

Aron, Slavin, and McNally Ponder The Mother-Child Relationship in the Womb

By Holly Levenkron

This past May, Lewis Aron, Ph.D., Malcolm Slavin, Ph.D., and Abby McNally, Ph.D., took center stage at a lively and evocative panel on "The Mother-Child Relationship in the Womb: Fantasies, Cultural Beliefs and Biological Models in the Treatment Process." Co-sponsored by the Massachusetts Institute for Psychoanalysis (MIP), the presentations offered the audience two papers and a case discussion, each of which focused on the birth narrative and contemporary views of fantasy.

It was striking to listen to two men present papers on the subject of birth and -- though unplanned when she accepted the invitation -- a pregnant woman providing the case material. Indeed, Dr. McNally, former Secretary of MAPP, gave us a first-hand perspective, reflecting on her own pregnancy in her presentation. However, because of the confidential nature of her clinical material I will not address the details of Dr. McNally's presentation. Her work reflects the larger meanings all three presenters were exploring.

Soon into Dr. Aron's paper, "Birth Narratives and Myths of Origin"--to be published in a forthcoming issue of *Psychoanalytic Dialogues*--I lost sight of his gender and drifted into what he is so expert at doing: an articulate and informative review, in this case, of fantasy as commonly conceived in psychoanalysis. Peppered into this mix (and not without a little spice) were Aron's own interests in the lasting relational and developmental power of birth narratives and primal fantasy.

Aron, director of the Postdoctoral Program in Psychotherapy and Psychoanalysis at New York University and a central figure in Relational psychoanalysis, addressed the encompassing realities of "Birth Narratives and Myths of Origin"--narratives that we carry through life and organize us as relational beings and as psychoanalytic patients. Paying careful attention to the history of psychoanalytic thinking regarding fantasy, he cautioned against unfortunate theoretical tendencies that dichotomize fantasy and reality. Lew explicitly did not define fantasy in contrast to undistorted reality but likened it to the mind's imaginative constructions, citing Stephen Mitchell about Hans Loewald's emphasis on the interpenetration of fantasy and reality. This theoretical dichotomy is evidenced in the Freud/Ferenczi split with Freud's switch to an emphasis on fantasy and Ferenczi's focus on "traumatic reality."

Aron noted the thinking of Freud, Ferenczi, Levenson, Loewald, Mitchell, Ogden, Klein, and Litowitz, among others, regarding definitions of fantasy. Aligning himself with Litowitz's contemporary view, Aron agreed: "Unconscious fantasies represent children's theories about their reality: experience with significant persons, routine and critical events and activities" (2007, p. 220).

Attention to the concept of systems was key to the panel's

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In Brief: MAPP Welcomes New Officers and Members-at-Large

President Elect: Peter Lawner, Ph.D., ABPP

MAPP member since 1985. Assistant Clinical Professor of Psychology in Psychiatry, Harvard Medical School. Guest faculty, Psychoanalytic Institute of New England, East (PINE) and Massachusetts Institute for Psychoanalysis (MIP). Teacher and supervisor, Massachusetts General Hospital Center for Psychoanalytic Studies. Graduate of the New York University Postdoctoral Program in Psychotherapy and Psychoanalysis.

Treasurer: Gaiana Germani, Ph.D.

Doctorate from UMass Amherst. Predoctoral internship, Massachusetts Mental Health Center; postdoctoral fellow at Two Brattle Center and Harvard Vanguard. Currently in full-time private practice, Cambridge, MA. Also runs groups at Two Brattle Center, and teaches and supervises at Massachusetts Mental Health Center. Candidate at MIP.

Secretary: Corin Pilo, M.A.

Former chair, MAPP Graduate Students Committee. Graduate of Boston College Master's program in counseling. Counseling internship at MetroWest Medical Center in Behavioral Medicine. Currently conducting research with the Family Project, Harvard University. Professional interests include physical fitness with mind and body wellness.

Member-at-Large: Caryn S. Mushlin, LICSW

Private practice, Brookline, MA. Graduate of Simmons School of Social Work. Postgraduate training includes fellowships at the Boston Psychoanalytic Society and Institute (BPSI) and Boston University Child and Adolescent Treatment Program. Play therapist, Boston Public Schools.

Member-at-Large: Kristin Wildt, M.Ed.

Member of the MAPP Newsletter Committee. Master's in Mental Health Counseling, Cambridge College, Cambridge, MA. Intern and postgraduate fellow at the Tufts Counseling Center, (2004 –current).

Member-at-Large: Gerald Zuriff, Ph.D.

MAPP member since 1987. Professor of psychology, Wheaton College. Part-time psychologist, M.I.T. Mental Health Service. Ph.D. in experimental psychology, Harvard University; dissertation supervised by B. F. Skinner. Postdoctoral fellow, the Center for Psychoanalytic Studies at MGH.

Managing Editor/Newsletter: Nancy Sweeney, Psy.D.

Clinical supervisor, Cambridge Health Alliance. Postdoctoral fellowship, Mount Auburn Hospital, 1996-97. Private practice in Arlington, MA.

Mark your calendars for 2008

The spring meeting of Division 39, "Knowing, not-knowing, and sort-of-knowing: Psychoanalysis and the Experience of Uncertainty," is scheduled for April 9 to 13, 2008 at the Waldorf-Astoria, New York City. For more information, consult the Division 39 website at www.division39.org.

