**Even if we wish to deny the common man his religion, we clearly do not have the authority of the poet.**

— Freud, *Civilisation and its Discontents*

Welcome to the Summer/Fall ‘Creative Expressions’ edition of *Currents*. We are excited about this issue for a number of reasons. First, it has been inspiring for us to discover those artists that walk amongst us, whose creative talents often ripple beneath the surface unseen and unsung. Second, we hope that this edition inspires ‘the artist in all of you’ to take that leap, find your creative outlet, and perhaps share it with us! Last but not least, psychoanalysis and psychotherapy are, in and of themselves, considered creative processes. They are at once spontaneous and imaginative while grounded by the profound professional responsibility of guiding another’s soul/psyche toward possibilities—allowing the client to imagine and attain more satisfying ways of being in the world.

The art of healing could be considered each therapist’s own unique way of weaving, with the client, a creative matrix in which therapy takes place, takes root, and fosters a relationship where memories of the traumatic and unbearable can be safely unveiled, untangled, and understood in the presence of the compassionate ‘other’. Using the client’s own metaphors, fantasies, dreams, and wishes, a therapist might spontaneously construct in his/her own mind the emotional landscape within which the client resides…and then enter it. Art, as you will read in this issue, has the potential to facilitate this endeavor, either through the use of the client’s own creative processes (stories, drawing, music) or through the discussion of public art and media (film, fiction, television).

The dynamic relationship between the arts and psychoanalysis is evident from the very inception of psychoanalytic theory. In *Civilisation and its Discontents*, Freud acknowledges that the poet/philosopher Friedrich Schiller (1759-1805) was instrumental to Freud’s original conception of the two basic instincts—sex and self-preservation. Schiller had written previously that the “mechanism of the world” was kept solid and constant by “hunger and love.” William Blake (1757-1827), artist, poet, and philosopher, argued for the importance of conflict as a prerequisite for human development to proceed—“Without contraries there is no progression. Attraction and Repulsion, Reason and Energy, Love and Hate, are necessary to Human existence” (*The Marriage of Heaven and Hell*). Might Blake, as well, have had some influence on Freud with regard to the formulation of his theory of psychosexual development and conflict resolution?

The impact of psychoanalytic thought on the arts may be much more difficult to explicitly identify. Perhaps, we might consider that when we are immersed in the process of observing, interpreting, or feeling a work of art, a piece music, a film, a stanza of moving poetry or a line of prose…whenever we find personal, unique meaning through artistic expression…we may be as close as we can be to the unconscious, to the psyche. Our contributors to this ‘Creative Expressions’ edition of *Currents* have provided us with glimpses into that process as they generously share with us their creative writing, poetry, photography, and artwork. Please enjoy...

Jacquelynn Cunliffe, MSN, PhD and Lesley A. Huff, MS
Okay, I believe you now, Oz was a dream. I never flew over the rainbow, whisked aloft in a big house in a cyclone’s vortex. And the house and I never fell back to earth and landed on the Wicked Witch of the East and crushed her like a boot crushes a bug. And there never were the Munchkins and Glinda and the Wicked Witch of the West and the yellow brick road like a path of gold, and the fighting trees and scarlet poppies and the identity-befuddled trio of the Scarecrow, Tin Man, Cowardly Lion. And the Emerald City really doesn’t exist, along with the Wizard, and Winkies—the witch’s former slaves. And I never killed the Wicked Witch of the West either, accidentally, of course, by dousing her with water. And afterward I wasn’t declared a hero. I wasn’t praised by the Winkies and the flying monkeys; no encomiums from the Wizard and other dignitaries.

So I couldn’t have stayed, even if I wanted to, in Munchkin Land or the Emerald City. I could never have ruled as a good witch, sorceress, queen. I couldn’t have resided in the most magnificent palace, on the greenest, most verdant fecund sward you ever saw. And never ministered to a joyous, warmhearted people who loved and honored me. I never could have done any of that!

Instead I live in dried up old Kansas. On a starved gray prairie, on a worthless farm. With an aunt who abuses me and an uncle who’s a moron—his apologies more frightening than her rages.

Where every day it’s the same damn thing: Dish the corn for the chickens, yank the teats on the cows. Muck out the sties—the candied stench of manure. Churning, dusting, cooking, cleaning. I never get things clean enough for her. My guardians make me feel guilty about all they’ve done for me: saved me from the orphanage and given me a home. But this home is a wasteland without an oasis, a suffocating nightmare where I’m a slave.

In addition to Oz I have another dream—more a waking fantasy than a storm- addled trip. I dream about burning down the farm or smothering Aunt Em and Uncle Henry. I dream about a twister that works—a huge arching whirlwind that flattens everything. I imagine flying away on a broomstick (forget about the implications). Truth is I don’t have any dates or friends. Em drives them away, or makes me feel so badly about them that it’s better not to see them than to face her derision.

Oh, I wish I was back in Oz again. Even if it’s a hallucination it’s better than this. Anything would be better than this barren place. Things would be easier if Toto hadn’t died. He was my light, my spirit of play. He got me into trouble, but led me to places where I never would’ve gone if he weren’t my friend.

There’s no place like home, there’s no place like home. But there’s no place like Oz, there’s nothing like Oz. I want to go back to its either-or truths. I want to be free and clearheaded again. I want to see my friends, particularly the Scarecrow; he was a genius before he got brains. I know there’s danger there for me because everyone can’t be happy that I killed the witches and unmasked the Wizard. Hell, I’m not happy about killing two people, no matter how wicked they were. Oz isn’t perfect, but it’s pretty damn close. There you travel down a road, you meet amazing people, you strive together, succeed—you feel good about yourself. Here you’re on a hayride to oblivion.

