



For Mental Health Professionals Interested in Psychoanalytic Perspectives

A local chapter of the Division of Psychoanalysis of the American Psychological Association

www.pspp.org

Spring, 2011

*Letter
from the
President*

Spring into Summer

M. Jay Moses, Ph.D.

With all the eagerness which such a transition gives, Emma resolved to be out of doors as soon as possible.

Jane Austen

Summer is in the air. For many of us, our schedule shifts and we realize that our vacation might actually arrive. In our field, this period is often a time of reflection. What have I accomplished or failed to accomplish over the past year? Will I get the rest I need over the summer to feel refreshed in the fall?

We slow down during the summer, go outdoors, see family and friends, and travel. Summer is an ideal time to recognize the service we provide to others and the gift of learning and growing we provide to ourselves. It is a great time to

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A Home Within: One Child, One Therapist, For As Long As It Takes

Lynn Zubernis, Ph.D.

Joe Schaller, PsyD, presented an informative workshop in December as part of PSPP's Child Development Workshop series, introducing the A Home Within program, a national organization, started by psychodynamically oriented clinicians, that provides *pro bono* open-ended psychodynamically based therapy for children in foster care. A Home Within was founded over fifteen years ago in San Francisco. There are now forty chapters all across the country, with new chapters forming on the East Coast.

The organization was started by a group of clinicians who recognized the extraordinary challenges that children in the foster care system face in maintaining supportive relationships with reliable and available adults. The importance of a consistent relationship is even greater as children navigate the frequently disrupted and interrupted world of temporary custodial arrangements and shifting family structures. The lives of many children in foster care have already been adversely impacted by trauma and chronic loss experiences, underscoring the need for a solid therapeutic relationship to facilitate growth and stability.

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for Psychoanalytic
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President's Message (continued from page 1)

remember how fortunate we are to be in a field that personally gratifies us.

It has been an eventful academic year. We experienced workshops by Tony Bass and Adrienne Harris, with case presentations from our members Robin Ward and Noelle Burton; collaborative events with the Psychoanalytic Center of Philadelphia (PCOP) and the Philadelphia Center for Psychoanalytic Education (PCPE), with our members Joseph Schaller, Peter Badgio, Deborah Luepnitz, and Rachel Kabasakalian-McKay as discussants; brunch presentations by our members Patricia Rice, Barbara Goldsmith, Linda Guerra, Margaret Baker, and Dora Ghetie; our first collaborative event with the Philadelphia Area Group Psychotherapy Society; a graduate student brunch organized by our graduate student representatives Stacey Boyer and Emily Loscalzo; and the PSPP award (an award given to one of our members for outstanding contribution to the education and professional development of local psychoanalytic/psychodynamic clinicians) given to Barbara Goldsmith. Many of us participated in the mentorship program organized by Barbara Goldsmith and Dana Odell, the Child Development Study Group organized by Karen Berberian, and PSPP's peer supervision group. Thank you to all our presenters, hosts, and organizers, including the numerous graduate student volunteers at the programs. Moreover, one of our sister groups, the Institute for Relational Psychoanalysis of Philadelphia, saw its first graduates, Dennis Debiak and Rachel Kabasakalian-McKay, both former PSPP presidents.

Of course, besides those mentioned above, there were numerous board members who were at the forefront of developing and organizing our programs, and responsible for the unending tasks involved in running PSPP. I want to thank program chair Debby Bierschwale; Sunday brunch series coordinator Jim Bleiberg; program committee members Emily Baum and Kimberly Hoffman; and our PCOP liaison Kathleen Ross; a huge thank you to our membership chair Karen Dias, who is rotating off the board (Karen's legacy is the development and efficiency of the website); our treasurer Dan Livney; secretary Patricia Rice; newsletter editor Robin Ward; and of course, Jeanne Seitler, who is finishing her position of Past-President and promised to remain active in her role of endowment coordinator.

We are looking forward to next fall, but until then, have a healthy, fun, and relaxing summer!

While the summer had gradually advanced ...the bare room had gathered within it those memories of an inward life which fill the air as with a cloud of good or bad angels, the invisible yet active forms of our spiritual triumphs or our spiritual falls.