MAPP will be hosting Division 39 at the APA Annual Convention, to be held in Boston from August 14 to 17, 2008. Douglas Deville, Psy.D. and John Rosario-Perez, Psy.D. are co-chairs for this event. More information will be forthcoming in the near future.

President's Column

John Rosario-Perez, Psy.D.

As MAPP has evolved, it has always addressed questions particular to the current era. At its founding in the mid-1980s, the single, driving issue was granting psychologists and social workers access to the protected sanctum of psychoanalysis. Thanks to the efforts of organizations like Division 39 (and hence, MAPP), tightly held resistance to our entry into the world of formal analytic training was overturned. In retrospect, the Berlin Wall was not the only barrier to fall in the 1980s.

Today, MAPP continues to address a broad spectrum of issues although its mission has gradually changed over time. Now that younger clinicians have access to analytic training, whether at traditional or independent institutes, the mandate to overthrow the "old guard" is no longer relevant. In fact, over time, psychodynamic therapy itself has become less confined by the strictures of traditional models and attitudes, infused as it is with influences from areas such as infant research and the neurosciences. To its credit, MAPP has kept pace with these changes.

Nevertheless, the Executive Committee recently agreed that a new set of questions has emerged for MAPP. Among them are, Who does MAPP serve, in terms of professional identity and expertise? Is membership different now than compared to when MAPP was originally formed? If so, how should the organization reflect such change? And given shifting intellectual fashions, what do current members want from MAPP, and how can we accommodate their wishes?

Since its beginning, the involvement of its members has helped make MAPP "user friendly." As its demographics change, MAPP seeks the participation of new members to reflect accurately its constituency. Each of the programs scheduled for the upcoming year confirms MAPP's commitment not only to theoretical pluralism, but to the diversity of our institution in terms of age, professional status, and experience. But more can be done with your guidance.

Among the many local chapters of Division 39, MAPP offers the largest array of programs. Within a myriad of local organizations in Boston, it models leadership as a vibrant community for all practitioners of psychodynamic therapy and builds bridges with these other organizations. Last year, for example, MAPP co-sponsored well attended events with the Massachusetts Institute for Psychoanalysis (MIP) and the Psychoanalytic Couples and Family Institute of New England (PCFINE).

To continue to provide programming of the highest quality and to expand its offerings, MAPP is

instituting a new dues structure this year. Except for a minimal registration fee for ongoing courses (waived for Sustaining Members), all MAPP offerings will be free to its members. Your contribution will ensure that MAPP offers the breadth of membership benefits that include Continuing Education credits (CEs) for attendance at programs and courses; access to a wide variety of speakers and presenters, many of whom are nationally recognized; membership in a thriving community of 300 clinicians and mental health professionals; a semi-annual newsletter; and a bi-annual membership directory.

Most important, the new membership fee will provide you with free access to all programs, except for courses. This past spring MAPP curtailed charging admission to its events as an experiment. As a result, attendance increased two-to-three fold, clearly indicating that interest in our workshops and programs is high but that attendance fees had inhibited access for many in our community. We believe that the change in fee structure will enable us to sponsor programs and events that nourish the soul and stimulate the mind, but with an emphasis on accessibility to all members.

Recently you received a letter from our Membership Chair Emily Gordon alerting you to renew your membership. As you fill out your check, please note the changes in the fee structure and consider becoming a Sustaining Member for 2007-2008.

Dues structure for 2007-2008:

Sustaining Member \$150

Benefits include free admission to all MAPP events including workshops, scientific programs, and courses. Recognition in the MAPP newsletter.

General Membership \$95

Benefits include free admission to MAPP workshops and scientific programs; reduced fee of \$25 for MAPP courses

Student Membership \$35

Benefits include free admission to workshops and scientific programs; reduced fee of \$25 for MAPP courses.

Together, the Executive Committee has designed a year of compelling talks and workshops. We look forward to seeing you at these events and learning more about ways that MAPP can speak to your needs and interests.

Reflections on EMDR and The Implicit Self

By Suzi Naiburg, Ph.D., LICSW

First introduced into the literature in 1989 by Francine Shapiro as a treatment for trauma, EMDR (Eye Movement, Desensitization, and Reprocessing) is an 8-phase integrative therapy based on an adaptive information-processing model. In health, the body/brain/mind naturally integrates perceptions, emotions, and experience into associated memory networks.

Trauma, we know, overwhelms adaptive processing. When trauma causes disturbing memories to become “frozen in time,” the emotions and embodied self-states of traumatic experience are often relived in the present. In the desensitization/reprocessing phase of EMDR, the patient links these disturbing “frozen” memories with new associations that arise spontaneously while the patient holds a dual focus of attention—on past memories being processed internally and on the present, external, bilateral stimulation (visual, auditory, and/or tactile). This reprocessing, titrated in short sets, continues over one or more sessions until certain criteria are met, including a significant reduction in the subjective disturbance and affective charge of the memory being processed. The memory is not forgotten, but it is adaptively returned, so to speak, to its historical context in the past or brought to an adaptive resolution.

