

NMCOOP National Membership Committee on Psychoanalysis in Clinical Social Work, Inc.

Associated with The Clinical Social Work Federation

Fall 2000

The Woes of Writing the President's Column...

Why is deciding on what to write in this column such a wrenching ordeal?

Well, first I consider:

Shall I once again attempt to tell you why I believe we should feel deep pride in our dual identifications with psychoanalysis and social work? I could tell you about the stirring, scholarly, institute graduation paper I heard last night delivered by a social work psychoanalyst. It captivated me and enthralled an entire audience comprised mostly of physicians. I would then offer an example of social work practice at its finest. I might tell you the heart-rending story of how our hospital's neonatal intensive care social worker, after a full day's work, drove across town to another hospital to visit an ill, grieving new mother, bringing with her that mother's bundled, deceased, premature baby, so the mother wouldn't be robbed of her irretrievable experience to bond and bid farewell.

If our dual identification was this column's theme I would then go on at some length to assure you that I understood why so many of you recently called and wrote to tell me how disturbed you felt when a psychologist's organization recently invited you to join them and suggested that we "de-affiliate" with social work.

Then I think: Perhaps it would be better if I used this president's column to delve into one or another of the issues so important to those in our organization. I could, for example, use this column to remind you of the incomparable value of long-term treatment and I would tell you why it is my conviction that it is hard to find any other widely applicable treatment modality in health care that provides so much and can affect one's life so profoundly — at such little economic cost.

But then again, as President isn't it my responsibility to keep you updated about the many activities of our organization? Where would I begin? With our work in the Psychoanalytic Consortium, with our recent membership drive, with the "Call for Papers" for our Chicago conference, with our "Gale inspired" updated Website <www.nmcop.org>?

Yet, how could I write this edition's column without saying a heartfelt thank you and goodbye to Laurie Curtis, our years-long Membership Chair, who is temporarily leaving us as she pursues her analytic training. In the same column I would have to extend my warm welcome to Anne Gearity, Laurie's enthusiastic

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PRESIDENT'S MESSAGE

William S. Meyer, MSW, BCD

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Getting to Know the Study Group Members, Part I

As the newly formed Study Group prepared to convene for its first meeting together in October, it offered the opportunity to reflect on its purpose, history, and potential. Historically, the Study Group has had a rich tradition of being a hardworking committee with the two-fold purpose of serving as a think tank for relevant issues, and actively articulating these issues within a framework that promotes psychoanalysis and social work. That is, the mandate of the Study Group is "to study, articulate, and strengthen the relationship between the practice of social work and psychoanalysis" (Speicher, 1999). To date the efforts of the Study Group have resulted in significant contributions, including the publication of two books (*Fostering Healing and Growth: A Psychoanalytic Social Work Approach*; *The Social Work Psychoanalyst's Casebook: Clinical Voices in Honor of Jean Sanville*); day long pre-conference seminars at NMCOP clinical conferences; and the crafting of a position paper on the minimum educational standards for clinical social workers who practice as psychoanalysts or psychoanalytic psychotherapists (this is currently being discussed in the Psychoanalytic Consortium). This talented group has demonstrated over the years an ability to collaborate in dealing with cutting edge issues for social workers who are psychoanalysts, psychoanalytic psychotherapists, and psychoanalytic caseworkers.

From its beginning, in 1990, selection of Study Group members has reflected the diverse populations and experiences of the NMCOP membership. Geographic diversity as well as diversity of career phase, and range of experience (i.e., as a psychoanalyst, psychoanalytic psychotherapist, psychoanalytically informed caseworker, faculty in academia, and/or faculty in a psychoanalytic institute) are ways in which the Study Group Committee seeks to be representative of the NMCOP membership. A high commitment of time and energy are hall-marks of Study group members, in addition to what Bill Meyer cites as "qualities of creativity, scholarship, and a depth of talent."

With the meeting in October, Dr. Jerry Brandell joined the ranks of past Study Group leader-facilitators, Elaine Rose, Joyce Edward, and most recently, Marga Speicher. As a tenured professor at Wayne State School of Social Work, Editor of the *Journal of Analytic Social Work*, advanced candidate at the Michigan Psychoanalytic Council, in addition to authoring several books,

Jerry is highly qualified to assume the responsibility of Chairperson of the Study Group Committee. Joining Jerry on the Study Group will be Jeff Applegate, Judy Batchelor, Bill Borden, Dorcas Bowles, Joel Kanter, Caroline Rosenthal, Ellen Ruderman, Carolyn Saari, Roberta Shechter, Susan Sherman, Carol Tosone, and Billie Lee Violette.

Prior to its initial meeting, Jerry indicated the following possible areas for investigation by the committee: 1) examining developmental psychopathology from a psychoanalytic social work perspective; 2) considering ways of strengthening the relationship between psychoanalysis and academic social work; 3) publishing conference proceedings or papers that have been presented but never published; 4) developing a research resources bank which would help link practice and research.

As Jerry emphasized, it will be the charge of the Study Group Committee to decide if they wish to pursue these or other ideas that members may bring to the conference table. Nevertheless, whatever the group decides, it is clear that the NMCOP Study Group will be making a firm commitment to strengthening the relationship with academic social work, and to maintaining the rich history and tradition of psychoanalytic social work standards. ■

- Dale Dingledine, CSW

Next issue: *Getting to Know the Study Group Members, Part II*



For three essays from Study Group members, see pages 5, 9 & 17.

fellow-Minnesotan, who succeeds her. If I spoke of welcomes I would have to underscore my excitement about the renowned members of our revived Study Group headed by the esteemed Dr. Jerry Brandell. I would then tell you that you will be hearing from our Study Group members beginning with this issue of our newsletter as they share with us their ideas about the crossroads of psychoanalysis and social work.