George Eliot

Committee Reports

Membership Report

Karen Dias, Psy.D.

New Members

Please join us in welcoming the following new members to PSPP (members listed without degrees due to degree not being listed on membership application):

Brian Barber, M.S., M.Div.	Erin Hadley, Ph.D.	Carol Roberts, Ph.D.
Jeannine C. Barker, M.A., A.T.R.	Jamie Jessar, Psy.D.	Philip Rosenbaum, Ph.D.
Joanna Bienko, M.S.W.	Susan Jones-Sink, R.N., B.S.N., M.A.	Sharon Schanzer, Ph.D.
Jessica Burman, Psy.D.	Jeffrey Kauffman, M.A., M.S.S.	Kyle Schultz, M.A.
Patricia Constantinian, Psy.D.	Margaret King	William Singletary, M.D.
Erica Speiser Eisenberg, Ph.D.	Cristina Laurita	Keren Sofer, Psy.D.
Mary Beth Ertel, Ph.D.	Susan Malmud, B.S.	Linda Sullivan, M.S.W.
Jeremy Frank, Ph.D., C.A.C.	Patrick Mitchell, M.A.	Merin Wexler, M.S.S.
Leslie Gaines, L.C.S.W.	Nina Panzer, M.S.W., L.C.S.W.	Valerie Wilson, M.A.
Laura Geftman, M.S.S., L.S.W.	Rebecca Preiser	Kah Wah Yang, M.S.
Chris Grundy, M.S.	Beth Rhoads, M.A., L.P.C.	Lynn Zubernis, Ph.D.

Membership Update

As of May 15, 2011 PSPP has 244 active members:

- 171 Full Members
- 20 Early Career Members
- 5 Associate Members
- 3 Retired Members
- 28 Student Members
- 16 Board Members
- 1 Administrator

We have had 33 new members since November 15, 2010. Additionally, we have 89 members whose renewals are past due, 86 of which have lapsed (are more than 30 days past due). We are currently working on reaching out to individuals whose membership has lapsed.

Farewell

After four years serving on the board of PSPP, I have decided to step down from my duties to take more time for professional development and self-care. I have so enjoyed serving our members and community and look forward to continuing to participate in and support PSPP events.

Transportation to PSPP Events

Have you had difficulty finding transportation to PSPP events in the suburbs? We can help! When signing up for PSPP events, please let the contact person know if you are either able to provide a ride or need a ride to that event. With this information, the contact person can help to make the necessary arrangements.

Treasurer's Report

Dan Livney, Psy.D.

