



AMERICAN COLLEGE OF PSYCHOANALYSTS

NEWSLETTER

Table of Contents

President's Note	Page 1
Editorial Note.....	Page 3
Board Photo	Page 3
2009 Program.....	Page 4
Registration Info	Page 5
Registration Form	Page 6
Board of Regents.....	Page 7



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PRESIDENT'S NOTE Phil S. Lebovitz, M.D.

Whither, or Wither, Psychoanalysis

To paraphrase Tennessee Williams' character, Big Daddy, in "Cat on a Hot Tin Roof", I smells pessimism and despair in the air. A dominating theme among many of our colleagues has been that psychoanalysis is withering and is an endeavor that is in its demise. Several institutes are reputed to be struggling to mount classes for their psychoanalytic training programs. A number of psychoanalysts despair that psychoanalysis is unverified scientifically and seem convinced that other treatment modalities have eclipsed psychoanalysis into a position from which it can never be seen in the light. Departments of Psychology in universities, with a few notable exceptions, not only disparage but also give short shrift to psychoanalysis in their curricula at the undergraduate and graduate level. Departments of Psychiatry in Medical Schools who once avidly sought psychoanalysts to be their chairs now adamantly demand that neuroscience researchers occupy those positions. Referrals once routinely were made by internal medicine colleagues to psychoanalysts and many psychoanalysts had patients waiting to begin analysis; many of these internists now provide psychopharmacologic agents to their

patients; and when the situation becomes complicated, they might think of psychoanalysts who are also psychiatrists who know psychopharmacology. The unusual insurance plan offers coverage of intensive psychotherapy and never of psychoanalysis. The number of those seeking to become certified by the American Psychoanalytic Association has steadily declined. All of the above might convince someone that psychoanalysis is in very dire straits.

Disregarding any of the above facts places the person or organization that does in serious peril of fulfilling the most pessimistic predictions about its future. A serious look at this was implied by the cover headline of Newsweek from March 27, 2006 which proclaimed "Freud Is Not Dead". The journalist went on to say that "On his 150th birthday, the architect of therapeutic culture is an inescapable force. Why Freud--modern history's most debunked doctor--captivates us even now....Yes, it's Sigmund Freud, still haunting us, a lifetime after he died in London in 1939, driven by the Nazis from his beloved Vienna. The theoretician who explored a vast new realm of the mind, the unconscious: a roiling dungeon of painful memories clamoring to be heard and now and then escaping into awareness by way of dreams, slips of the tongue and mental illness. *The philosopher who identified childhood experience, not racial destiny or family fate, as the crucible of character. The therapist who invented a specific form of treatment, psychoanalysis, which advanced the revolutionary notion that actual diagnosable disease can be cured by a method that dates to the dawn of humanity: talk. Not by prayer, sacrifice or exorcism; not by drugs, surgery or change of diet, but by recollection and reflection*

Continued on page 2

in the presence of a sympathetic professional. It is an idea wholly at odds with our technological temperament, yet the mountains of Prozac prescribed every year have failed to bury it. (my bolded italics)

Not many patients still seek a cure on a psychoanalyst's couch four days a week, but the vast proliferation of talk therapies--Jungian and Adlerian analyses, cognitive behavioral and psychodynamic therapy--testify to the enduring power of his idea."

Following the appearance of this article Newsweek published many letters to the editor. Many were sophisticated expressions by lay people on the contribution psychoanalysis has made to society and to them personally. Some letters to the editor were vitriolic attacks on Freud. The point I am headed toward was also solidly made by an article in Newsweek from November 11, 2002. Its title was "**What Freud Got Right**". The subtitle was "His Theories, Long Discredited, Are Finding Support From Neurologists Using Modern Brain Imaging".

"But a funny thing happened to Freud on the way to becoming a trivia question: as researchers looked deeper into the physical structure of the brain, they began to find support for some of his theories.

