Power, Ph.D.:**

- Moderated the panel "Autistic and Psychotic Phenomenon: Container/Contained Under Pressure" at the Bion conference held in Boston, July 23-26, 2009.

**Jonathan H. Slavin, Ph.D., ABPP:**

- Invited paper: "If someone is there.' On finding and having one's own mind," presented to the International Association for Relational Psychoanalysis and Psychotherapy, Tel Aviv, Israel, June 2009.

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