While EMDR is well known as an effective treatment for PTSD, it is less well known as an intervention to challenge the seemingly education-resistant implicit self, burdened by the legacy of relational trauma. Often shame-based, the implicit self knows itself through the distortions of trauma logic. For example, a patient who feels unrecognized in her family of origin as a person in her own right may believe herself to be fundamentally unworthy of recognition. When she is later excluded from a social group, she will think she is undeserving. Or when disappointed in love, she ‘knows’ that something is wrong with her. If her boyfriend lies to her, she takes herself to be the fool. Trauma logic dictates that the fault is always hers. She may even have trouble accepting compliments. She can hear them but cannot seem to take them in. One patient has said that when she looks in the mirror, she doesn’t see herself, only what is around her.

How do we help patients like these revise their implicit, relationally based sense of themselves as unworthy, bad, defective, or invisible? How are these distortions undone? In Arnold Modell’s (2003) terms, we would say that the patients’ thoughts, feelings, and somatic states associated with the memories that generated these negative beliefs about themselves are

“recontextualized.” In the process, the distortions of the trauma logic are exposed; the negative affects of the disturbing memory change and/or fade into the past; and a more complex and nuanced sense of self emerges.

With EMDR therapy as a whole or with EMDR interventions woven into a psychodynamic treatment of relational trauma, “the disorder in the family” (Ferenczi, 1949, p. 229) that the child had burdened herself with is placed back where it belongs—in the past and on others’ shoulders. And with that, I have observed, the feelings and beliefs about self and others and the way trauma has been held in the body change, sometimes quite rapidly.

As one patient was reprocessing specific childhood memories, she said in reference to her parents’ sometimes inattentive and sometimes abhorrent behavior: “I don’t feel as sad as I thought I would.” After another set of bilateral stimulation: “I just think about it and get pissed.” After another: “I don’t feel as upset. It’s more in the past.” After another: “I see it at a distance, removed.”

Robert Stickgold (2002), Harvard Medical School, posits this “putative neurobiological mechanism of action” for EMDR:

the repetitive redirecting of attention in EMDR induces a neurobiological state, similar to that of REM sleep, which is optimally configured to support the cortical integration of traumatic memories into general semantic networks. We suggest that this integration can then lead to a reduction in the strength of hippocampally mediated episodic memories of the traumatic event as well as the memories’ associated, amygdala-dependent, negative affect. (p. 61)

Once a traumatic memory has been chosen as a target, like that of a date rape, the patient is asked to focus on the image that represents the worst part of the experience—i.e., “I couldn’t get him to stop. He had me pinned.” Then the negative belief about the self is put into words—“I don’t matter.” The patient is then asked what she might want to believe about herself instead. “That I do matter, but I was overpowered.” This positive cognition is then scaled on a 1-7 scale. (Seven means the patient believes the statement to be completely true.) The associated emotions are elicited; the memory is scaled on a 0 -10 scale (10 is the highest level of disturbance); and the body is scanned for any indication of disturbance or tension.

Reprocessing takes place during short sets of bilateral stimulation, each of which takes less than a minute and is usually done silently. At the end of each set, the patient reports what she noticed, giving the gist of it rather than a running narrative of the emotional landscape she has traversed internally. The therapist then says “go with that,” instructing the patient to continue reprocessing with the material that has just emerged.

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Program Calendar 2007-2008

This year MAPP is sponsoring 10 programs, ranging from a presentation on “The Psychodynamic Couples Therapist” to our annual workshop on “The Nuts and Bolts of Running a Private Practice.” All programs will occur at the Sheerr Room, Fay House, Radcliffe Yard, Cambridge, MA.

- October 3, 2007**
Wednesday
8:00 to 9:30 p.m.
Jaine Darwin, Psy.D., “Vicarious and Reawakened Trauma: Working With Family Members of Deployed Soldiers and Returning Veterans.”
Discussant: Kenneth Reich Ed.D., SoFar, Psychoanalytic Couple and Family Institute of New England (PCFINE).
- October 8, 2007**
Monday
8:00 to 9:30 p.m.
Malcolm Owen Slavin, Ph.D., “Longing, Eros and the Search for Meaning in the World of Edward Hopper: A Visual Presentation and Talk.”
Discussant: Susana Federici Nebbiosi, Ph.D., Rome, Italy. Sponsored by The Evening Forum of The Massachusetts Institute for Psychoanalysis, Inc. (MIP) and MAPP.
- November 3, 2007**
Saturday
9 a.m. to 12:30 p.m.
Marsha Levy-Warren, Ph.D., on “A Workshop on Treating Adolescents.” Supervising and Training Analyst at The New York Freudian Society and the International Psychoanalytical Association and Associate Director of the Institute for Child, Adolescent, and Family Studies (ICAFS).
Discussant: Martin Miller, M.D., Training Analyst and Supervising Analyst at Psychoanalytic Institute of New England; Supervising Child Analyst in the PINE/BPSI Child Analytic Training Program.
- November 14, 2007**
Wednesday
8:00 to 9:30 p.m.
Sheila Reindl, Ed.D., on “Sensing the Self: Eating Disorders and Young Women.” Harvard University, Bureau of Study Counsel
- December 12, 2007**
Wednesday
8:00 to 9:30 p.m.
Dolan Power, Ph.D., on “Working with the Withdrawn Part of the Patient.”
Discussant: Jonathan Kolb, M.D., Boston Psychoanalytic Society and Institute, and Adult Residency Program, Mass. General Hospital
- January 19, 2008**
Saturday
3:30 to 6:30 p.m.
Michael Reison, Ph.D. “When Grace Falls Away from Adolescence:” A discussion of the film “The Squid and The Whale”
- February 16**
Saturday
9 a.m. to Noon
The Fundamentals of Establishing a Private Practice
Coordinator: Michael Healy, Ph.D.
- March 5**
Wednesday
8:00 to 9:30 p.m.
Carolynn Maltas, Ph.D. “Advances in Couples Therapy: A View from Psychodynamic and Systems Theories.” Psychoanalytic Couples and Family Institute of New England
- April 2**
Wednesday
8:00 to 9:30 p.m.
Jeremy Nahum, M.D., “Current Findings of Infant Research.” Boston Psychoanalytic Society and Institute, and The Boston Change Process Study Group
- April 30**
Wednesday
8:00 to 9:30 p.m.
Jonathan Slavin, Ph.D., APBB. “Becoming an Individual: Technically Subversive Thoughts on the Role of the Analyst’s Influence”
Discussant: T.B.A.