Account Balances as of 5/31/2011

Checking: \$ 22,017

CDs: 5,840

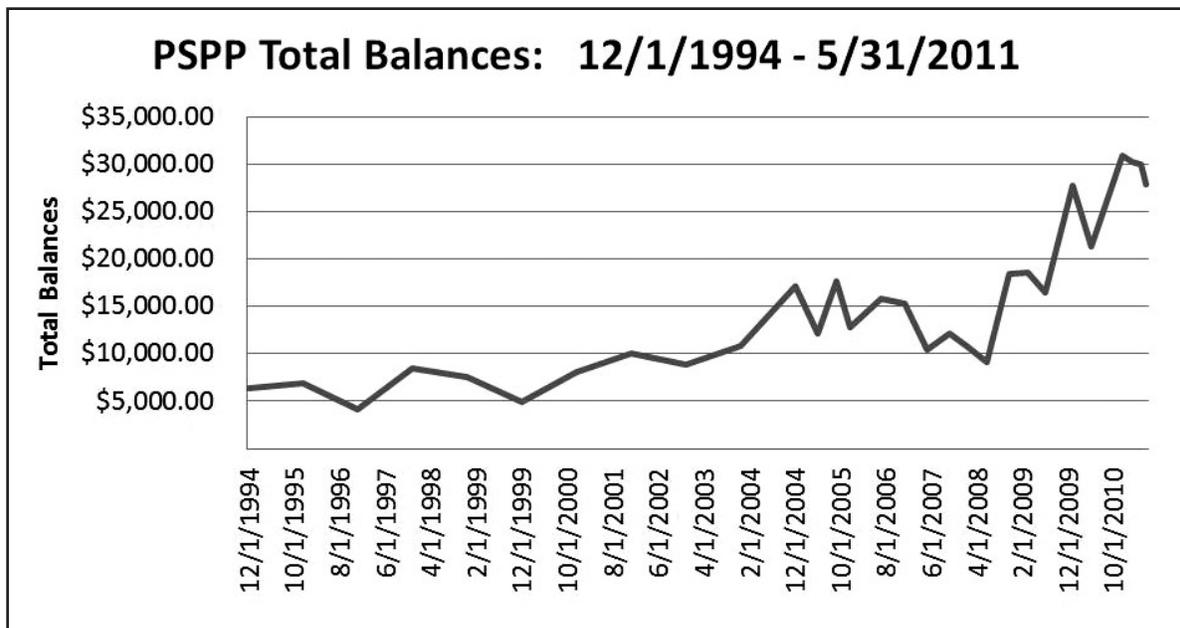
Total: 27,857

Budget Notes:

I've been struggling to figure out how to best present our organization's financial data in a meaningful way to its membership. A single balance figure doesn't reflect well the vacillations over the course of the year as dues come in, meeting expenses go out, etc. I hope

the chart provides some current and historical perspective on our financial situation. As you can see, we are doing well as our balances have increased significantly in the last few years.

Among expenses of note since the last newsletter, the board voted unanimously to award \$500 each to our graduate student members, Karen Dias, Emily Loscalzo, Dana Odell, and Stacey Boyer, to help defray meeting and travel expenses associated with attending the Division 39 Spring Meeting in NYC this past April. In doing so we would like to affirm our commitment to our graduate student members.



Save the Date

PSPP 2011 Fall Meeting

Bruce Fink

presenting on his work,

The Fundamentals of Psychoanalytic Technique:

A Lacanian Approach for Practitioners

Mentoring Update

Barbara L. Goldsmith, Psy.D.

In the last issue of the PSPP newsletter, we started a new feature of having a student mentee write about his or her experience in the mentoring program. Woodwyn Koons, who has just received her PsyD and an award for her outstanding dissertation, volunteered to write this month's column. Woodwyn is being mentored by Deborah Sherman, MS.

When I decided to join the mentorship program, I was in my fourth year of graduate school. I had spent several years accumulating information and experimenting with ideas, and suddenly I found myself aware of an incipient psychologist identity. I wanted to help that identity emerge more fully, and so I contacted Dr. Barbara Goldsmith and asked to be enrolled in the PSPP mentorship program. Dr. Goldsmith matched me with Deborah Sherman. Deborah has been invaluable in aiding my development from student to fledgling professional.

For me, my mentor is someone I can tell things I can't tell anyone else about the process of becoming a clinician. She is a wise, non-judgmental presence that helps ideas coalesce, and aspirations crystallize. I may communicate some story about my approach to clinical work about which I feel doubtful, and she frequently summarizes what she sees me doing in a way that makes my doubt evaporate. "Yes!" I think to myself after a conversation with my mentor, "I am doing this right!" Somehow, this allows me to take ownership of my ideas and my work, to acquire deeper confidence, and to be less tentative.

Deborah is also deeply knowledgeable in psychoanalytic theory, and part of the role she plays for me is Theory Mentor. She has a knack for expressing a theory in a particularly lucid manner, and frequently she will enrich something I'm doing clinically by helping me formulate it in terms of theory. Her own engagement in reading groups and supervision groups post-training is something that I would like to emulate, for I see how satisfying it is intellectually, and how it deepens her clinical work.

There are many important relationships that have helped me develop my identity as a psychologist. My professors have guided me in the acquisition of knowledge, but of course they also graded me. My supervisors have

shaped me in the development of clinical skills by listening to my struggles with my clients, but then they also formally evaluate me at the end of the semester. The mentor relationship, on the other hand, is almost lighter than air. It is free from grades and evaluations. In a time where so much in the life of a developing psychologist is fraught with pressure, the mentorship program offers knowledge, wisdom and modeling without pressure. This is a truly helpful resource.