I want to click my heels together and go back to Oz, but I can’t find the ruby slippers anymore. Maybe the best thing I can do is to wait for the next storm.

continued on page 3
When the wind roars like a runaway train, and that
great black funnel-shaped cloud snakes towards me,
I'm racing outside, arms outstretched, ready to
embrace its glorious lie.

James Rahn, MFA is a graduate of the PCOP
psychotherapy training program. Last year his
first novel, Bloodnight, was released. He leads the
Rittenhouse Writers' Group in Philadelphia.
(See rittenhousewritersgroup.com.)

A Saturday in Swarthmore: Thoughts from a
PSPP-Sponsored Writing Workshop

Catherine Ambrose, MSS, LCSW

Although I thought myself prepared, it had been a
challenge to get to this writing workshop that I was
so interested to see offered by PSPP. My childcare
arrangements had been chaotic. I had forgotten to
print the directions, and my GPS had become inhabited
by an evil demon with a slightly sarcastic Australian
accent. I forgot, too, that Swarthmore itself is full of memories,
and as I drive past the main street from an unexpected direction
I find myself bursting into equally unexpected tears for my grand-
mother, whose place this was for nearly 70 years—her church,
her home, her beloved alma mater, the boundaries of the town
like her outer skin, giving her life its particular shape. And then
on arrival there is the usual anxious feeling of confronting a room-
ful of adults from the perspective of my inner 17 year old, though
this dissipates quickly. I felt a bit dislocated geographically and
chronologically, and I couldn’t imagine what I would write in re-
response to the prompt, but I had had a client in mind all week—

By 9:20 I am no longer able to avoid the real-
ization that I have made a rookie mistake. Helen ob-
viously isn’t showing up for her appointment, but like a
lover being stood up for a date, I am offering her
dozens of excuses for her absence. Perhaps she is in
the hospital. Perhaps her dog has died. Perhaps she
has forgotten the time, the week, the day. I know she hasn’t and
that she is gone, but I want to postpone the admission as long as
possible. I check my voicemail again, but I have no new, apolo-
getic messages, “I’m so sorry, the traffic is terrible. I forgot.
Someone died.”

As the hour ticks by, the mistake I made is getting clearer in my
mind. When I first spoke with her on the phone just under a
month ago, she said she had seen another therapist briefly, but
though the therapist had been very nice, she hadn’t been able
to give Helen what she needed. “I had to stop seeing her,” she
said. “It was like breaking up with someone.” I made a mental

continued on page 4
Saturday in Swarthmore...continued

note to ask about this previous therapy relationship, but when I met her I was so enchanted with her and with our connection that I forgot, tumbling into an enactment like a lover into bed. She is a charming woman. A delicate, elfin little person, she was disarmingly intelligent and radiated energy and innocent enthusiasm. As she speaks, she uses her small, graceful hands to draw her feelings in the air. As so often happens very early in treatment, I am fascinated with her story and fell in a kind of love. Helen had come into treatment because she was on the brink of an affair with a man who is also a professor at the college where she teaches. She had fallen head over heels in love with Jon who spoke Italian, wrote erudite articles, and quoted Shakespeare in his normal conversation—so very unlike her intensely practical, earthbound husband of 20 years.

Somehow in the winter they had begun meeting for coffee. They exchanged playful, flirtatious emails. He, married also, told her that he was unhappy in his relationship, his second marriage. He did not tell her, though she found out later, that he had been having an affair with his second wife when he divorced the first. He did not tell her, though she found out later, that he had a habit of falling into affairs, with colleagues, graduate students, and the wives of friends.

Helen’s husband found the emails and confronted her. She was devastated by his reaction—his anger, his naked terror, his tears. He didn’t sleep, he didn’t eat. Her relationship with Jon had seemed so completely other, utterly apart from the life that she had spent many years constructing. It was like the aftermath of a hurricane; she couldn’t quite believe so much damage could happen so fast. She thought Sam would leave, but he held on, storming, shaking, both stronger and more vulnerable than she had ever imagined.

Confronted with the wreckage and all of Helen’s guilt and confusion, Jon had revealed himself to be more in search of secrecy, risk, and conquest than the joining of souls. She found herself in a different story than she hadn’t imagined—she was not the unique, desperately loved soul mate, but one of many. It was now a story of serial seduction and betrayal. She had felt elevated beyond herself and what she had believed possible in her life, and now the story had curdled and become something more sordid and sour. She was awash in guilt and shame, and then guilt again because in spite of it all there was still the longing. She would sometimes see him walking on the campus, and the salt and pepper hair, the straightness of him, the particularity of him, would assault her, and she would become overwhelmed with grief.

There were other reasons for the affair: midlife and empty nest, long conflicts unspoken and unresolved in the marriage, a beloved father lost in her teenage years, Jon exactly the age of her father when he took his own life by leaping off a bridge, shattering on water as hard as glass and making the evening news and, the next morning, all the local papers. Her story was both unique and familiar, and I thought I knew what therapeutic path we were on together.

All this week I have been so preoccupied with this loss of this client I have to wonder why. In part I know she has given me an experience akin to her own with her would-be lover (and, of course, her father)—I had been seduced in a sense, and left with a milder, though reminiscent, stew of longing, loss, anger, and shame. And, as always as a therapist, I am frustrated about not knowing the ‘end’ of the story, frustrated with the ellipses and silences that we encounter with every termination, planned or otherwise.

Then there is the part of me that resonates with her dilemma, so concretely made flesh in her case, but a dilemma for anyone trying to live passionately, with energy and awareness and mindfulness—how to balance the familiarity of deep commitments with the necessary, breathless thrill of originality? How to merge stability and creativity? How to connect fully with desires without neglecting obligations or betraying others?