Fall Course Offering: In addition to scientific meetings and programs, MAPP will also sponsor an eight week course on **Self Psychology**, to be taught by Dick Geist, Ed.D. Fridays, October 19, 26; November 2, 9, 16, 30; and December 7, 14, 2007, from 11:30 a.m. to 1:00 p.m. Pre-registration is required. Tuition: \$25 for members; \$50 for non-members.

Frank Summers Introduces “From Insight to Change: A New Model of Therapeutic Action”

By Christine Hérot, Ed.D.

On Saturday, March 10, 2007, Frank Summers, Ph.D., ABPP, a Chicago-based psychoanalyst and clinical psychologist, delighted his audience with a thought-provoking presentation about the ever-challenging concept of change in the psychoanalytic encounter. With great clarity and charisma, Summers first outlined the key concepts and theoretical underpinnings of his new model of therapeutic action. Subsequently, he offered clinical vignettes to illustrate how patients can move beyond repetitive transference impasses to develop new ways of being and relating.

Summers has based his model of therapeutic action on the premise that pathology is created by conflicts that impair functioning. Such conflicts can begin during childhood as a result of traumatic events that prevent the child from effectively relating to others or exercising his cognitive capacities. Less traumatic situations, such as parents' inability to tolerate certain emotions in their child, can also produce pathology. In the face of a parent's inability to accept aggression, for example, a child may experience deep conflict about his own feelings and his parent's negative response to them. When the part of the self that creates conflict is “buried,” essential aspects of the child are then lost in the process and these circumvented capacities never come to fruition. Pathology thus ensues and the arrested capacities may later be indirectly expressed via acting out, repression, or somatic symptoms as defined by Freud's concept of “the return of the repressed”.

One of the major goals of therapeutic action, according to Summers' model, is to attend to the undeveloped potential of the patient and help him create new modes of self-expression by conscious design. The analyst-patient relationship provides the context for the patient's exploration and discovery of a new self. But the questions remain: how does such a transformative process evolve during analysis? And how can the analyst foster such developmental changes and creativity in the patient?

In response to these questions, Summers underlined the important role that analytic interpretation plays in illuminating areas of arrested capacities while it also identifies the transference patterns at play. However, Summers insisted that interpretation and insight are not enough to help the patient move beyond the powerful grip of the transference. An analyst needs to develop a vision of the patient's latent potential and attend to the patient's “spontaneous gestures.” Referring to Winnicott, Summers defined a spontaneous gesture as genuine, free from anxiety,

and revealing of the patient's true affects and desires. The authentic nature of these gestures helps the analyst refine his vision of the patient's potential, a process based on the patient's self-revelation. An active participant in his own development, the patient is invited to “tell the analyst what comes up” and use free association. No longer a passive recipient of the analyst's suggestions of “what to do,” the patient may experience frustration and anxiety at times, and may subsequently want to return to familiar patterns, resist change, and may report feeling worse. Part of the analyst's task is to tolerate the patient's dysphoric feelings and trust in the patient's latent potential.

Summers reminded us that the developmental trajectory of an analysis is not linear. The patient and the analyst may go through circular phases of transference patterns as new aspects of the transference surface that may need to be worked through before a spontaneous gesture emerges that leads to “potential space,” (Winnicott) where alternative ways of being and relating exist.

To illustrate the key components of his model, Summers described a segment of an analysis with patient A. whose compliant behavior had become problematic in her relationships. A. wanted to change her behavior but “did not know what to do”. She thought that non-compliance would lead her to being selfish and she was afraid of “going overboard.” Summers pointed out that had he told A. what to do, he would have invited her to comply with his suggestions, thus preventing her from finding her own way out of the conflict she was experiencing. Instead, Summers helped A. see that compliance and selfishness were two aspects of the same continuum of behavior. This realization opened the possibility of developing new ways of being and relating that were neither compliant nor selfish. Learning from A.'s spontaneous gestures and self-revelations, Summers developed his own vision of who A. could be, and he was able to provide her with the nurturance and guidance she needed to explore alternative ways of being. Eventually A. developed her own way of caring for people while more freely expressing her authentic needs, and reshaping her past compliant behavior into something new and genuine.

With compelling theoretical arguments, concrete descriptions of technical strategies, and rich clinical examples, Summers led a lively three-hour workshop that gave us insights into the depth of his thinking and the foundation of his clinical work. For additional information about this new model of therapeutic action, please consult his latest book, *Self Creation: Psychoanalytic Therapy and the Art of the Possible*, published by The Analytic Press in 2005.