But if I went in that direction I would have to say more about our revised newsletter under the leadership of our hard-working editor, Donna Tarver. But then, that would really put me in a bind. For if I talk about hard work, I would have to acknowledge the tremendous contributions of our Board of Directors — David, Barbara, Terrie, Dale, Ellen and Ellie — where would I possibly begin? How could I fit it in one short column? Then I would have to also describe the gratitude I feel toward the devoted Area Chairs that make up our Advisory Board. And then there are the continued contributions of Crayton Rowe, Marsha Weinberg, Joyce Edward, Peg Frank.... All these individuals: so many bright, creative, talented people who give so much to our organization at such a cost in their personal lives. Many times I feel that my words scarcely convey the depth of gratitude I feel for their sacrifices, support and friendship.

What shall be my focus? Why is deciding what to write in this column such a wrenching ordeal?

Now you know. ■

from the Editor...



Donna Tarver, Editor

We hope that you like our new look! Thanks to David Phillips whose kind but persistent urging provided the impetus for these changes, and to Bill Meyer whose support and assistance made the changes possible. We are pleased to introduce several new features including the Area Chairs' Corner and essays contributed by three of our new study group members.

The newsletter welcomes reader's letters, articles and opinions on topics of the day, clinical issues, book reviews, notices or reports of conferences, and news of interest to our membership. The Newsletter encourages social workers that have an interest in writing to use the Newsletter as a vehicle for converting their interest into the writing process.

Diana Siskind has again brought us two outstanding Book Reviews. Elizabeth Glass has reviewed Jack and Kerry Kelly Novick's 1996 book, **Fearful Symmetry, The Development and Treatment of Sadomasochism**, and Renee Goldman has reviewed **Raising Children with Character: Parents, Trust and the Development of Personal Integrity** by Elizabeth Berger.

Thanks to all contributors to this issue — Judith Batchelor, Barbara Berger, William Borden, Dale Dingedine, Elizabeth Glass, Renee Goldman, Joel Kanter, Bill Meyer, Ellen Ruderman, and Diana Siskind. ■

The NMCOP newsletter is published three times yearly in February, May and October. Deadlines for submissions are January 15, April 15, and September 15.

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FROM THE PRESIDENT-ELECT

Barbara Berger, PhD

An interesting moment occurred at a social function I recently attended. It was an easy, mellow afternoon-not too warm or too cool, the sun was out, the conversation was flowing pleasantly. Then, in an innocent moment of curiosity, someone, an M.D. psychoanalyst, asked another graduate psychoanalyst if she still identified herself as a social worker. There was a pause and a quick exchange of glances between the three of us. "Yes," she answered, "I am and do identify as a clinical social worker. And, I also identify myself as a psychoanalyst." I asked her why she didn't identify herself as a social work psychoanalyst. She responded that she really didn't have that image. I expressed surprise since she is a member of NMCOP. My friend replied that she had the sense that COP was more about psychoanalytically oriented social workers than about graduate analysts.

I began to wonder about the meaning of her comments. What are we about and who are we? I don't think that we have any statistics on how many members have more or less training, who's a student, and who's a certified psychoanalyst. Maybe that would be a worthwhile research project at some point in time. What I believe is that we are an organization that is committed to uphold some common values, while also embracing differences. Basic social work values, like the importance of person-in-environment and the bio-psycho-social concept, give us a common root. The belief in psychoanalytic fundamentals like transference, defense structures, and the influence of the unconscious, underpin our mutual clinical approach. Whether a member uses the couch and sees a patient 4 times per week or works with a patient sitting up in once or twice per week psychotherapy is a difference in process and technique. There may be different results that come from these different applications-some things more possible with one or the other. In any case, it seems like the psychoanalytically informed caseworker, the psychoanalytic psychotherapist and the social work psychoanalyst are a meld of important core ideals. I once had a conversation with a graduate psychoanalyst from a different discipline. She told me that she didn't think her earlier training had anything to do with the work she was currently doing. It is an oxymoron to believe in psychoanalytic theory, and not know that your earliest experiences are in the mix, no matter how indecipherable the influence may seem.

Further discussion with the woman who views herself as both, but separately, a clinical social worker and

psychoanalyst, brought about another issue. It was that of finding oneself as part of a community. Perhaps a sense of belonging is the most significant piece in the determination of professional identification. Few clinical social workers have the close network of professional association that many Institutes offer their members. Many private practitioners rely on their professional associations for connections. NMCOP relies on the area chairs for creating that important sense of community-and many of them do yeoman's service. But, perhaps this is an important concept that deserves closer consideration. If retaining a clinical social work identity is of paramount importance, how can we create more of a sense of community with each other? How can the relationship of the psychoanalytic social worker doing psychotherapy be understood together with our colleagues who have become psychoanalysts? Clinical social work is our common root. To not recognize the significance of our mutual origin is tantamount to a denial of that which we adhere to in theory and practice. Differences in training, practice and technique make us a diverse and interesting group. Perhaps these variations are the best part of social work. But after all, the bottom line is, we are one. ■

Aims & Purposes of the NMCOP

- To further the understanding of psychoanalytic theory and practice within the profession of social work and to the public.
- To promote a unique and special identity for all social work professionals engaged in psychoanalytically informed practice.
- To work for equal recognition and professional parity for qualified psychoanalysts and psychoanalytic psychotherapists in social work with other mental health disciplines through education, legislation, and collaboration with other disciplines.
- To effect a liaison with other disciplines identifying themselves with the theory and practice of psychoanalysis.
- To advocate for the highest ethical standards of practice and for quality mental health care for all.