Congratulations to all mentees (past and present) who have received their doctorates and kudos to the four mentees honored with awards at the 2011 Widener graduation:

Karen Dias, PsyD

Lee Carter Glancey, PsyD

Woodwyn Koons, PsyD

Dana Odell, PsyD

Thank you to our six new mentors and to the twenty-six other members currently mentoring:

Nancy Alexander, PsyD

Suzan Greenberg, PsyD

Kimberly Hoffman, PhD

Jamie Jessar, PsyD

David Mark, PhD

Joseph Schaller, PsyD

Want to join the mentoring program? Here's all you have to do:

If you are a graduate student who is interested in being matched with a mentor:

Fill out a questionnaire that can be downloaded from the PSPP website, www.pspp.org, and email it to barbgsmith@aol.com

A very special thanks to Dana Odell, Psy.D., a fifth-year Widener student who is helping me coordinate the project this year. Dana can be reached at dana-gene914@aol.com



PSPP Annual Graduate Student Brunch

Emily Loscalzo, M.S.

This year's PSPP Graduate Student Brunch, held on May 1st, was another rousing success. Generously held at the house of Barbara Goldsmith, Ph.D., this event entertained students from Widener University, Chestnut Hill College, Immaculata University, University of Pennsylvania, and Bryn Mawr College. Widener again had the most prominent showing at this brunch, inspired by passionate and charitable PSPP advocate Dr. Goldsmith. However, the number of students in attendance from other area graduate schools was quite impressive.

Stacey Boyer, B.A., Graduate Student Representative of PSPP, introduced this year's brunch topic, which was how to secure a post-doctoral position in various settings. Dan Livney, Psy.D., PSPP Treasurer and recent graduate of Chestnut Hill College's Doctoral Program, addressed the group about his efforts to secure a post-doc in a non-traditional setting. He also spoke about recent changes in licensure requirements and how they may work to current graduate students' advantage. Amanda Swartz, Psy.D., PSPP member and recent graduate of Widener University, discussed her experience of securing a post-doc at a college counseling center

and provided the guests with some helpful handouts to guide them through the searching, applying, and interview processes. Dr. Swartz is very excited to begin her post-doc at University of Texas at San Antonio's Counseling Center this fall. Finally, Kevin McCarthy, Ph.D., graduate of the University of Pennsylvania, spoke about his post-doc experiences at Pennsylvania Hospital, where he completed his predoctoral internship, and at the University of Pennsylvania, where he is currently completing a research post-doc. Dr. McCarthy, who has also recently accepted a full-time faculty position at Chestnut Hill College, offered several helpful handouts guiding the students on how to search for various post-doc positions as well as interviewing tips.

The PSPP Mentorship Program was also well-represented at the student brunch. Dana Odell, Psy.D., Mentorship Program Assistant for PSPP, described the Mentorship Program and its purpose and encouraged other students to apply to be matched with a mentor. Dr. Odell, recent graduate of Widener University, was happy to recount her experiences with her mentor, Dr. Goldsmith, and how they contributed to enriching her development as a budding professional. Ms. Boyer and Andrea

Continued on page 11

Although these children receive a variety of services, most are short-term, behaviorally oriented interventions, aimed at solving specific practical problems. What's missing is the continuity of a trusted relationship, one person who is able to stay connected with the child through the inevitable transitions; the program's motto is, "One child, one therapist, for as long as it takes."

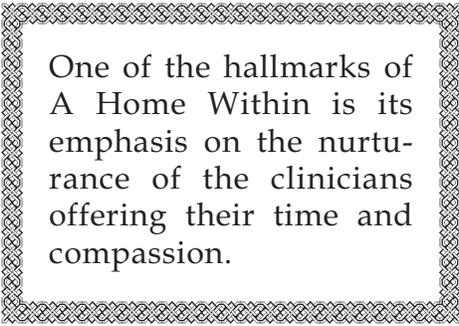
One of the hallmarks of A Home Within is its emphasis on the nurturance of the clinicians offering their time and compassion. The work can be frustrating and isolating, especially for clinicians in private practice. Because this is difficult work, the program requires participation in a peer consultation group which meets regularly, usually on a weekly basis. Clinicians report that these groups are one of the most rewarding parts of their experience with the program, offering ongoing peer support and case consultation.