Christine Hérot, Ed.D., is a clinical psychologist in private practice in Cambridge, MA. She has a specialty in geriatric psychotherapy and teaches at the Harvard University Extension School. She served as a member-at-large on MAPP's executive committee for two years.

Members at Work and Play

Compiled by Sarah Landew, Psy.D.

JOURNAL ARTICLES

Celenza, A. "Analytic love and power: Responsiveness and responsibility." *Psychoanalytic Inquiry*, 27. (2007).

Geist, R. "Who are you, who am I, and where are we going: sustained empathic immersion in the opening phase of psychoanalytic treatment." *International Journal of Psychoanalytic Self Psychology*, 2007, vol. 2, no. 1.

Pizer, B. and Pizer, S.A., "The journey: Discussion of clinical presentation by Lucyann Carlton." *International Journal of Psychoanalytic Self Psychology*, 2006, 1: 227-234.

Pizer, B. and Pizer, S.A., "The strangest remembrance": The analyst's intersubjective negotiation of desire. *Psychoanalytic Inquiry*, 2006, 26: 220-232.

Pizer, B., "A reader's guide to the work of Paul Russell." *Contemporary Psychoanalysis*, 2006, 42: 589-600.

Slavin, J., Oxenhandler, N., Seligman, S., Stein, R., and Davies, J.M. (2006). Roundtable discussion of sexuality in "Development and treatment II: Clinical application." *Studies in Gender and Sexuality*, 7: 259-289.

Slavin, J. (2007). "Personal agency and the possession of memory." In: D. Mendels. *On Memory: An Interdisciplinary Approach*. Bern, Switzerland: Peter Lang Publishers, 2007.

Slavin, J. (in press). "The Imprisonment and liberation of love: The dangers and possibilities of love in the psychoanalytic relationship." *Psychoanalytic Inquiry*.

Slavin, J. (in press). "Becoming an

individual: The repair of agency and the analyst's personal influence." In: F. Borgogno, Ed: *Who is Going to Commit Harahiri?* Torino: Bollati Boringhieri.

Slavin, J. (in press). "Psychoanalytic training: The absence of thirdness." *Psychoanalytic Dialogues*.

Slavin, J. (in press). "Reclaiming desire: love is not enough." *Psychoanalytic Dialogues*.

PUBLICATIONS

Michael Basseches, Ph.D. and **Michael Mascolo, Ph.D.,** are hard at work on their book, *Psychotherapy as a Developmental Process*, to be published by Routledge.

Andrea Celenza, Ph.D., published *Sexual Boundary Violations: Therapeutic, Supervisory, and Academic Contexts*, NY: Jason Aronson (2007).

Kenneth Reich, Ed.D. The June 2007 issue of Oprah Winfrey's magazine *O* featured an article—"Since He's Gone I. Don't Laugh Anymore"—on the Strategic Outreach to Families of All Reservists (SOFAR).

PRESENTATIONS

Drs. Michael Basseches, Michael F. Mascolo (Merrimack College), and Thomas Q. Peters (Suffolk University) presented "*Psychotherapy as a Developmental Process: A Coactive Systems Method for Tracking how Development Occurs in the Context of Psychotherapy Relationships*" at the Society for Research in Adult Development Symposium, Boston, MA March 28, 2007.

Michael Basseches, Ph.D., made two presentations related to the book by Basseches & Mascolo, *Psychotherapy as a Developmental Process*, at the Annual Symposium of the Society for the Exploration of Psychotherapy Integration in Lisbon, Portugal, July 5-8, 2007. He recently led a discussion on his work at Two Brattle Center.

Andrea Celenza, Ph.D., was a presenter on the panel, "*The Narcissistic Use of Our Patients,*" at Division 39, American Psychological Association's annual conference in San Francisco, August 2007.

Elizabeth Corpt, LICSW, was a case discussant at the Cambridge Health Alliance Grand Rounds on April 11, 2007.

In June, **Gerry Donnellan, Ph.D.,** taught a seminar on "*Executive Coaching in Family Businesses*" at the Sorbonne Graduate School of Business in Paris. The seminar was co-sponsored by the Family Firm Institute, an international organization of consultants and advisors who work with family businesses. The seminar was attended by both European and consultants from the US and Latin America. He also chaired a program at the annual convention of the American Psychological Association in August 2007 on the same topic.

In addition to his clinical practice, **Dr. Donnellan** is an Organizational Consulting Psychologist and works with family businesses and corporations on issues of leadership development and succession planning.

Richard Geist, Ed.D., presented his paper "*Connectedness, Permeable Boundaries, and the Development of the Self: Therapeutic Implications*"

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Members at Work

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Development of the Self: Therapeutic Implications” at the recent International Association of Self Psychology Meetings. In addition, versions of this paper and a paper on sustained empathic immersion were presented at the Rhode Island Psychoanalytic Association, Wellesley Human Relations Service, and Upstate New York Psychoanalytic Society.

Lynn Layton, Ph.D., was a panelist at NIP’s annual conference on Feb 10, 2007, on Diversity. Her paper was titled: “*Beyond Sameness and Difference: Our Mutual Implication in Each Other’s Suffering.*” She was also a panelist at the Symposium 2007 conference, “Empathy: Clinical and Critical Perspectives,” in NYC on March 3-4. Her paper was titled “*Prisoners of Hope.*” She was also asked to lead a reading seminar on her work for the Philadelphia Center for Psychoanalytic Education, March 2007.