In Memoriam



On April 5, 2000, Yaffa Weitzman, our fellow NMCOP Conference 2000 Planning Member, died after struggling with cancer. Yaffa coped during her time of illness with a dignity and strength that can only be admired. The Conference Planning Committee will always be indebted to her for her generous contribution at our Conference as a panelist on the Panel entitled "The Impact of Catastrophic Event in the Life of the Analyst."

Yaffa was not only an active member of NMCOP and the NYS Society for Clinical Social Work, she also was Chair of the International Relations Committee for the Council for Psychoanalytic Psychotherapy (CPP). There she worked diligently on setting up connections with psychoanalytic institutes in Europe and Mexico as potential affiliates of CPP.

Yaffa was a graduate of NPAP; she was on faculty for the NY Center for Counseling and Guidance; she was a creator of two study groups dealing with life threatening illnesses; and she was the author of papers on illness.

Yaffa gave to her colleagues with a generous and courageous spirit right up to the last few months of her life. She was and will always remain an inspiration to our profession.

Thank you, Yaffa.

- Rosemarie Gaeta

Social Work and Psychoanalysis

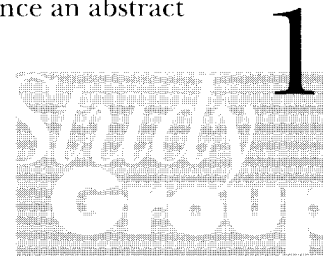
In thinking about the relationship between social work and psychoanalysis, I am reminded of an experience I had while traveling this past summer.

It was late July in Colorado. Driving out of my way to bypass a construction detour, I came into a town housing a small gallery specializing in fiber arts. Deciding to stop and look around the gallery I noticed an unusual looking piece of sculpture. It seemed from a distance an abstract "basket" loosely constructed from many interwoven circles. Moving closer, I discovered that the piece had been created through an adaptation of traditional weaving methods threading together various narrow bands of aluminum. The outer portion of each circle was painted with soft adobe colors, one flowing marble like into another, while the interiors retained their original shiny metal surface. The piece had a wonderful sense of movement, and though it appeared a serious work, it maintained an openness, sense of humor and authentic freshness. I stood for a long moment, engaged with it and smiling to myself. A statement by the artist regarding his work hung on the wall beside the piece. It read:

This basket encapsulates many of the ideas that have emerged from twenty years of basket making. The inside and outside of the basket are equally important, one giving shape to the tangible form, the other giving form to intangible contents. The artist sees the inside and the outside as being metaphors of personality. His interest is in tapping into that inherently metaphorical content of used or found material. He enjoys the "playful" side of investigating and seeing what materials can do, preferring to work with recycled material that has already had a "life." He works both additively and subtractively.

My impressions, as well as the artist's thoughts about his creative process, can be applied to psychoanalytic social work. Metaphors from psychoanalytically oriented understanding resonate with his vision and work — with his found "material," his consciousness of what is inside, his focus on intangible contents, and his capacity for "play." In another "reading" of the sculpture, perhaps similar to the convergence of psychoanalysis and social work itself, the interplay between inside and outside, between the tangible and intangible of "life," seems to be more fluid. Parallel to the social and interpersonal context of our clinical focus, such border crossings encompass a good deal of subtlety, nuance and challenge.

Curiosity about human life can bring social workers into relationship with many disciplines such as psychoanalysis, art and literature. Our understandings of the creation of a life story, a sculpture or a poem are not mutually reducible to one another, nor are they mutually exclusive. They can influence one another productively and lead to discovery and a deepening sense of engagement with others. To reach toward these edges in our "art" or lives can be both gratifying and a source of conflict. It is in our resisting the temptation, prompted by our discomfort, to foreclose on these "edges" — the seemingly elemental tensions of our professional identities as social workers — that we can affirm our commitment and strengthen our vitality. ■



by Judith Batchelor, PhD

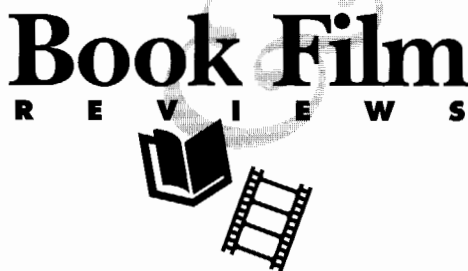
Fearful Symmetry: The Development and Treatment of Sadomasochism

by Jack Novick and
Kerry Kelly Novick
Jason Aronson, Inc.

(Reviewed by Elizabeth Glass, CSW)

The Novicks' book, **Fearful Symmetry, The Development and Treatment of Sadomasochism**, was an extremely rewarding book to read and I highly recommend it. Although the book could be read as a reference work, I would suggest reading it cover to cover. This is a beautifully written and accessible book which combines coverage of all the complexities of the development and treatment of sadomasochism with a clear review of the current psychoanalytic understanding of psychological development. By the end of the book one feels that one has truly grown to understand the vicissitudes of sadomasochism in a meaningful and clinically useful way as well as feeling all the more secure in one's understanding and integration of normal and pathological developmental psychology in general.