"...researchers have found evidence that Freud's drives really do exist, and they have their roots in the limbic system, a primitive part of the brain that operates mostly below the horizon of consciousness. Now more commonly referred to as emotions, the modern suite of drives comprises five: rage, panic, separation distress, lust and a variation on libido sometimes called seeking. Freud presaged this finding in 1915, when he wrote that drives originate "from within the organism" in response to demands placed on the mind "in consequence of its connection with the body." Drives, in other words,

are primitive brain circuits that control how we respond to our environment--foraging when we're hungry, running when we're scared and lusting for a mate.

"Freud's psychological map may have been flawed in many ways, but it also happens to be the most coherent and, from the standpoint of individual experience, meaningful theory of the mind there is. "Freud should be placed in the same category as Darwin, who lived before the discovery of genes," says (Jack) Panksepp. "Freud gave us a vision of a mental apparatus. We need to talk about it, develop it, test it." Perhaps it's not a matter of proving Freud wrong or right, but of finishing the job."

My point in drawing on what was published in Newsweek is that a significant number of an informed public reads such a periodical and that fact gives our organization opportunities to enlarge awareness of psychoanalysis and its medical foundation. The College has focused several of its plenary addresses on neuroscience and has had luminaries deliver them. Yet our meetings have had small attendance and the Board has struggled with ideas to improve the attendance. This year and last year our sophisticated program co-chairs and a task force have experimented with a collaborative meeting arrangement with the Academy of Psychoanalysis and Dynamic Psychiatry; the result has been disappointing because attendance did not improve and the distinctly different philosophies of the two organizations were highlighted. The Board had a collegial discussion this past January with John Oldham who is slated to become President of the American College of Psychiatrists; however, ACP's Board held to their policy of having their annual meeting with no collaboration with other organizations. Our Board plans to

continue to explore collaborating with other organizations to hold joint annual meetings.

The consequence of these forays and of the changing attitudes of our membership, our potential members, of the psychoanalytic community, and of the sophisticated lay public imposes on us a reassessment of the College's purpose for its annual meeting. The attraction of a primarily collegial gathering in an academically high level atmosphere is insufficient to insure satisfactory attendance. Collaborating with other organizations might be worthwhile but developing those opportunities requires time and careful selection of which organizations would be suitable to involve in our goals.

Another option which I will be putting forth to the Board is to identify cities with suitable weather for mid winter meetings and which have psychoanalytic communities and which have psychiatry departments with whom to schedule joint Saturday scientific meetings; the meeting would then be open to those groups. Our membership would be asked to participate as plenary speakers and as colloquium co-leaders. Expanding the reach of Laughlin Fellowships to psychiatry residents who are interested in psychoanalysis in those programs could be a means to enrich the future of the College.

A solid core of the College's membership sustains the viability of the College; the College is grateful for their involvement. At the same time the need is becoming more pressing to find innovative ways of ensuring the College's future. The clichés "thinking outside the box" and "pushing the envelope" are apt at this point. My agenda as President is to do what I can to instill that mode of thinking in the College so that the honor accorded to membership in the College is enhanced and solidified.

EDITORIAL NOTE

David Dean Brockman, M.D.

The American College News-letter is responsible for the spread of information about the activities of the College at its annual meetings to a wider audience as well as communicating to its members in house. The upcoming meeting on May 16, 2009 is a perfect opportunity for psychoanalysts to learn the latest information about the interface between psychoanalysis and neuroscience. Our meetings in the past have hosted such luminaries in this interface between both disciplines as Drs. Posner and Pankseef. This May meeting will be no less exciting and informative since it focuses on the chemical effects of melatonin on the brain and its relationship to sleep. The meaning and function of the diurnal sleep pattern in mammals as well as many lower species has been the object of much study and

speculation, but here in our own time, we will hear, see, and discuss first hand with the leading researchers in the field. This is a very rare opportunity to learn more about this very interesting topic and it behooves our members to avail themselves of this extraordinary event. Nowhere else in our field is there such openness and freedom for discussion and a level playground among its members. It goes without saying; our motivation has no ulterior training obligations or status implications. We simply want to learn and freely discuss issues in a healthy scientific atmosphere of spirited discourse.

