



AMERICAN COLLEGE OF PSYCHOANALYSTS

NEWSLETTER

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PRESIDENT'S NOTE Carol C. Nadelson, M.D.

This has been a difficult year for us. The dilemma of where to hold the meeting and how to structure and plan future meetings occupied much time and thought. The Board solved the problem in a somewhat Solomonic way. The annual meeting of ACOPSA will be held in San Francisco on June 11th (the Board will meet on June 10th).

This is at the same time as many members will be attending the spring meeting of the American Psychoanalytic Association in San Francisco. Dr. Beaumont is to be commended for planning a superb program which you have all received, and I hope that you attend.

As you know, these meetings are a rich source of information, collegiality and lively discussion.

The second event, held during the APA meeting in Hawaii is a Presidential Symposium, entitled 'Teaching Psychodynamic Psychiatry in the Era of Neuroscience', jointly sponsored by the APA and ACOPSA. We are grateful to Carol Bernstein, M.D., current APA president. It was her strong support that enabled us to join together and plan this symposium that will take place on Saturday, May 14 from 12-3 p.m. at the Honolulu Convention Center. Please attend!

Psychiatry Residency Training programs today are challenged to prepare residents to be competent in "applying supportive,

psychodynamic, and cognitive behavior psychotherapies to both brief and long-term individual practice", according to ACGME (Accreditation Council for Graduate Medical Education), 2008 requirements. Why is this important?

How is it to be done? This symposium will focus on education in psychodynamic psychotherapy, addressing the reasons for its continuing importance for psychiatric training, how it can be taught given the realities of training and health care delivery specific dilemmas for residents and programs, and how this requirement has been met by some programs.

The presenters are well known to you, they are senior psychoanalysts, ACOPSA and APA members and respected teachers in psychiatry residency programs. Also included is a recent graduate who participated in an innovative program and was the first author of a paper entitled "The Chief Resident for Psychotherapy: A Novel Teaching Role for Senior Residents" published in Academic Psychiatry last summer. Dr. Michael Ferri will discuss various aspects of the resident's experience including the timing of the 1st experience with psychotherapy, the difficulty engaging patients and integrating different approaches, the lack of self confidence of residents and the value of psychodynamic psychotherapy teaching for residents. He will review the training experience described in the article and its impact.

Dr. Glen Gabbard will introduce principles of psychodynamic psychotherapy and discuss research into both long and short term approaches, including their effectiveness. He will offer a thoughtful critique of the research challenges in studying psychodynamic psychotherapy using randomized control methodology.

Dr. Ed Shapiro will provide illustrations of how to teach psychodynamic psychiatry within clinical systems that deemphasize

Continued on page 2

listening to patients and focus more on medications and management. He will use clinical case examples to exemplify his unique experience.

Drs. Drew Clemens and Malkah Notman have surveyed 2 different

psychoanalytic environments, in Boston and in Cleveland, to learn how psychiatric training programs in these areas teach psychodynamics. They will provide details on how different institutions vary in approach to teaching

and who does the teaching.

This symposium is meant to stimulate ongoing discussion and evoke thoughtful responses that we hope will solidify future psychodynamic teaching.

EDITORIAL NOTE

David Dean Brockman, M.D.

Our College meeting in San Francisco is faced with a challenge to meet a number of goals. Firstly, attendance is projected to be lower than normal due to the inevitable problem of June birthdays, weddings, graduations, and several Bar/Bat Mitzah celebrations that seem to more numerous this June than in past years. One special effort is to invite members of the American Psychoanalytic to join

our Plenary sessions free of charge in an effort to promote collegiality as well as to attract them to join our group as active members. The program has been well designed by our Chairman, Dr. Ralph Beaumont. He has included a generous mixture of neuroscience and clinical psychoanalytic topics with ample opportunities for open discussion and dialogue. His efforts should be rewarded by a very generous turnout. See you in S.F.!