One of the Novicks' missions in this book, which they state in their introduction, "to trace the evolution of [their] conclusion that sadomasochism is not a separate diagnostic category, but an integral part of all pathology," is achieved with great clarity and benefit to the reader/clinician. The Novicks succeed in this by taking us back through the developmental stages in the first part of the book. In doing so they use painstaking clinical detail and clearly written theoretical formulations to explain the dynamics in each stage that lead to the formation of the sadomasochistic personality. They also explain the ego and personality distortions that inevitably develop



into the essence of masochism — namely beating fantasies, attachment to pain as a substitute for love, and the delusion of omnipotence. The Novicks show how these are manifested in infancy, toddlerhood, latency, adolescence and adulthood.

The authors' interest in the mechanisms utilized by people with this emotional dilemma develops into an illuminating discussion. They comprehensively cover the literature on projection and externalization and provide compelling clinical material. Thus they map out the defenses used in sadomasochism and why they are so necessary to sadomasochistic dynamics. They identify the use of externalization as being the most potent and destructive mechanism in parents and ultimately in their children. When parents externalize devalued and hated parts of themselves or externalize unacceptable and threatening drives onto their children, the impact on the child's identity formation and ego development has serious consequences. The child's solution is to externalize these same things onto the other objects in their world. This is done largely to protect their brittle precarious perception of their parent as loving, non-abusive, and protective.

When therapists encounter this type of externalizing transference in the treatment situation much work is needed to help the patient reintegrate these painful externalizations. The work also must challenge the patient to want to build the ego

strengths they could not develop while under the sway of omnipotent fantasies about themselves and their inadequate parents.

The last two sections of the book address clinical material covering various ages, from infancy to adulthood, which illustrate the theoretical formulations provided earlier in the book. This helps the reader to integrate more fully the various ways in which the characteristics, dilemmas, and defenses of sadomasochism manifest for patients in their lives and particularly in the therapy relationship. The Novicks take great pains to thoroughly elucidate the difficult issues that affect the development of the therapeutic alliance. In the same way as they describe sadomasochism as an integral part of all pathology, the lessons arising from the treatment relationship apply to all patients. One strong appeal of this book is the Novicks' scholarship and the generosity with which they share what they have studied and learned. The appeal is heightened by the obvious compassion they have for their patients and commitment to their treatment.

My work with several of my patients deepened as I recognized strains of what I learned from this book in my patients, in their relationships with their families, and in the treatment relationship. The Novicks are great teachers and writers; rarely has a book provided me with such a lucid, thorough and clinically useful education. ■

Elizabeth Glass, CSW, is in private practice with adolescents and adults in New York City. She is a member of the board of the Society of the New York School for Psychoanalytic Psychotherapy and Psychoanalysis.

Reviews continue on page 7...

Raising Children with Character: Parents, Trust and the Development of Personal Integrity

by Elizabeth Berger, M.D.

Jason Aronson, Inc., 1999, 248 pages
Northvale, New Jersey

(Reviewed by Renee Goldman, MSW)

This author, who is a parent, clinician and educator, shows an equal sympathy for and knowledge of parents, children and therapists. This makes for a remarkably well-balanced, intelligent and intelligible book which addresses both parents and therapists.

Dr. Berger gives a broad overview of how the developmental process influences behavior and character from birth through adolescence to young adulthood. It is her intent to give parents the “why,” not just the “how,” of dealing with children of all ages. She has successfully attempted to put these ideas related to development and treatment into language close to parents’ experiences. She also directed this to clinicians working with parents so that they will be able to translate psychic entities, such as regression, projection, and autonomy, in non-technical languages.

Her examples are related to everyday events in family life such as temper tantrums, saying “no,” setting limits, and allowances, as well as sexuality and its vicissitudes at various stages of life.

All of this is written in an informal style with clarity and fluidity so that it can be used by parents as well as professionals.

In her chapter “From Collapsing to Coping” she is particularly eloquent in demonstrating to parents “how to give in” if possible for the extra pony ride being demanded by the tired youngster at the end of an

exciting day, but also “how to refuse” when there are good reality reasons for doing so. This will not become a power struggle if the refusal has tact, consistency and sympathy for the loss it incurs in the child. Her description of how limit-setting can be eased by the tone of voice and attitudinal stance is a very useful reminder to child caretakers. If the adult’s behavior is authentic and respectful — two concepts interspersed throughout the book, both subtly and directly — there is much greater likelihood of good resolution. To give in without grace is to tarnish the gift of giving.

Her clinical vignettes are beautifully written with imagination and originality. They are very empathic with both the treating therapist and the client seeking help. The author makes it quite clear that an open mind on the part of the therapist will yield a more comprehensive assessment of the presenting problems. In an interesting clinical example, the author presents two different therapists handling a particular case to illustrate a common clinical error — assuming a child’s difficulties are largely tied to errors of parental judgment and/or to lack of love. The lack of empathy for the parent caused by this view made the client refuse any further assessment of her child. Luckily she found another therapist and exploration revealed neurological problems. This required particularly sensitive handling

Diana Siskind

BOOK REVIEW EDITOR



of the parents so they could deal with the unexpected bad news about the neurological limitations of their child.

The clinical examples are richly illustrated and clients of every type of diagnostic category and varied socioeconomic backgrounds are presented. There is a very sensitive awareness of how external pressures, such as ill health or severe economic hardship, can reduce and deplete a caretaker’s capacity for good parenting, which all clinicians, clinical supervisors and parents themselves must be sympathetic to. These vignettes are dispersed throughout the book. For me, switching my sensibilities from parent to therapist interrupted the flow, which I found a bit disconcerting; however, many readers may not share this problem. It is a minor irritation, if any, and in no way robs the reader of the pleasure of learning and relearning important concepts in child rearing and in treatment. There is no question in Dr. Berger’s mind that “the parent’s love for a child is the most powerful element in the formation of his character.” Dr. Berger has managed with much feeling and clarity to convey the fundamental message that it is through the intimacy of the ordinary day (with ordinary parents) that the child’s potential for morality, devotion, and idealism is stimulated and enhanced. There is much to be said for the uplifting message of this book. Parents will find it inspiring and it can be a useful reminder to therapists of the complexity of parenthood. ■

Renee Goldman is a psychotherapist in private practice in Manhattan. She has maintained her affiliation with the New York School for Psychoanalytic Psychotherapy as a supervisor. She is a graduate of this Institute and a former board member.