So please register for this meeting now and learn first hand from our esteemed guest speakers. You will be highly rewarded if you join us in San Francisco, as it is also well known for its wonderful seafood and its many cultural attractions.



Left to Right - Back row: Vamik Volkan, Jerry Blackman, Perry Ottenberg, Ralph Wharton, Ralph Beaumont
Left to Right - Front Row: Phil Lebovitz, Carol Nadelson, David Edelstein, Lynn Reiser, Harriet Wolfe, Mervin Stewart

2009 MEETING PROGRAM

The upcoming 2009 College meeting program will be appealing to our members in several ways. First, the program presents intriguing scientific information, continuing the College's tradition of rich intellectual offerings. Secondly, the program materials this year all are relevant to the everyday work of our members, giving us new information that we can put to practical use in conducting our clinical treatments and our supervisions of our students. And, thirdly, the program this year presents an unusual diversity of material that would be hard to match in any other one-day scientific conference. The meeting will be held in San Francisco on May 16, 2009.

Our program begins with a plenary presentation by Professor Alfred J. Lewy, an eminent neuroscientist. Professor Lewy is the Senior Vice Chairman in the Department of Psychiatry at the Oregon Health & Science University. Professor Lewy is a Professor of Psychiatry, Ophthalmology, and Physiology/Pharmacology and is also the Director of the Sleep and Mood Disorders Laboratory. He was the first to use bright light to treat patients suffering from seasonal affective disorders, chronobiologic sleep disorders, and jet lag, and he has published groundbreaking articles on the measurement of plasma melatonin and the use of bright light as a therapy for depression and sleep disorders. His discoveries have brought him international recognition and have led the way to a new understanding of chronobiologic sleep and mood disorders. Professor Lewy is unusual among neuroscientists in that he also teaches psychotherapy to psychiatric residents, conducting a course in the Oregon program with College members Ralph Beaumont and Katherine Zerbe.

Professor Lewy's plenary address will be titled "Towards a bio-psycho-social-environmental model for the continuum between mild dysphoria and major mental illness: the role of light, melatonin and biological rhythms." Professor Lewy will explain how he developed assays proving that seasonal affective disorder is related to a misalignment between two sets of circadian rhythms - those coupled to the body clock and those related to the sleep/wake cycle. He will explain how circadian misalignment is a component of non-seasonal unipolar depression. He will describe a dysphoria endotype related to circadian misalignment;

this endotype is on a continuum between the vicissitudes of everyday life and major mental illness. He will demonstrate that melatonin and bright light have a high therapeutic index (ratio of efficacy to toxicity) similar to psychoanalysis and insight oriented psychodynamic psychotherapy and that the use of circadian phase-resetting agents and psychotherapy can pre-empt the vicious interactions between stressful life events, dysphoric mood and maladaptive coping behaviors. Professor Lewy will conclude with a description of current studies on the synchrony of sleep/wake cycles between mothers and their fetuses and newborns. This synchrony fosters attachment and can be disrupted by reliance on artificial lighting.

Immediately following our business lunch meeting, Professor Lewy will conduct a colloquium, titled "Responding to the vicissitudes of the body clock and its discontents: the use of appropriately timed bright light and low-dose melatonin." His colloquium will guide us in applying chronobiologic therapies in our clinical practices.

Our second plenary speaker is one of the most prolific members of the College, Professor Mardi Horowitz, Professor of Psychiatry at UCSF School of Medicine. Professor Horowitz has had a long and distinguished career in which he has investigated many aspects of psychological functioning, including the formation of hallucinations (1964-69), the control of consciousness in states of stress, (1964-76), post-traumatic stress disorders and brief psychotherapy of stress syndromes (1976-present), personality and stress: new states, person schemas and control process theories (1983-present), and post-stressor growth: studies of the psychological impact of genetic testing for risk of cancer and Huntington Disease (1996-2000). Professor Horowitz has also written informative works on maladaptive interpersonal patterns, formulation as a basis for planning psychotherapy, and personality styles and brief psychotherapy.