I suspect that Helen may have decided to have her affair after all, that she was unable to resist the lure of her wanting. Afraid of articulating the intensity of her desire and loss, both ancient and original, she found herself acting without knowing. This is the story I am telling myself, anyway, because this is the moral I want: it is dangerous to resist knowing.

And I realize, as I wend my way through my thoughts about her, that in offering me a small share of her suffering she has also reminded me to think about why I have dragged myself to this workshop on a perfectly good spring Saturday. I can bore myself with my partnership to the more mundane aspects of my life, the necessary but dull commitment to the day-to-day chores that need doing but do not provide much in the way of spice or originality. Like most revelations, this takes many, many iterations and is sometimes still forgotten, but she has reminded me again that I must always foster an affair—secret, surprising, wild, and unprotected as affairs are—with some kind of creative life, or I risk behaving in ways that are deadening or self-destructive. And as I write it, as I have my little affair with the page and this jumble of words, I at once take her in and put her away.
Training can be both a blessing and a curse. Any craft and art, including psychoanalysis, requires disciplined study and supervision. But training can also have a down side when we become disconnected from our own natural way of being. As a singer I wrote this poem to express the way I had to “unlearn” some of the self-consciousness of vocal training in order to reconnect with my natural voice. In clinical sessions, my experience as a singer helps me feel when I am speaking with my own real voice. This then helps me listen for the real voice of the patient as we make music together—music with its attunements, misattunements, and the new composition we create together.

Singing Lessons

Before I studied singing
I really sang—
full-voiced, belly-deep, soul-free,
a boy of five out in a summer field,
arms raised to the heavens,
bellowing skyward,
lungs full and flying.
The song inside me simply sang itself—
the song sang me.

Then came school
and learning
and shutting down the passion;
turning the spigot
tighter and tighter
until the flood of song in me
was just a cautious trickle.

My singing teacher
poked my diaphragm
and scolded:
“Use more support!
Tighten your stomach!
Loosen your jaw!
Relax, relax!”
In trying to make a voice
I lost my voice.

Now, so many years later,
I find my voice again.
The gateway of my throat
has relaxed its sentinel grip
and the old, young
music pours forth.

To learn to sing,
study singing
then throw away the book.
Surrender to the
song inside you
longing, bursting
to flow free.
within the field of psychology, there are many different avenues that can help people address and understand their inner selves on levels that are conducive to personal growth. In order for this kind of personal growth to take place within therapy, a person has to be free of resistance. This resistance often comes in the form of defenses, defensiveness, and defense mechanisms. There are many different therapeutic techniques used by therapists to get around these defenses. One that appears to be very effective is the use of cinema and the media.

Psychology and cinema have always been a good match. They were conceived around the same time and developed together. Each influences the other through both culture and society. From the villains that are determined to dominate the world, to personal and societal dramas, to the addiction, phobias, and disorders that pervade so many of our favorite films, there is no escaping the relevance of either psychology in the movies or the movies in psychology. By looking at the interactions between cinema and psychology, this article will offer insights into some of the most fundamental reasons why film is such an important influence upon our lives today.

The psychological power of cinema lies in its ability to both reflect life and the contours thereof. For years clinicians and educators have recognized the value of the power of cinema and have been using it to respectively heal, in therapy, and educate, in the classroom. There is illustrative value of cinema, offering therapists and other mental health professionals access to ideas that can motivate and enlighten clients using familiar themes and images from cinema and the media. Movies can serve many functions and purposes. Movies can create and relieve trauma, examine relationships in therapy, assist in personal growth and social change and they can provide models for examining mental illness through use of its stereotypes.

Similar to the psychotherapeutic use of metaphor, feature films are increasingly used as a clinical tool for eliciting and building upon patients’ symbolic language. This symbolic language helps to broaden the opportunity to delve into the psyche. The use of film has been presented as clinically valu-
able in establishing and advancing the therapeutic alliance. This happens through the sharing of interests. A clinician who already knows about the client’s interests establishes an immediate connection. The therapist who researches and asks the client about his/her interests shows a genuine interest in that client while simultaneously giving the client something to talk about that is comfortable and less anxiety provoking. Feature film is thought to help resistant clients engage in the therapeutic exploration of problematic cognitive, behavioral, and emotional elements of their existence. Films and other media can be used to lower the defenses so that a person can explore his/her subconscious experiences. This process can be executed by asking a child about favorite fictional characters, providing him or her the opportunity to project personal experiences onto this favorite character. The collective and personal unconscious will be able to be seen by a therapist through metaphorical connection. As more information is shared through the comfort of discussing favorite characters or movies, it can be cross-referenced with the client’s perceived sense of reality and presented as an observation when the therapeutic alliance is strong enough.

The discussion of a particular favorite character is extremely important. People gravitate toward particular favorite characters for a reason. They tend to admire qualities of their favorite person either because they connect with those qualities and think that they possess these qualities themselves or because they would like to have such qualities. This causes them to identify with this favorite person and follow the story lines closely. This information is often very valuable for discovering how individuals see themselves. Often the information can be cross-referenced with the information about the clients’ personal lives and can generate information to explore further. Often there are parallels between peoples’ experiences and the experiences of their favorite characters.

For example, one client, who often had poor social skills when it came to women, was modeling his relationship interaction after a cartoon character named “Johnny Bravo.” Once this was discovered, the client was asked to tell me about his favorite character. The more the client described Johnny Bravo, the more it became apparent that his model for relationships was inappropriate and that if he wanted to illicit a different reaction in the women that he approached, he should consider finding a different model. Another client’s favorite character, Peter Pan, helped her to find that she had difficulty leaving a certain stage of development.