Women in the Millennium: Clinical and Treatment Perspectives

Southern California Area Committee

This year the Reflections series on Women in the Millennium has been one of the most exciting and interesting that the Southern California Area Committee on Psychoanalysis has yet presented. It has also been one of the best received. More people have been attending, and many new to the COP organization. Eight programs have been given and there are three more scheduled in the series.

The range of subjects about women has been both broad and deep. The papers have included themes about the various life stages and ages, ethnic considerations, internal issues, physical changes, life styles, relationships and various roles that women carry, etc.

On June 17, Peg Frank, a Social Work analyst from Boston and past president of the National COP, spoke on **"Women and Ambition: Outer World Pressures and Inner World Conflicts."** Dr. Ellen G. Ruderman was the discussant in a presentation entitled **"Plus Ca Change, Plus Le Meme Chose: Women's Ambivalence About Ambition and Success."** Both papers were well received and promoted considerable discussion and enthusiasm from the professional audience. On September 18, we were pleased to have as our invited guest speaker from the Bay Area, Billie Lee Violetto, who presented an exciting paper entitled **"A Life for Our Times: Virginia Woolf and Psychoanalysis in the Post-Modern Era."** Her discussant was Dr. Sheila Namir. And on October 21, Joan Rankin's topic was **"Infertility: Clinical Implications and Analytic Views."**

At our next meeting on November 18, Dr. Carol Jenkins will move into the issues of couples with **"Interlocking Vulnerabilities in Intimate Relationships."** Bill Noack will be the discussant. The last scheduled program of the year 2000 will be that of Dr. Jane Rubin on **"The Female Analyst as Mentor"** on December 9; Dr. Francine Bartfield will be the discussant. Dr. Samoan Barish, originally scheduled to discuss her paper **"A Woman of Her Time (Or Was She?)"** in September, has been re-scheduled for January 2001.

The Southern California Area COP has chosen for the year 2000, presentations which will provide our professional colleagues with selections in the area of Womens Issues that are of interest. The Area Committee is also hopeful that Social Workers in the Southern

California area will see the Reflections Series of the Committee on Psychoanalysis in Southern California as a forum for their own papers. Soon there will be a Call for Papers for the next program year — 2001 — and we are anticipating submission of papers for our program committee's consideration.

The remaining two sessions of **"Reflections: Women in the Millennium"** will be held at the home of Dr. Jean Sanville, 1300 Tigertail Road, L.A., from 1:00 - 4:00 p.m. (refreshments are served). 2.5 CEU Credits are given for each program.

- Ellen G. Ruderman, PhD
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Following the Fox: Toward a Critical Pluralism in Psychoanalysis & Social Work

"The fox knows many things, but the hedgehog knows one big thing." - Archilocus

This puzzling fragment of verse by the Greek satiric poet provides the point of departure for Isaiah Berlin in "The Hedgehog and the Fox" (1953/1993), his classic essay on two types of temperament that lead to fundamentally different ways of seeing, understanding, and acting. Berlin characterizes the hedgehog as the purist and describes one group of thinkers who seek order, unity, and coherence in their approach to experience, embracing a single central vision. Plato, Dante, Dostoevsky, Nietzsche, and Proust are hedgehogs, in his view. The fox, on the other hand, favors a pragmatic pluralism and proceeds in view of the immediate demands of the particular situation. Here, Berlin focuses on a second group of thinkers who engage the concrete realities of life as we live it, refusing to privilege any single, encompassing view of the world. He offers Aristotle, Goethe, Moliere, Montaigne, Shakespeare, and Joyce as representative examples. Although Berlin realizes the limits of such broad categorizations, he marks a basic distinction between the purist and the pluralist and captures the inevitable tension between the one and the many that divide thinkers and practitioners in diverse areas of human activity.

If the hedgehog has shaped our classical vision of the psychoanalytic endeavor, as a number of writers have argued in their readings of Freud, contemporary thinkers have followed the ways of the fox. Practitioners have moved well beyond Freud's vision of the "pure gold of analysis" (1918, p. 168), generating divergent views of the human condition, problems in living, and the therapeutic endeavor. Scholars have extended the boundaries of the field, in recent years, and emerging lines of study draw on work in such varied disciplines as neuroscience, cognitive psychology, personality and social psychology, experimental psychology, philosophy, linguistics, political science, social thought, theology, literature, history, and education. Psychoanalytic theorists continue to share basic propositions about the development of personality and the nature of human experience, but the modes of thinking that we encompass within the domains of contemporary psychodynamic psychology are increasingly varied in voice, focus, purpose, and method. While the growing emphasis on theoretical pluralism has made it more difficult for us to distinguish particular