In previous notes by the Editor, the problem of public statements by psychoanalysts of a political nature

has been noted and severely criticized. One's political views on social issues are rightly personal and appropriate, but have no place in our publications, particularly since our expertise resides primarily in the consultation room and our authoritative voice emanates exclusively from that venue.

In the past issue of the Newsletter we have stimulated an on-going dialogue among our members. That concept is very much alive and anyone wishing to initiate a new topic should feel free to do so by contacting me and/or David Edelman.

BOOK REVIEW

Psychoanalytic Technique Expanded:
A Textbook on Psychoanalytic Treatment

Vamik D. Volkan, M.D.

OA Publishing, Istanbul Turkey

October 2010

Reviewed by: Phil Lebovitz, M.D.

Vamik Volkan, a past president of the College, has contributed *Psychoanalytic Technique Expanded: A Textbook on Psychoanalytic Treatment*; the book was published in October, 2010. In this text Dr. Volkan has presented a rich, multidimensional view, with both brief and lengthy sequences of material from his own clinical work and his supervisory and consultative endeavors. The extensive, forthright clinical material differentiates his book from other texts that have become classic resources.

Dr. Volkan's book is organized into four parts: *Psychoanalytic Treatment of the Neurotic Personality Organization*, *Individuals with Actualized Unconscious Fantasies and Transgenerational Fantasies*, *Individuals with Narcissistic Personality Organization* and *Who Else Can We Treat on the Analytic Couch*. Each part contains several chapters which are tightly woven and sharply focused to inform the reader about the themes which Dr. Volkan wants to emphasize. Within each of the chapters the author expands on each technical term which he uses and often introduces twists on standard terms and creative and educational forms. The book's foundation is characterized as "The Field-Work Method" and is defined as observing "an event in a clinical setting" and then (learning) theories that (attempt) to explain it; the analogy used is that of putting the supervisor or the therapist behind a metaphorical one way mirror. The reader is advised to read the book slowly and this reviewer could absorb the contents of

the book best by reading it slowly; this book must be read in several extended sittings.

The first chapters have a sharply focused purpose of informing the reader about basic principles involved in establishing a psychoanalytic process. When Dr. Volkan introduces the familiar term interpretation, he deftly segues to his perspective on the variety of interpretations and their role in fostering an alliance. Linking interpretations and preparatory interpretations have very specific positions and purposes for him; linking interpretations demonstrate the intertwining of external and intrapsychic events and facilitate the patient's acquisition of a psychological mind set. The author continues this process in a chapter on resistances and in a succeeding chapter he delves into sophisticated considerations of the nuances of the concept. The process of making interpretations receives the same careful consideration and concludes with an intriguing reframing of acting in, acting out or enactment as a version of therapeutic play, a term he has adapted from writings by Giovacchini.

The remaining two thirds of the book are dominated by detailed clinical material intended to convey how the author thinks analytically and how he applies his theoretical grasp. This task proceeds in a well-articulated, carefully grounded in experience-near, close-process manner. Dr. Volkan engages the reader with his disarming openness about his own affective involvement with his patients; the author humanizes himself as he reveals details of his own personal history and its pertinence to his patients' process. On some occasions the poignancy of an event-the death at the hands of Greek Cypriot terrorists of Dr. Volkan's friend and medical school roommate, described in vividly moving terms -persuades the reader of the va-

lidity of a concept. The point in this instance is the impact of one generation's psychological burdens on another's and the insinuation of that burden into the analytic process by the analyst or the patient as a consequence of whose burden is revived by the clinical data. A closely related issue emerges regarding the relevance of external events to intrapsychic and analytic occurrences. Dr. Volkan's perspective establishes him as a contemporary object relations analyst.