As a general example, when people say that Superman is a favorite character, it can be interpreted in a number of ways. They could see themselves as a hero-like person, with a duty or obligation to save or rescue people. They could also see themselves as needing to be rescued, so they appreciate Superman as a person they are looking to come and save them. Another connection to Superman could be the feeling of not fully fitting in or feeling out of place in their environment. From a substance abuse perspective, people might connect with the feeling that every time they are around a particular substance, they feel weakened, as if they have no strength against it like Superman and Kryptonite. All of these are possible explanations that could be further explored by checking them against other information gleaned from the person’s perspective.

There are several different theoretical bases for the cinema and media’s influences on psychology. One of the most pertinent theoretical sources is Carl Jung and his descriptions of the collective unconscious and the use of archetypes. Carl Jung proposed two psychological aspects of society—the collective unconscious and the personal unconscious. He described the collective unconscious as a part of the unconscious mind, expressed in humanity, and described how the structure of the psyche organizes experiences from a common reality through figures throughout history. The personal unconscious is described by Jung as a personal store of experiences that are unique to each individual. The collective unconscious can lead to the understanding of the archetype images that are embedded in the media. Some of the most popular archetypal images used in cinema are: the Hero, the Super Hero, the Villain, the Child, the Wise Old Man, and the Martyr.

The relationship between psychoanalysis and cinema is a complex one and has been examined primarily from the perspective of analysts and film scholars. Most of these studies originally focused on the application of certain basic analytic concepts borrowed from Freud and other theorists, to the interpretation of the contents of individual movies and to the exploration of themes such as narrative and characterizations. However, there are certain movies that lend themselves better to a psychoanalytic reading. These movies include those portraying characters in a three-dimensional way, those dealing with psychodynamic themes or themes of origin and background, and those representing the analytic profession itself.

Cinema is becoming more frequently recognized as both an art form and as a popular medium for providing the field of psychoanalysis with original insights into human nature. It serves as an explanation to how and why people behave, think, feel, and relate to one another. Further exploration of the union of cinema and psychotherapy can help to create therapeutic techniques that draw from popular themes and interests to provide healing in a fun and revolutionary way.
**Announcements**

**Accomplishments**


**Attention Mentors**

In efforts to continue to improve the mentorship program, Drs. Barbara Goldsmith and Dana Odell are compiling efficacy and satisfaction data. For those of you involved in the mentorship program, you should have received an email with a link to an online survey. For those of you who have not yet responded, we would be appreciative if you could take a few minutes to complete the online survey to help us improve the program.

We will be publishing the data collected from this survey in the next PSPP newsletter.

Thank you to everyone who participated in the mentorship survey so far!

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**Philadelphia Society for Psychoanalytic Psychology**

PSPP Currents is published three times a year. Contributions and comments may be sent to the Coeditors, who reserve the right to edit manuscripts for length, clarity, and consistency of style.

The deadline for the Fall/Winter issue is December 1, 2012.

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**Want to learn more about the psychoanalytic interpretations of cinema?**

The Psychoanalytic Center of Philadelphia presents their “Reel Thinking Series” at Rockland Mansion. These events are free to PCOP Members and those with student/resident ID. $20 admission for non members; applicable toward CME/CE credits ($20 per credit hour). Please visit www.philanalysis.com for more information.

The Bryn Mawr Film Institute’s “Inside the Characters” events are character-based discussions in its Multimedia Room following the screening of a main attraction film one Sunday a month. This group focuses on insights and conversation about how the film’s characters are portrayed and what might be behind the feelings they display, the reactions they have, and the choices they make. This event is free.

Please visit BrynMawrFilm.org for more information.

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Photographer: Annarita Gentile, MSS
The Philadelphia Lacan Study Group & Seminar
Starting in late September, The Philadelphia Lacan Study Group will launch a new reading group project with a monthly meeting.

The Philadelphia Lacan Study Group & Seminar has been meeting since 1990 as an open seminar devoted to the discussion of Freud's and Lacan's main ideas and their application to broader clinical, social, and cultural issues. We organize lectures with renowned international scholars and psychoanalysts. We also coordinate several cartels and reading groups, which engage theoretical problems, clinical presentations, and psychoanalytic cultural critique.

For more information, visit http://lacangroup.org/

Pennsylvania Society for Clinical Social Work and Philadelphia Psychotherapy Study Center Present: Contemporary Perspectives on the Oedipus Complex
Starting September 7 or 8 (depending on location)
10 sessions - 25 CE Available
Chestnut Hill, led by Karen Fraley, LCSW, and Paul Koehler, LCSW
Doylestown, led by Paul Koehler, LCSW
This seminar will focus on contemporary theoretical and clinical perspectives on the Oedipus Complex, the theory that Freud formulated over a century ago. We will read and discuss selected papers by such contemporary writers as Hanna Segal, Janine Chasseguet-Smirgel, Hans Loewald, Ron Britton, John Steiner, Thomas Ogden, David Bell, and Bela Grunberger.

The Chestnut Hill seminar will meet in the Dixon Library of St. Paul's Episcopal Church, on Friday mornings from 9:15-11:45am, approximately every other week, beginning September 7th.
The Doylestown seminar will meet in room 209, Andrews Hall, Doylestown Presbyterian Church, on Saturday mornings from 9:00-11:30am, approximately every other week, beginning September 8th.

Registration and Fees:
Chestnut Hill: $450
Doylestown: $400
25 CE credit for social workers and CE credit for psychologists and certified counselors are available.

For further information, to receive a copy of the syllabus, and/or to enroll, contact Paul Koehler at (215) 345-8730 or pmkmsw@gmail.com; or Karen Fraley at (610) 827-1641 or kfraley1@verizon.net.