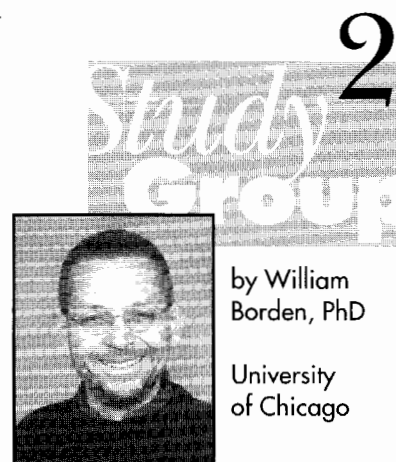
schools of thought, it has enriched the field of psychoanalytic studies and deepened interdisciplinary interest in a range of endeavors. Current lines of inquiry — focused on concepts of self, relationship, and social life — reflect fundamental concerns in contemporary thought and culture. In spite of ongoing critiques and challenges from within and outside the field, psychodynamic perspectives continue to shape ways of understanding human nature, need and difficulty, health and well-being, and modes of therapeutic action. As we begin a second century of professional social work, it is a good time to consider the nature of the relationship between psychodynamic thought and clinical practice, to identify mutual interests and potential sources of conflict, and to determine what emerging lines of study offer the field.

Psychoanalysis and Social Work

The discipline of psychoanalysis and the profession of social work emerged as independent endeavors at the turn of the last century, and the course of their relationship has been marked by mutual influence and productive collaboration as well as periods of uncertainty, ambivalence, and contention. As historical accounts remind us, social workers have made creative and pragmatic use of psychodynamic concepts in psychosocial intervention. Nevertheless, ongoing critiques of psychoanalysis have moved successive generations of practitioners to pursue alternative perspectives in their efforts to take greater account of social, cultural, political, and economic contexts of need and difficulty; to serve a wider range of

vulnerable populations, to broaden the scope of psychosocial intervention, and to demonstrate the effectiveness of specific treatment procedures. Over the years, commentators have characterized psychoanalytic paradigms as unscientific, reductive, and culturally-biased. Critical assessments from a variety of perspectives have led social workers to question the utility of psychodynamic approaches in view of perceived conflicts with the humanistic values, moral claims, empirical orientation, and pragmatic concerns that have distinguished the profession (see Borden, 2000).

See Following the Fox, page 10...



As we know, fundamental changes in psychoanalytic thought have brought about major shifts in understanding over the last quarter century. In departing from classical Freudian views, thinkers have increasingly emphasized concepts of self, relationship, and the social environment in elaboration of theoretical formulations, empirical research, and models of intervention. Despite such developments, however, we find surprisingly little discussion of psychodynamic perspectives in the social work literature. Within the field, reviews of psychodynamic theory continue to emphasize classical Freudian concepts and ego psychological models, and most accounts fail to represent the diversity of relational and social concerns that shape contemporary psychoanalytic thinking. In view of such gaps, it is important that we work to deepen understandings of psychoanalytic thought in contemporary social work and demonstrate the relevance of psychodynamic perspectives in clinical practice.

Toward a Critical Pluralism

The growing emphasis on pluralism and interdisciplinary study in contemporary psychoanalysis enlarges possibilities for scholars and practitioners. Pluralist perspectives urge us to approach human problems from multiple, independent points of view. As William James argues, no single theory or methodology can in itself fully grasp the variousness and complexity of human problems; in principle, distinct and even mutually exclusive approaches may lead to insight and understanding (James, 1907/1946). Pluralist points of view challenge notions of "grand theory" (which presume to assert universal truths) and take the pragmatic position that theoretical formulations and methodologies provide only partial, provisional understandings.

Consistent with the growing emphasis on notions of meaning and utility in contemporary thought, pragmatists consider the particular functions of varying models in light of differing concerns, needs, and tasks. Here, we see theories and models as tools for thinking; each

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practice has its own history, social and cultural influences, root metaphors, purposes, strengths, and limits. In working from comparative perspectives, presumably, we can better realize the strengths and limits of varying points of view and enlarge notions of "truth." In his pragmatic criterion of truth, James asks: If we take an idea to be true, "what concrete difference will its being true make in any one's actual life?... What, in short, is the truth's cash value in experiential terms?" (James, 1907/1946, p. 200).

Emerging lines of inquiry in contemporary psychoanalysis focus our attention on overlapping domains of human experience from differing perspectives and extend ways of seeing, understanding, and acting in the course of our work. The virtues of the pluralist position would appear to be considerable, given the opportunities for deepened insight and technical flexibility. In our continuing efforts to enlarge the contexts of psychodynamic understanding, however, it is crucial that we engage representatives of the various schools of thought in vigorous conversation and critically evaluate theories, research, and practice methods. In working to establish a critical pluralism, we must attempt to determine modes of analysis and categories of criteria that guide evaluation of theory and use of concepts in view of the core values and fundamental concerns of the profession. Psychodynamic perspectives provide differing ways of understanding human difficulty, possibility, and valued ends, and they inform therapeutic action and patterns of conduct in social life. As such they must be evaluated in terms of good and ill.

We must remember, however, that our theoretical commitments are influenced not only by rational analysis, empirical evidence, and clinical experience; they are also shaped by our personality and temperament, personal psychotherapy, professional training, group identities, and institutional loyalties. From a constructivist perspective, theories originate among "collectivities of individuals who share a particular set of goals, activities, values, and interests and who thus construct their 'regimes of truth' (Witkin & Gottschalk, 1988, p. 219). In proposing criteria for theory evaluation in clinical practice, we would do well to draw on critically reflexive approaches that help practitioners consider the potential influence of personal, historical, cultural, political, and economic factors in use of theory and methods (see Cushman, 1995). In proceeding from a constructivist position, we do not dismiss contextual influences as sources of bias or distortion but acknowledge them as particular conditions of theoretical knowledge that deepen appreciation of "subjective" and "objective" domains of concern.