My single observation, which restrains me from an unequivocal endorsement of this valuable, new resource, is the unmistakable implication that Dr. Volkan has a preference for an ego psychological, object relations approach to the analytic process and education. Inclusion in a textbook of multiple points of view would enhance its usefulness as an educational asset. Having a perspective that tilts toward a particular position is unavoidable but making an effort to incorporate multiple points of view strengthens a book aimed at being a teaching text. Dr. Volkan has done a creditable job of this as far as ego psychology, object relations, and a Kleinian perspective are included but a wider use of egopsychology would be helpful. Nonetheless, the clinical richness, detail, disarming self-disclosures, lucid description of terminology and definitions come together to render this a substantial addition to education. This textbook can be effectively incorporated into psychiatry and psychology training programs as well as into advanced psychotherapy training programs and beginning technique courses for psychoanalytic candidates. This book should be included in the syllabi of all of those programs and this reviewer believes the psychoanalytic community should be made widely aware of this publication.



AMERICAN COLLEGE OF PSYCHOANALYSTS
42nd Annual Meeting
PROGRAM SCHEDULE
June 11, 2011
Westin San Francisco at Market Street
50 Third Street
San Francisco, CA 94103

The American College of Psychoanalysts invites interested faculty and trainees to attend the scientific program of the American College of Psychoanalysts Annual Meeting on Saturday, June 11, 2011. The program presentations focus on research on emotion, and promise to offer much of interest to psychoanalytically oriented clinicians. The two morning plenary sessions will involve a lecture, followed by time for discussion from the audience. The two afternoon colloquia will involve more informal presentations, and more opportunity for group discussion. The charge is \$50 for faculty and \$25 for trainees.

9:00 a.m. – 10:30 a.m.

The First Plenary; “Understanding and Recognizing Emotion in Self and Other,” will be presented by Paul Ekman, PhD. He will discuss his extensive research on the relation of emotion to facial expression and body movement, as well as more recent work on deceit.

10:45 a.m. - 12:15 p.m.

The Second Plenary; “Neural Substrates of Implicit and Explicit Emotional Processes: Implications for Psychoanalysis,” by Richard D. Lane, MD, PhD. He will discuss the importance for psychoanalysis of the neural substrates of implicit aspects of emotion, background feelings, focal attention to feelings, and reflective awareness of feelings.

2:15 p.m. – 3:45 p.m.

The first colloquium by Dr. Ekman, is titled “Lying and Truthfulness in Entertainment TV and Real Life.” Dr. Ekman will consider how the TV program “Lie to Me,” for which he has served as a consultant, depicts lie catching, as compared to the reality of the matter. He will also offer a discussion of the motives for lying.

4:00 p.m. - 5:30 p.m.

The second colloquium by Dr. Lane, which is titled “Levels of Emotional Awareness: A model for conceptualizing and measuring emotion-centered structural change.” The aim of this colloquium is to familiarize clinicians with a new model of structural change called Levels of Emotional Awareness (LEA) that can be easily learned and applied clinically.

More information about the American College of Psychoanalysts is available at our website at <http://www.acopsa.org>. Please notify Frances Bell at frda1@airmail.net or 972-613-0985 for additional information about this important meeting.

Ralph Beaumont, M.D.
Program Director
American College of Psychoanalysts

REGISTRATION FORM

American College of Psychoanalysts Annual Meeting
Saturday, June 11, 2011
Westin San Francisco Market Street
San Francisco, CA

NAME: _____

GUEST NAME: _____

MAILING ADDRESS: _____

Phone: _____ FAX: _____

Email: _____

FEES:

Morning Session Only:

Non Members	\$50	_____
Residents/Fellows/Candidates	\$25	_____

Full Day:

Member*	\$350	_____
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Guest*	\$275	_____
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Affiliate Member*	\$175	_____
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Meeting only	\$200	_____
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(Meeting only fee only provides breakfast and the scientific sessions)

Banquet only	\$150	_____
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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:

ACP Central Office

PO Box 570218

Dallas, TX 75357-0218

972-613-0985

Email: frdal@airmail.net

**JANUARY 2011
BOARD OF REGENTS MEETING**



January 2011 Board of Regents

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L-R seated: Diane Birk, Malkah Notman, Miriam Tasini, Carol Nadelson, Lynn Reiser, Alexandra Murray-Harrison, Harriet Wolfe, Elise Snyder
Photo by Mervin Stewart, M.D.

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June 2010