The valuing of peer support is one of the strengths of A Home Within that initially drew Dr. Schaller to the program. In addition, Joe reports being impressed with the professionalism of everyone involved. The clinicians who volunteer their time are not naïve or overly idealistic, but facing the difficult issues the work entails head on. The organization responds by supporting the clinicians, both with consultation and with a centralized intake system for referrals. This ensures the presence of an adult in the child's life who can back up the treatment, get the child to appointments, negotiate transportation, etc.

The program is also unique because it brings together clinicians from many different theoretical orientations, united by a shared belief in the importance of a sustained relationship. The opportunity to collaborate with disparate groups of caring professionals who all work with children but might never have crossed paths otherwise is one of the reasons Dr. Schaller and others are working with A Home Within. The organization allows clinicians to work in whatever way they deem appropriate, bringing together expertise in family systems, psychodynamic, relational, person centered and cognitive behavioral

approaches, all using the relationship as the means of agency in helping the child. For Joe, being part of both a local and national group of caring practitioners is also compelling, cutting through the potential isolation of the work and creating strong working relationships.

As clinicians, we have all experienced the power of the therapeutic relationship to facilitate change. Dr. Schaller shared his experience working with a child in foster care quite a few years ago. At the time, the eight year old boy was dealing with significant loss and



One of the hallmarks of A Home Within is its emphasis on the nurturance of the clinicians offering their time and compassion.

anger, spending hours in the playroom building barricades and shooting his therapist as he worked through his fear and rage. The other day, Joe heard from the boy, now a young man of 23 with two children of his own. "I think of you a lot," the man simply said. He knew he could call if he needed to, and that trust in the persistence

of the relationship helped set the young man on a successful path. Joe's story reminded us all that the clinician doing this sort of *pro bono* work may be the only person a child ever encounters who isn't being paid to look after him or her—and of what a difference that relationship can make in the child's life.

The organization's name itself carries powerful meaning. A Home Within recognizes the value of creating within the child an internalized trusting relationship, so the child can have it within them no matter where they go. At the same time, clinicians help to build and strengthen relationships with important people in the child's life, providing an internal and external network of support as the child navigates multiple transitions.

In addition to being the local coordinator and clinical director for A Home Within, Dr. Schaller is a psychologist working in private practice in Wayne, PA with adults, adolescents and children. He is also a past president of PSPP, and a member of the Institute for Relational Psychoanalysis of Philadelphia. Please contact Joe if you are interested in volunteering with A Home Within, at 610-995-0189 or at DrSchaller@JosephSchaller.com or jschaller@ahomewithin.org. For more information, visit www.ahomewithin.org.

Walking the Walk:

Philadelphia Analysts Present on Division 39 Panel

How Psychoanalysis Matters to Poor and Homeless People

Rachel Kabasakalian McKay, Ph.D.

For many people who find themselves homeless, perhaps temporarily so, opportunities to come indoors are welcomed. However, there are some for whom, in the words of Philadelphia psychoanalyst Deborah Anna Luepnitz, “Experiences of home have been so ruinous that they refuse free apartments, or accept them reluctantly, only to be found sleeping in the park the next night.” Luepnitz, the founder of *Insight for All*, which matches therapists with homeless adults living in shelters through Project Home, chaired the panel “How Psychoanalysis Matters to Poor and Homeless People” at the Division 39 meeting in New York in April. As her words make clear, the trauma in the history of many homeless persons is not limited to the experience of living on the streets, itself almost unimaginable to most of us. Rather, for a significant number, homelessness is a consequence of years of the kinds of trauma—abuse, deprivation, non-recognition—that has become an increasing focus of contemporary psychoanalytic theory and clinical work.

Both Luepnitz’s paper, “Devotion and Desire: the use of Winnicott and Lacan in the treatment of homeless adults,” and the paper given by her colleague, Relational psychoanalyst Dennis Debiak, entitled “‘You Saved My Feet’: Psychotherapy with a Homeless Man,” sound a consistent theme: even when a person is confronting deprivation of basic material necessities, the psychological challenges of coping with the aftermath of trauma, negotiating contradictory needs and fears in regard to connecting with others, and searching for meaning in one’s encounters remain paramount. For these reasons, psychoanalytic psychotherapy, time in a room with another person who will listen, who will struggle to understand, and to whom one’s struggles will matter—even in the face of tremendous frustration—can be as invaluable for those whose basic survival has been so much at stake as it is for those who have not faced such material deprivation.