Conclusion

The discipline of psychoanalysis and the profession of social work emerged as independent endeavors shortly before the turn of the last century. The course of their relationship has been marked by mutual influence and collaboration as well as periods of uncertainty, ambivalence, and contention. Emerging lines of inquiry in contemporary psychoanalysis carry the potential to deepen conceptions of personality development; health, well-being, and the good life; psychopathology, dysfunction, and problems in living; and curative elements in psychosocial intervention. From a critical pluralist perspective, however, each school of thought has its particular strengths and limits, and no single perspective can provide adequate understandings of human development, problems in living, or therapeutic intervention. As we continue to develop critical perspectives, we will enlarge contexts of psychodynamic understanding and provide a system of checks and balances that helps us appreciate the strengths and limits of diverse perspectives. ■

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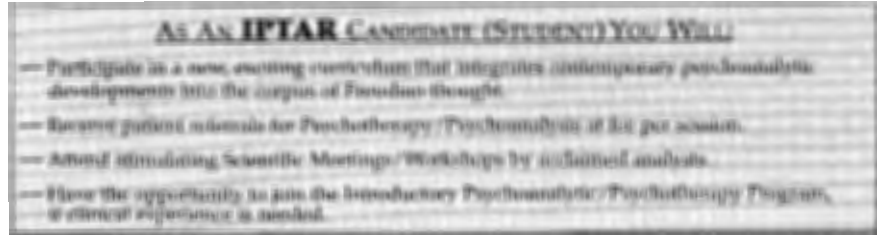
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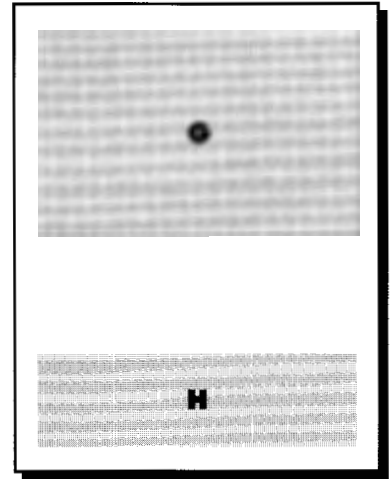
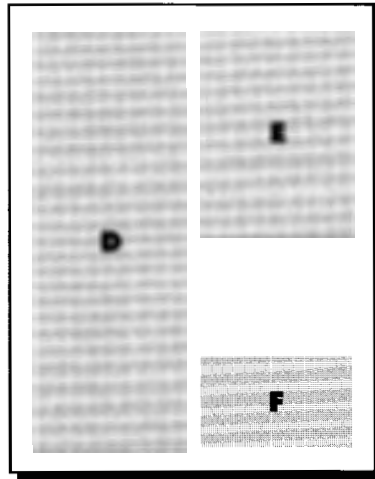
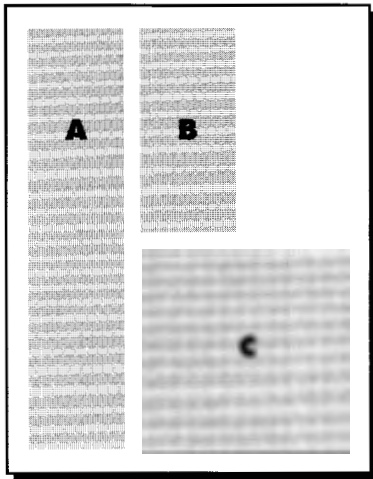
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Area Chair's

Corner

During the most recent Area Chairs' Conference Call, the group decided to resume the Area Chairs' Corner Newsletter feature. The column's goal, now as then, is to facilitate communication, cohesion, and a sense of community within NMCOP for members from unincorporated areas as well as from established chapters. Our plans include keeping membership informed about the discussion generated within these triannual conference calls, which have centered recently around chapter and membership development. Your ideas, reflections, and suggestions not only are welcomed, but are invited as the character of the re-established venture emerges!

This first column introduces a project which has been on the drawing boards of the Executive and Advisory committees for awhile: *The Ambassadors Program*. Like most good "inventions," this initiative stems from "necessity" — or, more accurately, a two-fold desire within chapters 1) to grow membership and 2) to offer clinical social worker-psychoanalysts and -psychoanalytical psychotherapists a forum in which to develop and hone writing, speaking, and lecturing skills. We believe that the opportunities afforded by *The Ambassadors Program* will be

added incentives in attracting new members. Our vision is of the Program providing chapters access to an identified pool of talent from which to draw speakers and/or programs, while simultaneously following the NMCOP charge to promote clinical social workers engaged in psychoanalytically informed practice, research, writing, and teaching by disseminating information to the professional public about our work.

We turn now to members for help getting this project up and walking — if not yet running! In her capacity as President-Elect, Dr. Barbara Berger will serve as the clearinghouse, matching members who are interested in making presentations with chapters (and nascent chapters) seeking speakers, panel participants, etc. In particular, she hopes to place potential speakers who are willing to "add on" lecture engagements when scheduled to be in geographical areas requesting presenters, thus helping NMCOP groups offer excellent clinical programming while eliminating travel related expenses. All that's required for participation in the *Program* is to provide Barbara with the pertinent details of your PRESENTATION PROPOSAL(S) or of your PRESENTATION REQUESTS; as soon as the resource data bank is established she will begin the process of matching. It will be the responsibility of the requester to initiate contact with the presenter to finalize plans after notification of a match.