Information also available at http://www.ppscphila.org/

The Jung Club Presents
Fridays, 1-5 pm, The Academy House
CE Credits Available
Sept. 14, 2012
C.G. Jung’s Red Book: Art, Mandalas and Active Imagination
Jane Selinske, EdD, LCSW, NCPsyA-LP, BC-MT, is a licensed Jungian Analyst, a practitioner of Mandala Assessment, and a Board Certified Music Therapist.
October 19, 2012
The Myth of Prometheus: A Parable for Our Time
Beth Darlington, PhD is a Professor of English at Vassar College in Poughkeepsie, New York. A graduate of the C. G. Jung Institute of New York, she is also a licensed and certified Jungian analyst and has a private practice in Poughkeepsie.
March 8, 2013
The Cycle of Life: Themes and Tales of the Journey
Erel Shalit, PhD is a Jungian psychoanalyst in Ra’anana, Israel and past President of the Israel Society of Analytical Psychology. He is Founding Director of the Jungian Analytical Psychotherapy Program at Bar Ilan University, and past Director of the Shamai Davidson Community Mental Health Clinic, at the Shalvata Psychiatric Centre in Israel, and presently Honorary Secretary of the IAAP Ethics Committee.
April 19, 2013
Deconstructing the Monstrous: An Archetypal Psychology Approach
Sylvestor Wojtkowski, PhD, is a Jungian analyst in private practice in New York City and a founding member of the Jungian Psychoanalytic Association (JPA) where he is a seminar instructor and supervisor.
May 17, 2013
What Dissociates in Dissociation? Unpacking and Exploring a Complex Phenomenon in Theory and in Clinical Practice
Richard P. Kluft, MD, PhD practices psychiatry, psychoanalysis, and medical hypnosis in Bala Cynwyd, PA. He is a Clinical Professor of Psychiatry at Temple University School of Medicine, on the faculty of the Philadelphia Center for Psychoanalysis, and has published over 225 scientific papers and book chapters.

Registration and Fees:
Entire Series of 5: $500 ($600 with 4 CE credits each)
Single Seminar Fee: $125 ($145 with 4 CE credits)
Events...continued

Distinguished faculty, small group setting, depth psychology, limited enrollment. For further information or registration form, please go to www.thejungclub.com or call Marion Rudin Frank, EdD at 215-545-7800.

The Use of Mindfulness Practices to Enhance Individual and Group Psychotherapy with Diane Reibel, PhD

September 22, 9am-1pm
Lankenau Hospital

4 CEs Available

This workshop offers a balance of didactic content and experiential learning. The didactic material emphasizes the current research on mindfulness-based interventions used with a wide range of diagnoses and populations, as well as the effects of mindfulness training for health care professionals. The experiential modules offer an introduction to the key mindfulness practices presented in Mindfulness-Based Stress Reduction and teach therapists effective mindfulness practices that can be immediately used with clients. The workshop encourages a dialogue between presenter and participants about how mindfulness can be integrated into therapeutic work with individuals and groups.

Objectives
- Learn the axioms of mindfulness and understand the connection to the practice of psychotherapy
- Review the evidence for mindfulness-based interventions (MBIs) in psychotherapy
- Directly experience key mindfulness practices and assess the effects on mind and body
- Utilize mindfulness practices to increase therapeutic presence and empathy and counteract compassion fatigue
- Apply simple mindfulness practices for immediate use with clients

Conference

Saturday, September 22, 2012: 9 am-1 pm.
Light refreshments from 8:30-9 am
Location: Lankenau Hospital, Auditorium, Main Hospital Entrance, “A” Lobby, 100 E. Lancaster Ave, Wynnewood, PA 19096

Registration and Fees:
Members $80,
Non Members $95, Student & Retired Members $25,
Student Non Members $35

4 CE fees included with conference fees

New York Psychoanalytic Society and Institute Presents — Psychoanalysis and Drama: August Strindberg’s Late Plays, with George Mandelbaum, PhD

September 24, October 1, 8, 15, & 22, 7:30-9 pm
CE/CME Credits Available

August Strindberg [1849-1912], who along with Ibsen and Chekhov initiated modern drama, revolutionized the dramatic medium so that it no longer reflected an external consensual reality but rather the playwright’s own inner states. We will psychoanalytically examine some of Strindberg’s efforts to give his extraordinary inner states dramatic expression. “...for two decades Strindberg suffered from a well-known describable process which we might classify as schizophrenic, paraphrenic or paranoid. The terminology matters little. ... [In Strindberg] the process begins in the [1880’s]. It progresses by means of two major thrusts, which occur and culminate in 1887 and 1896. ... The first attack produces the classical manic state of jealousy. ... The second attack brings in its train a great number of hallucinatory and paranoid experiences. ... [In] 1897, a major calm ushers in the final phase.” — Karl Jaspers

Strindberg and van Gogh

The following plays will be covered: The Father (1890), To Damascus Part I (1898), A Dream Play (1901), and The Ghost Sonata (1907).

Suggested reading: Strindberg The Confession of a Fool (1888) and The Inferno (1897); Freud The Schreber Case; Louis A. Sass Madness and Modernism: Insanity in the Light of Modern Art, Literature, and Thought.

Dr. Mandelbaum received his BA summa cum laude from the University of Minnesota and his MA and PhD from Columbia University, where he studied as a Faculty Fellow. He is a former tenured Associate Professor of English Literature and Humanities at Mercy College. His paper, “Some Observations on Value and Greatness in Drama,” was published in the April 2011 issue of The International Journal of Psychoanalysis.

Registration and Fees:

To register, contact the New York Psychoanalytic Society and Institute at 212-879-6900, or www.psychoanalysis.org.
Fee: $125
APA-approved CE Credits and CME Credit available.

continued on page 11
Events...continued

Picturing Childhood: Children’s Literature and Psychoanalysis

An interdisciplinary symposium featuring Caldecott Award-winning illustrator and author David Small

September 29, 8:15am-4pm
Houston Hall on University of Pennsylvania’s campus

CE/CME Credits Available

This program will include:

An in-depth interview with David Small;

Papers and panel discussions by psychoanalytic and literary scholars on Stitches, The Gardener, Little Bear and works by Beatrix Potter. Presentation on clinical work with traumatized children making use of fairy tales and hands-on materials to facilitate symbolization and representation.