Luepnitz tells the story of her work with a 61-year-old woman with a diagnosis of schizophrenia, who found herself living on the streets after the death of her parents. One of the recurring events in the relationship between Deborah and her patient “Lenore” is the extent to which Lenore would express dismay when Deborah would choose to walk in the cold or rain, or when she confessed to Lenore that she wasn’t much of a cook. Deborah grapples with this, over the course of the treatment, trying to work it out in different ways—both in her own mind, and in the interactions with Lenore. What is this about? Lenore won’t talk about what it was like during the years she lived on the street, exposed to the elements without anything approaching adequate protection, but is horrified at the prospect that Deborah isn’t caring for herself well enough. “Perhaps,” Luepnitz reflects, “she is experiencing the pain of exposure to cold and rain for the first time as she looks at me.”

Throughout their work, Luepnitz was called upon again and again to explain herself in the face of Lenore’s concern—but also her disbelief at the choices Deborah made, how she lived her life. How could she choose to walk, in the cold, to get to the shelter where she met with Lenore? Didn’t she own a car (no, Luepnitz does not)? What did she mean, she wasn’t a good cook? What did she eat?

One of the most compelling aspects of Luepnitz’s account is to hear her struggles to explain herself in a way Lenore would understand—and then to reflect on these aspects of her experience in order to learn from the inside something crucial and painful about Lenore’s internal experience. In her conclusion, Luepnitz writes, “What I experienced with her—and I remain amazed at how difficult it is to shake off the feeling—was the shame over my very existence, of appearing to the other as not fully socialized, not part of the human community, having to defend my

appearance, begging not to be judged on my appearance. Of not being able to tell my truth, my story, because it couldn't possibly be heard or understood."

This aspect of the work—to enter into a relationship with a person whose experience has been in some ways unimaginable and to be willing not only to hear about suffering, but to allow it in, to live with it and what it evokes—is a central aspect of psychoanalytic work. In Dennis Debiak's paper, he reflects on the work he did with a supervisee who was treating a homeless man over a period of two years. "Gabe" was a relatively young man, whose history was marked by chronic and particularly emotionally painful abuse during childhood and adolescence, leading him to choose the streets over the shelter of his family home when he became a young man. His years on the streets led to what both Debiak and Luepnitz described as a not-uncommon physical trauma for homeless persons—the amputation of parts of his feet following frostbite, gangrene, infestation with maggots, and many months without needed medical attention.

As he works with his therapist, a graduate student who meets with him weekly over a period of two years, she in turn brings her hopes and frustrations to supervision, trying to find a way to be with Gabe, and a way into his psychic world. Mary, the therapist, feels terribly guilty about her own impatience with what she vividly describes in supervision as the alternation of the expression of a wish to connect on Gabe's part with withdrawal and anger at being sought out. In supervision, Debiak works to help Mary construct a frame within which to make sense of her experience with Gabe: Winnicott's understanding of the conflict between the wish to be held and contained, on one hand, and the fear of impingement, on the other, seemed particularly useful to Dennis and Mary as they tried to understand both Gabe's puzzling patterns of interaction with those around him and Mary's struggles about how to offer something to Gabe that he could accept without feeling engulfed or overwhelmed.

A crisis in the treatment involved Gabe's revealing that his feet—the parts of them left after the earlier amputations—were once again hurting him a great deal. He acknowledged to Mary that he was not caring for them as he had been instructed to do and Mary had to manage her mounting anxiety about the potential looming consequences of his refusal to seek medical care. Debiak held with Mary her anguish about her

choices—her fear that if she pushed Gabe he would flee treatment and if she did not, he could lose his feet altogether.

A powerful moment occurred when Gabe, in whose artwork Mary had expressed great interest, brought in a painting he'd done, called "The House of Pain." Mary's ability, in that moment, to grasp and help formulate the connections between this "House of Pain" and the pain in Gabe's feet led at first to a profound shift in the room and then to Gabe's consulting a doctor. Debiak writes about this in terms of the function of bearing witness in therapy and also evokes the work of Donnell Stern, who writes about how aspects of dissociated experience which remain unformulated, unsymbolized in language, come to be enacted in the therapy relationship. Debiak writes, "As Mary's supervisor, I was struggling to help her put her and Gabe's experience into words. The efforts of the three of us were good enough to enable Gabe to tell Mary that his feet were hurting." Gabe's words, on coming to see Mary after having finally consulted a doctor, were, "You saved my feet."