Barbara Pizer, Ed.D., ABPP, presented a paper, “*The Heart of the Matter in Matters of the Heart: Power and Intimacy in Analytic and Couples Relationships*” at a program jointly sponsored by the Massachusetts Institute for Psychoanalysis and the Massachusetts Association for Psychoanalytic Psychology, November 2006. In 2006 she also taught a course on “*Relational Psychoanalysis*” for the Psychoanalytic Institute of Northern California training program in Oklahoma City.

Barbara Pizer, Ed.D., ABPP. Invited Paper: “*Maintaining Analytic Liveliness: ‘The Fire and the Fuel’ of Growth and Change,*” Spring Meeting, Division of Psychoanalysis (39), American Psychological Association, Toronto, April 20, 2007. This paper will also be presented in November 2007 in Milan at Societa Italiana di Psicoanalisi della Relazione; and in March, 2008 it will be presented in Israel.

Barbara Pizer, Ed.D., ABPP. Invited Workshop: “*Trauma, Repetition, Affect, Metamorphosis: The Pioneering Contributions of Paul L. Russell.*” Conference of The International Association for Relational Psychoanalysis and Psychotherapy, Athens, July 2007.

Kenneth Reich, Ed.D.. Grand Rounds: “*Overcoming Complacency: Psychoanalysis Moves Out of the Office.*” Cambridge Hospital, Fall 2006. The Presidential Symposium: “*The Trauma of War, Eyes Wide Shut: War, Terrorism and Children; Families that Are the Invisible Casualties of War.*” Spring Meeting 2007, American Psychoanalytic Association, Denver, CO.

John Rosario-Perez, Psy.D., was the clinical presenter at a panel on “*The Analytic Field,*” sponsored by the

Massachusetts Institute for Psychoanalysis, April 2007.

Jonathan H. Slavin, Ph.D., ABPP, presented a paper entitled, “*Reclaiming Desire: Love Is not Enough,*” at an invited symposium at the Division 39 Spring Meeting, Philadelphia, April, 2006, and at an invited presentation at the Tel Aviv University Counseling Service, January, 2007.

Jonathan H. Slavin, Ph.D., ABPP, conducted a workshop entitled, “*Sexuality and Relational Experience in Psychoanalytic Treatment*” in the Relational Psychoanalysis Track of the Advanced Psychotherapy Program, Tel Aviv University, January, 2007.

Jonathan H. Slavin, Ph.D., ABPP. Invited Workshop: “*The Struggle for Recognition: Disruption and Reintegration in the Experience of Agency*” for psychologists of the Israel Defence Forces, Tel Aviv, March, 2007.

Jonathan H. Slavin, Ph.D., ABPP, will present an invited paper, “*The Imprisonment and Liberation of Love: The Dangers and Possibilities of Love in the Psychoanalytic Relationship,*” at the New York Psychoanalytic Institute, October 2007.

APPOINTMENTS, ELECTIONS & PROMOTIONS

Barbara Pizer, Ed.D., ABPP, was invited to become a Corresponding Member and visiting faculty at the Institute of Contemporary Psychoanalysis, Los Angeles, 2006. In addition, having been a Contributing Editor of *Psychoanalytic Dialogues* since 2002, Barbara was made Associate Editor in 2006.

Jonathan H. Slavin, Ph.D., ABPP, has been appointed Clinical Instructor in Psychology, Department of Psychiatry, Harvard Medical School.

ANNOUNCEMENTS

Shari Thurer, Ph.D., was on sabbatical from her practice, counseling veiled Muslim women in a shelter in Dubai. This is an outlaw agency as Dubai does not as yet recognize such issues. She returned in June.

Drew Westen, Ph.D., (Principal Investigator) from Emory University; **Rebecca Drill, Ph.D.**, **Jack Beinashowitz, Ph.D.**, and **Ora Nakash, Ph.D.**, from the Program for Psychotherapy at the Cambridge Health Alliance; and **Joan Wheelis, M.D.**, and **Matthew Nock, Ph.D.**, from Two Brattle Center were awarded a five year NIMH grant to study personality disorders. The major goal of the project is to evaluate alternative ways to conceptualize and diagnose personality disorders. Their hope is to enhance understanding of personality disorders through groundbreaking empirical investigation which will improve the assessment of personality factors that play such an important role in many of our patients’ lives.

MAPP Farewells for 2007

This past spring and summer have been a period of transition for MAPP. Many long-term members of the Executive Committee have either completed their term of service, or were beckoned by more pressing obligations and commitments. In particular, two members—Abby McNally and Michelle Schuder—gave birth this summer. Throughout the terms of their service, each of the following members generously contributed their time and energy to the organization.

Michael Healy, Ph.D., has served MAPP in the role of President as well as Member-At-Large. A member of the Executive Committee for the past six years, Michael leaves an enduring impact on MAPP. His brainchild, “The Private Practice Panel,” is consistently MAPP’s most well attended program. We wish him success with his analytic training at MIP and his teaching at Boston College.

Abigail McNally, Ph.D., welcomed the arrival of Margot Jane this June. Abigail was Secretary and also a past Chair of the Membership Committee. She brought a wealth of energy and initiative to the Executive Committee in her various roles. The MAPP website also owes its existence to Abby’s efforts. In addition to motherhood, Abby manages a private practice and is the Director of Training at Two Brattle Center.