There will be an opportunity for audience participation, book-signing, and a special reception and exhibit in the rare book room of Van Pelt library at the close of the day.

Registration and Fees:

$50 admission fee – no credits
5.5 CME/CE credits available - $20/credit hour – NO PARTIAL CREDIT - $110 includes admission fee
5.5 Act 48 credits available - $10/credit hour – NO PARTIAL CREDIT - $55 includes admission fee

Admission & credits free to PCOP members & students/residents with ID

To register, call Ben Diamond at the Psychoanalytic Center of Philadelphia at 215-235-2345 or bdi@philanalysis.org

Sponsored by the Psychoanalytic Center of Philadelphia in collaboration with the University of Pennsylvania’s Freud, Franklin and Beyond programs. For more information, please visit www.philanalysis.org.

Philadelphia School of Psychoanalysis Presents — Getting to Know DW Winnicott

Discussion Groups: October 10 and 24, 7:30-9:30pm
Workshop: October 28, 9:30am-3:30pm
Haverford College

9 CE credits available for attendance to entire seminar

The Philadelphia Center for Psychoanalytic Education (PCPE) is delighted to offer a Reading Seminar focusing on an in-depth study of “Winnicott’s Search for Himself as Clinician.” The guest leader for the workshop will be Dodi Goldman, Ph.D., the author of a book and many papers on Donald W. Winnicott and the editor of a book featuring Winnicott’s contributions to psychotherapy and psychoanalysis.

PCPE has a unique structure for its Reading Seminars: participants make a commitment to attend the two discussion groups in addition to the Sunday workshop. In the discussion groups, members will discuss ideas generated by a syllabus suggested by Dr. Goldman. Following the two discussion groups, Dr. Goldman will present additional material.

The discussion groups will meet on Wednesday evenings October 10 and 24, 2012, on Haverford College’s campus from 7:30 to 9:30 pm, with Audrey Jarman, PhD, and Jane Widseth, PhD, as co-facilitators of the discussions. Dr. Goldman has suggested that in the discussion groups, we read four chapters from Playing and Reality. We also will
Events...continued

read a paper by Thomas Ogden on “Reading Winnicott,” and perhaps a recent paper by Dr. Goldman.

Dr. Goldman is a Training and Supervising Analyst at the William Alanson White Institute, on the Advisory Board of the Israel Winnicott Center and the former book review editor of the journal Contemporary Psychoanalysis. He is the author of In Search of the Real: The origins and originality of D.W. Winnicott (1993), and he edited a volume entitled In One’s Bones: The clinical genius of D.W. Winnicott (1993). In addition, he has published numerous articles on a variety of subjects in Contemporary Psychoanalysis, Psychoanalytic Dialogues, Psychoanalytic Psychology, The International Journal of Psychoanalysis, and The Psychoanalytic Quarterly. He is in private practice in New York.

In his study of Winnicott’s work over more than two decades, Dr. Goldman has acquired biographical material, private letters, audiotapes and correspondence that will be presented to and discussed by participants in the workshop. What Dr. Goldman will help participants come to understand is how DWW’s originality as a thinker comes from his unique personality and personal struggles.

Registration and Fees:

Early Career Professional Members of PSPP - $145.00
Early Career Professionals (received highest degree between 2007 - 2012) - $165.00
Members of PSPP - $195.00
Nonmembers of PSPP - $225.00

9 CE credits for the entire seminar are available to both psychologists and social workers.

For more information and to register, please visit http://pcpeonline.org/.

The 15th Annual Conference of the International Society for Ethical Psychology and Psychiatry (ISEPP) Alternatives to Biological Psychiatry – Treatments that Work

Co-sponsored by the Foundation for Excellence in Mental Health Care
November 2 and 3, 8am-6pm
Dinner – Friday 6:30pm; Film – Saturday 8pm
Philadelphia Airport Marriott (Hotel Discounts Available)

Topics Include:

• Alternatives to medication for those in psychological distress, including approaches to both psychosis and depression.
• Comparisons of efficacy of drug and non-drug treatments.
• Consumer-centered interventions that help people move towards full recovery.
• What parents and families can do to help children without reliance on psychotropic drugs.
• Withdrawing from psychotropic drugs: Clinical indications, safety, and supervision concerns.
• Treating children and adults with integrative care.
• Non-drug approaches to helping children diagnosed with ADHD.

Presenters include, among others:
Burton Karon, MD
Irving Kirsch, PhD
James Gordon, MD
Gary Greenberg, PhD
Grace Jackson, MD
Elio Frattaroli, MD
Peter Lehmann
Salman Akhtar, MD
Deborah Luepnitz, PhD
Laurel Silber, PhD
Burton Seitler

Registration and Fees:

• Entire Conference - $375, Fri or Sat - $225 per day
• Student Rate (with ID): Entire Conference - $175, Fri or Sat - $95 per day

For more information or to register, go to www.psychintegrity.org

International Society for Ethical Psychology and Psychiatry (ISEPP) is formerly known as the International Center for the Study of Psychiatry and Psychology

PSPP Annual Fall Program — A Day with Bertram P. Karon, PhD, Master Clinician
November 4, 12:30-5:30pm
Philadelphia Airport Marriott (Hotel Discounts Available)
3 CEs available

Psychoanalytic Psychotherapy of Psychosis: The Treatment of Choice
The treatment of choice for schizophrenics and other psychotics is psychoanalysis or psychoanalytic therapy without medication. Most patients respond. Nearly as helpful is psychoanalytic therapy with initial medication withdrawn as

continued on page 13
Events...continued

rapidly as the patient can tolerate. Psychoanalytic therapy with continued medication is better than medication alone, but not nearly as effective as withdrawing the medication. As in any psychoanalytic therapy, change is produced both by insights and by internalizing the relationship with the analyst or therapist. In the countertransference we may feel confused, frightened, angry, or hopeless because these are the patient’s feelings. Resistances may be conscious as well as unconscious. Discussed are creating rational hope, dealing with feelings (including terror), depression, delusions, hallucinations, pseudo-homosexual anxiety, suicidal and homicidal dangers. Theory is helpful, but it is not enough. Tolerating not knowing often leads to effective improvisations. Rationale for rejecting intrusive physical interventions such as Electroconvulsive therapy for Psychosis will be discussed.