The title of Professor Horowitz' plenary address will be "Dealing With Values in Psychoanalysis." He will focus on theory and technique regarding what in the past was called super-ego psychology. He will explain the importance of the verbalization of values because

Continued on page 5

it facilitates the role of consciousness as a special tool for the intrapsychic renegotiation of value priorities. Professor Horowitz will discuss how this process has been erroneously downplayed by some, who might even dismiss it as dry intellectualization, when, in fact, this process actually mobilizes strong feelings of shame, guilt and pride in a way that can vivify and alter prior compromise formations. Professor Horowitz will present and discuss four case examples to illustrate this process. This topic is of central importance in our clinical work and can help us to reassess the role of superego psychopathology, an area too often overlooked in post-modern views of psychoanalysis.

Professor Horowitz will also present a colloquium following the College business lunch. His colloquium will continue the discussion of his plenary address and extend it to “health values” discussed in training situations, such as supervision and case conferences. Professor Horowitz will explain how these values can be silent partners that need a voice in transference and counter-transference reactions, not only between analyst and patient but also between analyst and other analysts or consultants. He will describe how the open discussion of “health values” can resolve moral dilemmas.

Following the two colloquia, The College will sponsor a Joint Panel with the American Academy

of Psychoanalysis and Dynamic Psychiatry. During this academic year, the Academy has sent one of its members, Jennifer I. Downey, who is also a member of the College, to be a visiting psychoanalytic scholar for three days at a residency program. (This opportunity was sponsored by a grant the Academy received from one of its members.) The Joint Panel will be titled “Teaching Psychoanalytic Principles to Psychiatric Residents.” Following Dr. Downey’s presentation, there will be brief discussions presented by Jerome Winer, a member of the College, Timothy Lacy, a member of the Academy, and Ralph Wharton, a member of both organizations. There will then be an opportunity for discussion between the presenter, the discussants, and the audience. David Edelstein and Douglas Ingram, from the College and the Academy, respectively, will chair the Joint Panel.

We will, of course, have our traditional Reception and Gala Banquet in the evening. The program committee, comprised of Rick Friedman, Fred Levin, Bob Michels, and Malkah Notman, with Ralph Beaumont and David Edelstein as co-chairs, looks forward to sharing this excellent program with our members in San Francisco.

David Edelstein
Co-chair, Program Committee

REGISTRATION INFORMATION

FEES:

Member*	\$350	
Guest*	\$275	
Meeting only (no meals)	\$200	(Meeting only fee provides breakfast and scientific sessions)
Banquet only	\$150	

*This registration fee includes scientific sessions, breakfast, lunch, cocktail party and Awards Banquet

DEADLINE FOR REGISTRATION: April 15

Refund Policy: A full refund will given if the College is notified in writing by May 1st

The host hotel for this year’s Annual Meeting is the Hilton San Francisco Hotel. Accommodations can be made by calling Travel Planners: 212-532-1660 or visiting the APA web site: www.psych.org

A limited number of rooms have been reserved for us and you will need to ask for the rooms in the block of the American College of Psychoanalysts. If you have any difficulty, please do not hesitate to contact Frances at: 972-613-0985 for assistance. The hotel will not take reservations for this meeting, they must be made through Travel Planners or the APA web site.

REGISTRATION FORM

American College of Psychoanalysts Annual Meeting
Saturday, May 16, 2009
San Francisco Hilton
333 O'Farrell Street • San Francisco, CA
415-771-1400

NAME: _____

GUEST NAME: _____

MAILING ADDRESS: _____

CITY/STATE/ZIP: _____

Phone: _____ FAX: _____

Email: _____

FEES:

Member*	\$350	_____	
Guest*	\$275	_____	
Meeting only	\$200	_____	(Meeting only fee only covers breakfast and the scientific sessions)
Banquet only	\$150	_____	

TOTAL ENCLOSED: _____

*Full registration includes scientific sessions, breakfast, lunch, cocktail party and Awards Banquet

Your cancelled check is your registration receipt. No written confirmation will be sent.

Mail this completed form and checks to:

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PO Box 570218
Dallas, TX 75357-0218
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May 2008

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