Michelle Schuder, Ph.D., Treasurer of MAPP, announced the birth of her first child this summer. She was also a Member-At-Large. An expert in developmental psychology and infant research, Michelle also has a private practice in Brookline. We will miss her grace and thoughtfulness.

Paige Simpson-Hamilton, Psy.D., former Secretary and Member-at-Large, is currently attending to the care of her young daughter and to “growing” her private practice in Cambridge. A devoted member of MAPP, Paige promises to return in the near future to resume the mantle of leadership.

Mark Steinberg, Ph.D., Member-At-Large, continues to teach at Smith College of Social Work summer school. He maintains a private practice in psychotherapy and psychoanalysis on the North Shore. He is also a supervisor at Cambridge Health Alliance.

Reflections on EMDR and The Implicit Self

(Continued from Page 4)

EMDR can easily be mistaken for a series of protocols, the most familiar of which involves bilateral stimulation. But reprocessing is only one of eight phases of therapy—which includes history taking, preparation (including resource development), assessment, desensitization/reprocessing, installation, body scan, closure, and re-evaluation,—and the treatment of PTSD is only one of many applications. My patients’ experiences with EMDR are often moving testimonies to the spontaneous gestures of the True Self and the psyche/soma’s propensity to move toward healing even when burdened by the legacies of relational trauma.

Sources

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Suzi Naiburg, PhD, LICSW, is in private practice in Belmont, MA, as a psychotherapist and a writing coach. More information on EMDR can be found at www.emdr.com.

In Memoriam: Anne Alonso

Dear Members of MAPP,

It is with sadness that we pass on to you the news of the death of Anne Alonso, Ph.D.

Long affiliated with the Boston Institute for Psychotherapy and the Massachusetts General Hospital Center for Psychoanalytic Studies, Dr. Alonso was an internationally recognized psychotherapist and group psychotherapist. She was a past president and Distinguished Fellow of the American Group Psychotherapy Association, as well as a past president of the local Northeastern Society for Group Psychotherapy. In 1984 she was cited as one of “The Boston therapists who are held in most esteem by their colleagues” in *Boston* magazine. And in 1997 she received a “Lifetime Achievement Award” from the *Psychiatric Times*. A Memorial Service will be held on Saturday, September 29 at 2:00 p.m. at Harvard Memorial Church, Harvard Yard.

Aron, Slavin, and McNally Ponder The Mother-Child Relationship in the Womb

(Continued from Page 1)

discussion of fantasy. In Aron's view, fantasies are structured by each individual into a hierarchy of conscious, preconscious, and unconscious fantasy systems. His main point is how fantasy both contributes to and develops in interaction within the fantasy systems of others. Fantasy, then, is an integration of different relational systems. Of particular concern are fantasies related to the individual's ideas (conscious and unconscious) about how his or her birth affected the family system within which he or she arrived. Birth narratives and fantasy systems are linked with psychoanalysis by making them central to our identity formation as relational beings. They include our birth stories, our oedipal constructions, our early primal fantasies, and remain integral to ongoing intrapsychic and interpersonal regulation.

To illustrate the importance of birth and primal fantasies, Aron bravely recalled several consultations with influential supervisors in his search to "do the right thing" for his patient. He remembered that Christopher Bollas and Andre Green both focused their comments on different aspects of the patient's birth fantasy. So far so good in terms of the patient's birth fantasy. But Aron's intense search continued, and he later sought further advice from Joyce McDougal. Aron describes her as "much less obsessional than I," and she tells him, ostensibly, to loosen up! The patient's difficulty symbolizing and fantasizing require Aron to enter his patient's inner world by letting his own fantasies develop more freely. Now the scene shifts to address the analyst's fantasies.

Another consultant, Benjamin Wolstein, one of the foundational Interpersonal thinkers of that time, went right to the heart of at least one of Aron's chief fantasies. According to Aron, Wolstein had a way of sensing relational fixes and had no trouble letting you in on his thoughts or if you will, his fantasies: Why it was so important for me that I be good, that I do it right? After all, he pointed out, here I am running around to all of these international experts trying to find the right way to analyze my patient; to do it just so. What was my need to be so good all about? What was my fantasy here?

Aron realizes his fantasies contribute to shaping the core enactments between him and his patient in particular, through the governing unconscious impact of

his own birth narrative. Aron's case illustrates his use of these ideas.

In his detailed case example Aron annotates a patient's dream sequence presented as a birthday dream. Told on the patient's actual birthday, it illustrated the patient's birth fantasy as a metaphor for his entry into the family system. This brief synopsis doesn't do justice to Lew's thoughtful and detailed elaborations but hopefully will highlight the lasting power of the birth fantasy. Lew's interest in the primal fantasy (primal scene) is described as a means of imagining the significance of one's origins, the primal moment of one's history, of one's entry point into the world -- into one's family. These historical moments become relational themes that repeat throughout the life narrative.

In the dream the patient gets caught in an intra-uterine like cavern in which water overtakes him and a female companion. While a black police officer helps the woman to safety, the officer cannot easily help the patient escape. Only after much struggle does the patient, too, get to safety. The patient, in fact, had a difficult birth as well as a difficult mother and had snapped his collarbone as he struggled out of the birth canal. In annotating this dream material, Aron relates the patient's real life challenges with the primal scene: Whom to choose, the father or the mother? Conversely, who will choose the patient? A weak father who could barely help him, but helps the mother to safety first? Or a mother preoccupied with her own safety, leaving the patient to wrestle with a difficult and humiliating struggle for survival and attachment?