Clinical Conversations on Difficult Therapeutic Issues

Issues raised by the audience, may include but not limited to: patients who don’t eat, patients who don’t sleep, patients who don’t talk, economically poor patients, alcohol and other drugs, prejudice, ethnicity, and sexism, working with criminals.

Learning Objectives

Recognize at least three psychotic affects and how to use this knowledge to improve treatment. Identify effective ways of working with delusions and hallucinations in treatment. Formulate new strategies for tolerating “not knowing” and improvising effectively in treatment.

Presenter

Bertram P. Karon, PhD is Professor of Psychology Emeritus (2010), Michigan State University; Former President, Division of Psychoanalysis, American Psychological Association; Fellow, APA Divisions of Clinical Psychology, of Psychotherapy, of Psychoanalysis, and of Trauma Psychology; Diplomate in Clinical Psychology, and in Psychoanalysis, ABPP. He received the 2000 Award for Contributions to Ethical Human Science and Services, ISEPP; 2002 Award “for profound contributions to our psychoanalytic understanding and humane treatment of patients with severe mental disorders,” ISPS-US; 2003 Distinguished Scientific Research Award, Division of Psychoanalysis; 2010 Lifetime Achievement to Date For Distinguished Contributions to Psychoanalysis Award, Psychologist Psychoanalyst Clinicians (Section 5) of the Division of Psychoanalysis. He has over 165 publications, including the book (with G. R. VandenBos) Psychotherapy of Schizophrenia: The Treatment of Choice.

Registration and Fees:

Registration online or postmarked by Oct. 1, 2012:

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* Early Career professionals are those within three years of receiving their professional degree.

3 CEs available

Online registration is available at the PSPP website http://www.pspp.org/ through Oct 26, 2012. Following this date, participants may register for the program at the door.

PCPE Reading Seminar and Workshop with Wilma Bucci, PhD

Reading and Discussion Meetings: November 28 and December 5, 7:30-9:30pm

Full Day Workshop: December 8

Location to be announced

9 CE Credits available

Wilma Bucci, PhD is a theorist and empirical researcher whose work is at the juncture of cognitive science, affective neuroscience, and psychotherapy/psychoanalysis. She will be addressing the role of subjectivity and intersubjectivity in working with dissociation in treatment, and the formulation, within the therapeutic relationship, of previously warded-off traumatic experience.

The workshop will be preceded by two evening reading and discussion meetings, facilitated by David Mark, PhD and Rachel K. McKay, PhD, on Wednesday evenings, November 28 and December 5, from 7:30 – 9:30.

For more information, please visit http://pcpeonline.org.

September 8 (DOY) – PSCSW and PPSC Present Contemporary Perspectives on the Oedipus Complex. Presenters: Paul Koehler, LCSW. Time: 9:00-11:30am. 10 session series with 25 CEUs available.


September 15 (RM) – PCOP Reel Thinking Series “Babies.” Presenters: Consuelo Cagande, MD and Fran Martin, PhD. Time: 2-5:30pm. CE/CME Credits available.

September 22 (LH) – PSCSW The Use of Mindfulness Practices to Enhance Individual and Group Psychotherapy. Presenter: Diane Reibel, PhD. Time: 9am-1pm. CE fees included with conference fees.

September 24 (NY) – NYPSI Psychoanalysis and Drama: August Strindberg’s Late Plays. Presenter: George Mandelbaum, PhD. Time: 7:30-9:00pm. CE/CME credits available.

October 1 (NY) – NYPSI Presents Psychoanalysis and Drama: August Strindberg’s Late Plays. Presenter: George Mandelbaum, PhD. Time: 7:30-9:00pm. CE/CME credits available.

October 6 (RM) – PCOP Consultation Service Assessment Conference. Presenter: TBA. Time: 10:00am-12:00pm.

October 8 (NY) – NYPSI Presents Psychoanalysis and Drama: August Strindberg’s Late Plays. Presenter: George Mandelbaum, PhD. Time: 7:30-9:00pm. CE/CME credits available.

October 9 (RM) – PCOP Programs in Psychoanalytic Studies: Infant Development: Current Understanding and Implications for Psychotherapy and Psychoanalysis. Presenter: Barbara Shapiro, MD. Time: 7:30-9:00pm. 7.5 CE/CME available for complete series.

October 10 (HC) – PCPE Discussion Group on “Winnicott’s Search for Himself as Clinician.” Presenters: Audre Jarmas, PhD and Jane Widseth, PhD. Time: 7:30-9:30pm. See 10/28.

October 13 (DRX) – PCOP Presents Anne Schufer Child Care Colloquium. Presenter: Dr. Carlotta Miles. Time: 9:30am-3:00pm. More information to come.

October 15 (NY) – NYPSI Presents Psychoanalysis and Drama: August Strindberg’s Late Plays. Presenter: George Mandelbaum, PhD. Time: 7:30-9:00pm. CE/CME credits available.