Both of these treatments took place in a context not typically associated with psychoanalysis: residences for formerly homeless adults. *Insight for All* is one of a small but meaningful number of programs in which psychoanalysis ventures outside its own comfort zone, to find people where they are, and to stretch our sense of what it is we do to meet a wider variety of needs. As Luepnitz writes, "I do not see this work as some bold new iteration of psychoanalysis. Rather, it is part of a long history of *pro bono* work. . . the roots of these projects can be traced to 'Freud's free clinics,' described brilliantly by Elizabeth Danto."

Indeed, the third presenter in this panel was Elizabeth Danto, whose paper, "'Treatment Will Be Free: The True Story of Freud's Social Democracy,'" drew from her 2005 book, *Freud's Free Clinics*. She documented a really remarkable and little-talked-about aspect of the early decades of psychoanalysis—when clinics provided analytic treatment at a fee that could be afforded by the poor and working people of the cities in which they were located. It is hard to listen to Danto's carefully documented narrative without experiencing it not only as fascinating history, but as a call to reclaim and reanimate this aspect of our profession. As Philadelphians, we don't have to look far for inspiration.

2011 PSPP Spring Meeting with Adrienne Harris, Ph.D.

On the Self-care of the Analyst

Robin Ward, Psy.D.

The 2011 PSPP Spring Meeting was on Saturday, February 26th with a full day interactive talk by Dr. Adrienne Harris. The topic of Dr. Harris's talk was analytic self-care. Dr. Harris began with a discussion of reasons practitioners of psychoanalysis might often be deficient when taking care of their own emotional needs. Unpacking this phenomenon, she offered up four domains for consideration.

First, Dr. Harris noted that evolutions in our understanding of transference and countertransference make it far more challenging, even confusing, to say with confidence what content is coming from the patient and what is coming from the analyst. Such conceptual innovations provide a more sophisticated lens to view the process of psychoanalytic work. However, at the same time, practitioners are disabused of the firm and organizing emotional grounding provided by earlier ways of thinking.

Second, expanding on the first point, Dr. Harris suggested that contemporary neuroscience has pointed similarly to the lack of clarity at the level of bodily experience regarding origins and ownership of interpersonal and emotional communication. She noted suffering is held in the body and wondered what the effect might be on one who works with it day in and day out.

Third, Dr. Harris noted that the ego ideals in our profession promote sacrifice to an unhealthy degree. For example, Dr. Harris referenced the story of Freud's death, where it was when his beloved dog would not enter the same room with him due to the stench of the deteriorating bone in his jaw that he decided to request euthanasia. She proposed that as a totemic story of how one takes care of oneself as a psychoanalyst, the story of Freud's death establishes unnecessarily harsh standards of the degree of suffering sufficient to justify attending to one's needs.

Lastly, Dr. Harris suggested that understanding problems with analysts attending to their own emotional needs requires a consideration of the unique type of person attracted to doing analytic work. She

noted that both externalizing individuals and "tend and befriend" types have found ways to deal with disorganized attachments. The former might develop conduct disorders; the latter may well become psychoanalysts. She proposed that, "We're good at doing this work because we've been doing it for a long time." Expanding this consideration, Dr. Harris referenced the Greek myth of the archer Philoctetes, as depicted in Edmond Wilson's 1941 work, *The Wound and the Bow*. In it, Philoctetes is bitten on his foot by a snake, creating a festering wound that never heals. As long as the wound is open and festering, Philoctetes is the perfect archer. Dr. Harris proposed that, similar to Wilson's depiction of the wounded archer whose wound is the source of his abilities, analytically oriented clinicians also carry with them a wound that cannot heal. Our work is in some ways an attempt to mend an ancient injury, forever circulating around some intangible and archaic trauma—an attempt at, "... healing the damaged and wounded objects in our lives."