His own narrative dovetailing with his patient's fantasy needs is what Wolstein picked up when he observed Aron's efforts to "clean all this up and make it spic and span." In doing this, among other things, Aron becomes the ideal of the good father who is an active agent and a mother who would put her child's needs first. Enacting these qualities, as well as his patient's obsessiveness, allowed Aron to strive toward becoming his own ideal of an appropriate analytic instrument.

Lew concluded by encouraging us to ask about early narratives and birth stories at opportune moments, emphasizing, however, that we listen for them as one organizing psychoanalytic story line. He adds, fantasy systems express unconscious conflict in our patients but analysts must make room for recognizing and exploring their own emerging conflicts in interaction with those of their patients.

MIP co-founder and former president Malcolm Slavin described the stages of fetal development with an exquisite focus on the metaphor of attachment and inter-penetration. He related this to mutual regulation and control, and ultimately to relational conflict as an integral aspect of existence. He argued that intimate negotiation begins in the womb on a biological level of both exchange and survival.

Slavin also spoke directly to the depths to which fantasy can take us - especially if the analyst not interfere with it. From his case material he said:

like so much of her fantasy life, [this story] represented this woman's sometimes astonishing capacity to penetrate to another level of meaning--to a deeper, hard to acknowledge, level of human reality. Alternatively, an attempt to interpret her fantasies as driven by some of her past trauma would imply that her fears were irrational distortions.

Slavin invited us to use our imagination to see a constellation of core movements that are fundamental to the creation of life and to the creation of relationships. At the center of this constellation he placed negotiation as a vitalizing component of birth and creativity. He emphasized the necessary existence of conflicting agendas as early as the attachment of the fetus in the uterus, and he applied this metaphor to human relatedness. Slavin suggests that at the core of relatedness is the need for an intimate negotiation of relational conflict. Thus he linked fundamental aspects of attachment in the womb with ongoing efforts to coexist with Otherness.

Informed by the work of David Haig (1993-1995), and his own work in evolutionary biology, with its emphasis on natural selection, Slavin's imagery in his womb fantasy stresses what he calls an early version of a vital underlying capacity. Mal's focus on the complexity encountered in difficult clinical moments is brought into sharp relief against the analog of our human beginnings and the beginnings of self-experience on a non-verbal level. He said, "Natural selection has given the fetus an incredible capacity to exercise some control over its own fate--control that will, over time, actively compete with mother's own control over it, and herself...it appears like the fetus essentially constructs its own placenta--the route to her very capacity for self-regulation."

Why does Slavin describe these phenomena as the route to the mother's self-regulation? To make the crucial point that the placenta serves as the intermediary between the mother and the infant. It is the vascular entry point for the fetus's influence. Slavin is emphasizing that from the beginning of life self-regulation is part of a system of both self and mutual regulation (Beebe and Lachmann). For example, Slavin informed us that "research has shown by week seven it appears that control over building and maintaining the pregnancy has in fact shifted from the mother to the fetus." With nascent biological agency in place the fetus can grow and achieve its goal.

Slavin's term "intimate negotiation" places both partners in inter-penetrating proximity to the other's insides, both intra-uterine and extra-uterine (also see S. Pizer). Unlike the more socially accepted blissful visions of pregnancy, Slavin suggested from the get-go that mother and baby have differing agendas. He remarked, "even

in... this extraordinary mutualistic highly interdependent relationship there is, nevertheless, a pervasive thread of real differences." It was a point poignantly illustrated by McNally's presentation.

Mal also applied his ideas clinically, asserting, "The patient is often trying to get the therapist to feel and see (and, in the process, to show) something essential about the therapist's own real inner experience." According to Slavin, wanting to get to know someone is a central relational event. In particular, the patient wants to get to know us in the context of our real experience (including conflict). His perspective utilized the Relational concepts of "otherness" (Benjamin) and collisions of subjectivities (Bromberg) as inherent in human behavior. But while he acknowledges the fundamental prevalence of relational conflict in the human condition, Mal wants to rescue this Relational concept from the land mines of negative, aggressive fatalism, and a one-person Kleinian view of projective identification. He does this by envisioning a subtle, pervasive background element of conflict within a matrix of mutuality and negotiation.

Each of the presenters gave eloquent descriptions of the inter-weaving influences between two subjectivities as they engage within the womb and in sessions with patients. From the struggles to find a comfortable way to sit or stand when a fetus kicks and turns, to the intensity of our work with patients as we try to understand each other, in these presentations we have seen how our identities are mutually shaped and regulated through fantasy and intimate negotiations.

Personal fantasies, (e.g., birth fantasies) are a central component of meaning making and we clearly saw in the vivid cases presented how fantasy becomes the underside of countertransference. This brings us full circle to something Aron said, "Fantasy develops in relation to the concordant and complementary interplay of the patient's fantasies with those of the analyst."

Holly Levenkron is a faculty member at MIP, supervisor at Two Brattle Center and former Co-Director of Analytic Training at ICP in New York City. Her recent essay, "Affective Honesty and Enactment," was the lead article in Psychoanalytic Inquiry, V. 26, No 3, 2007.

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