October 16 (RM) – PCOP Programs in Psychoanalytic Studies: Infant Development: Current Understanding and Implications for Psychotherapy and Psychoanalysis. Presenter: Barbara Shapiro, MD. Time: 7:30-9:00pm. 7.5 CE/CME available for complete series.


October 22 (NY) – NYPSI Presents Psychoanalysis and Drama: August Strindberg’s Late Plays. Presenter: George Mandelbaum, PhD. Time: 7:30-9:00pm. CE/CME credits available.

October 23 (RM) – PCOP Programs in Psychoanalytic Studies: Infant Development: Current Understanding and Implications for Psychotherapy and Psychoanalysis. Presenter: Barbara Shapiro, MD. Time: 7:30-9:00pm. 7.5 CE/CME available for complete series.

October 24 (HC) – PCPE Discussion Group on “Winnicott’s Search for Himself as Clinician.” Presenters: Audre Jarmas, PhD and Jane Widseth, PhD. Time: 7:30-9:30pm. See 10/28.

October 27 (HS) – PSP Presents The Efficacy of Psychodynamic Therapy: The Talking Cure in the Era of Managed Care and Evidence-Based Practice. Presenter: Dr. Jonathan Shedler. Time: 1-5pm. 2 complimentary CEUs.

continued on page 15
Calendar...continued

**October 27 (RM)** – PCOP Ethical Work with Children and Adolescents in Psychotherapy and Psychoanalysis. Presenter: Anita Schmukler, DO. Time: 9am-12pm. 3 CE/CME Credits available.

**October 28 (HC)** – PCPE Reading Seminar on “Winnicott's Search for Himself as Clinician.” Presenter: Dodi Goldman, PhD. Time: 9:30am-3:30pm. 9 CE credits available for attendance to entire seminar held October 10, 24, and 28.

**October 30 (RM)** – PCOP Programs in Psychoanalytic Studies: Infant Development: Current Understanding and Implications for Psychotherapy and Psychoanalysis. Presenter: Barbara Shapiro, MD. Time: 7:30-9:00pm. 7.5 CE/CME available for complete series.

**November 2/3 (PHL)** – ISEPP Presents Alternatives to Biological Psychiatry: Treatments that Work.

**November 3 (RM)** – PCOP Consultation Service Assessment Conference. Presenter: TBA. Time: 10:00am-12:00pm.

**November 4 (PHL)** – PSPP Annual Fall Program: A Day with Bertram P. Karon, PhD, Master Clinician, Psychoanalytic Psychotherapy of Psychosis: The Treatment of Choice and Clinical Conversations on Difficult Therapeutic Issues. Presenter: Bertram P. Karon, PhD. Time: 12:30-5:30pm. 3 CEs available.

**November 6 (RM)** – PCOP Programs in Psychoanalytic Studies. Presenter: Barbara Shapiro, MD. Time: 7:30-9:00pm.

**November 28 (TBA)** – PCPE Reading Seminar (Part 1) with Wilma Bucci, PhD. Presenter: David Mark, PhD and Rachel K. McKay, PhD. Time: 7:30-9:30pm. 9 CEUs available for attendance at 2 reading groups and workshop

**November 10 (TBA)** – PCOP Programs in Psychoanalytic Studies: Creative Writing Workshop. Presenter: Donna Wolf-Palacio, LCSW, MFA. Time: 9:00am-12:00pm.


**December 1 (RM)** – PCOP Consultation Service Assessment Conference. Presenter: TBA. Time: 10:00am-12:00pm.

**December 5 (TBA)** – PCPE Reading Seminar (Part 2) with Wilma Bucci, PhD. Presenter: David Mark, PhD and Rachel K. McKay, PhD. Time: 7:30-9:30pm. 9 CEUs available for attendance at 2 reading groups and workshop.

**December 7 (RM)** – PCOP and PSPP Present “Mysterious Skin” Film Screening and Panel Discussion. Time: 7:30-10:00pm.

**December 8 (TBA)** – PCPE Workshop with Wilma Bucci, PhD. Presenter: Wilma Bucci, PhD. Time: TBA. 9 CEUs available for attendance at 2 reading groups and workshop.

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**Events Locations:**

- **AH** The Academy House, Terrace Level, 1420 Locust Street, Philadelphia
- **BCG** Bala Golf Club, 2200 Belmont Avenue, Philadelphia
- **CH** Dixon Library of St. Paul’s Episcopal Church, Chestnut Hill
- **DOY** Andrews Hall, Doylestown Presbyterian Church, Doylestown
- **DRX** Drexel University College of Medicine, Queen Lane Campus
- **HC** Haverford College, 370 West Lancaster Avenue, Haverford
- **HH** Houston Hall, University of Pennsylvania, Philadelphia
- **HS** Hotel Sofitel Philadelphia, 120 South 17th Street, Philadelphia
- **LH** Lankenau Hospital, Auditorium, Main Hospital Entrance, “A” Lobby, 100 East Lancaster Avenue, Wynnewood
- **NY** New York
- **PHL** Philadelphia Airport Marriott
- **RM** Rockland Mansion, East Fairmount Park, 3810 Mt. Pleasant Drive, Philadelphia

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**For more information:**

- **Psychoanalytic Center of Philadelphia,** [www.phlanalysis.com](http://www.phlanalysis.com)
- **Philadelphia Center for Psychoanalytic Education,** [www.pcpeonline.org](http://www.pcpeonline.org)
- **Pennsylvania Society for Clinical Social Work,** [www.pscsw.org](http://www.pscsw.org)
- **New York Psychoanalytic Society and Institute,** [www.psychoanalysis.org](http://www.psychoanalysis.org)
- **International Society for Ethical Psychology and Psychiatry,** [www.psychintegrity.org](http://www.psychintegrity.org)