So what to do? Dr. Harris recommended that, similar to the ways other artists take care of their instruments (for example, a singer drinks tea with lemon prior to a performance or an actor naps between shows), analysts need to make efforts to take care of themselves as an analytic instrument. Such work would include efforts towards taking care of the body (for instance, down-regulating activities such as yoga), but also work to change the culture of psychoanalysis as a profession. For example, she proposed that the fact of the emotional difficulty of psychoanalytic work needs to be addressed in the training of analysts. She noted that oftentimes clinicians are implicitly encouraged to present only cases that go well. This can be a problem as doing so encourages shame around the difficulty of dealing with more challenging therapies. Dr. Harris proposed that some of this could be remedied if senior analysts began to make a point of talking about times when their work did not go well. She also underscored the importance of sharing the difficulties of our work with colleagues.

PCPE Launches New Website

Dennis Debiak, Psy.D.

The Philadelphia Center for Psychoanalytic Education (PCPE) inaugurated its first website in March 2011: www.pcpeonline.org. The website allows people to review information and register for upcoming programs, such as its popular reading seminars. The website allows registrants to pay for programs via credit card. The website will also allow those who register for PCPE programs to more easily communicate with each other and receive readings and other documents.

PCPE was founded in 1992 by a number of PSPP members. Its first president was Barbara Goldsmith, Psy.D. Current President Laurel Silber, Psy.D., wrote a

history of PCPE that also appears on the website under the "About PCPE" tab.

The new website also contains a blog written by Dr. Silber. Her first blog post is entitled "The Blooming of PCPE." Please visit the website and read this important post.

PCPE is the parent organization of the Institute for Relational Psychoanalysis (IRPP), which has a separate website: www.relationalpsyaphila.org. Please visit both websites for information on upcoming programs and for information about IRPP's psychoanalytic training program.

PSPP Annual Graduate Student Brunch (continued from page 6)

Perelman, B.A., both current Psy.D. students at Widener University, also spoke favorably of their mentorship experiences with Robin Ward, Psy.D., and Laurel Silber, Psy.D., respectively, and described the benefits that they have reaped from their relationships with their mentors. For more information about how to join the Mentorship Program, please contact Dr. Odell at dana-gene914@aol.com.

The PSPP community is interested in attracting more graduate students so that they may foster an

empathic learning environment for them and help them to enhance their interest in psychoanalytic theory and psychodynamics. Please invite your psychodynamically curious friends to join PSPP and attend other events and brunches. Also, please feel free to contact PSPP Graduate Student Representatives Stacey Boyer, B.A. (staceymboyer@ymail.com) or Emily Loscalzo, M.S. (eloscalzo@gmail.com) for further information about opportunities for graduate students and to help connect other interested graduate students to our community.

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Member Accomplishments

Jane Widseth published a review 2010 book *Mental Health Care in the College Community* (edited by Jerald Kay & Victor Schwartz). Her review can be found in the *Journal of College Student Psychotherapy*, 25(1), 93-98.



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PCPE Reading Seminar and Workshop

Witnessing: Trauma and its Aftermath

Invited Speaker

Bruce Reis, Ph.D. is on the faculty of the NYU Postdoctoral Program in Psychotherapy and Psychoanalysis. He serves on the editorial boards of the *International Journal of Psychoanalysis*, *Psychoanalytic Dialogues*, and the *International Journal of Psychoanalytic Self-Psychology*. Dr. Reis practices psychoanalysis and psychotherapy in downtown Manhattan.

Reading Seminar Description

This workshop will introduce the clinical utility of a position of witnessing in working with trauma. As a component of a psychoanalytic treatment, witnessing represents a non-medical model approach to encountering the experience of an other. We will

look at the different ways witnessing has been employed by different analysts of differing schools and consider the imperative to witness as both a solitary and a relational event. We will discuss issues of accuracy, history, memory, and knowing as they are conveyed through speech and enacted within the intersubjective space of the treatment. We will focus on the importance of the analyst as one who listens, thereby transforming traumatic repetition into testimony.

Co-Facilitators: Barbara L. Goldsmith PsyD
Noelle Burton, PsyD

Register: pcpeonline.org

Reading Groups: Mondays 9/12 & 9/19

Workshop: Saturday 9/24