We're very excited about the potential of this project and predict that many of you will be, too. To register for The Ambassadors Program, send your detailed request and/or proposal information to:

Barbara Berger, PhD, NMCOP President-Elect
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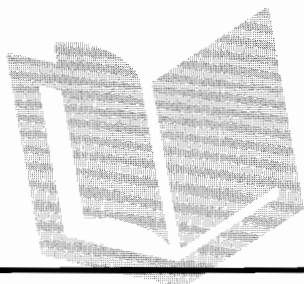
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Social Work Psychoanalyst's Casebook: Essays in Honor of Jean Sanville

N M C O P - S p o n s o r e d B o o k

As editors of the **Social Work Psychoanalyst's Casebook: Essays in Honor of Jean Sanville**, we would like to ask the readers of the Newsletter if they would help publicize the book. We are seeking as wide a distribution as possible in the hope that it will familiarize the analytic community, as well as our social work colleagues, with the clinical craft and art of social work analysts as it is imbued with social work principles. This seems especially appropriate at this time when analytic institutes are increasingly seeking social workers as candidates.

As part of this effort, we are seeking to encourage schools of social work and analytic institutes to use the book as a text in appropriate courses. If that is not feasible, we would like to interest them in having the book in their libraries. To this end we are asking members of the NMCOP to consider personally informing their own schools of social work and their institutes about the volume. We expect to arouse more interest in the book if people who are familiar with faculty or other staff of programs approach them.

If you do find interest in the book, you can have the faculty member or librarian contact either Elaine or Joyce to arrange for a copy to be sent to them so they can look the book over if that would be helpful. Analytic Press will offer the same special discount of 25% on the \$42.50 book.

Thank you for any effort you make on behalf of this second NMCOP sponsored book.

- Joyce Edward, CSW, BCD
- Elaine Rose, LCSW, BCD

Following are summaries of some of the essays included in the casebook...

Case of a Stalemate Reversed: A Second Chance

by Monica J. Rawn

This chapter might have been titled "The Girl in the Mirror." Gazing into the mirror, my terrified patient, then a little girl, saw in her reflection a "good/bad beautiful self." This secret, highly-valued other self, this mirrored "presence," became elaborated in her fantasies, and ultimately, in the dynamics of her symptomatology, object relations, and character structure. A conflicting cast of internal characters evolved from the mosaic bits and pieces of her fractured self and objects. The power of their voices became manifest in the challenging transference/countertransference drama of the analytic process. Anorexia, symptom of a negative therapeutic reaction, served the core unconscious fantasy that stalled and stalemated the treatment. This work describes the nature of a multifaceted therapeutic stalemate. It portrays a twisting analytic journey, the gradual illumination of my patient's desperate attempts to maintain cohesion in the face of her many hidden selves. She learned to hear her many voices, while I learned how many ways they could be heard.

I treated this young woman shortly after completing my psychoanalytic training and then I treated her again in a re-analysis many years later. The two analyses are contrasted. The first analysis, a classical Freudian one, was conducted when the definitions of transference and countertransference were narrowly defined, when genetic reconstruction (the then and there) was more emphasized, and the centrality of the oedipus complex was viewed as focal. The second treatment reflected my inclusion and application of the plurality of contemporary analytic perspectives. The contributions of object relations, developmental, "modern Kleinian" theories, self and ego psychologies, expanded the scope of perceptual and interpretive potentials. The plethora of literature dealing with narcissistic and borderline disorders broadened our appreciation of more primitive syndromes of character, defense, dynamics, and expectable transference and countertransference configurations. My patient afforded me, and will afford the reader, an opportunity to consider her from the perspectives of a panoply of psychoanalytic paradigms. In a sense, I think the two treatments I described are a microcosm of the broader changing psychoanalytic lens which has evolved in the course of the last half of the century. ■

A Consideration of Constructs That Organize Clinical Data Analytic Play, Analytic Surface, Analytic Space

by Laurie S. M. Hollman

In the midst of analytic controversies about theory and technique, each contemporary analyst is challenged to evaluate the therapeutic action of psychoanalysis. This chapter questions how to organize clinical data and conceptualize technical choices by exploring three interrelated constructs: analytic play, analytic space, and the analytic surface. Clinical evidence is offered to demonstrate the contribution these constructs make to the understanding of an obsessional patient in four-times-a-week psychoanalysis.

In a discussion of case material that integrates intrapsychic and intersubjective data, consideration is given to the relationship between analytic play and free association. As multiple surfaces of material are addressed, a richly dynamic analytic space emerges in the analysis.

The clinical illustration involves the analysis of Mrs. A who came to treatment because she felt bound by her psychological situation and was unable to utilize opportunities around her. She could not mobilize her otherwise excellent ego capacities to achieve her goals and to experience herself as having value. She sought analytic help to mediate the battling psychic forces that troubled her from within.

Despite the ponderous quality of Mrs. A's defensive organization, neither patient nor analyst were immobilized by it. Consistently exploring her defenses strengthened Mrs. A's capacity for self-observation and resulted in increasingly spontaneous and collaborative verbal play. Meeting the analysis at the surface of her associations enabled her to become a more reflective participant in her analysis with a less isolated stream of consciousness.

At times, the technical therapeutic task was to stay closely attuned to Mrs. A's *playing*, to the form, not to the content of her associations. As Mrs. A's associations deepened, a gradually emerging enactment — a nonverbal surface — slowly crystallized in the analyst's mind. In this interactive analytic context, a silently portrayed fantasy and developmental metaphor found an entrance into the analytic space. The analyst understood this enactment, not as an obstacle but as an overdetermined analytic surface, a transference phenomenon that would be explored in a timely manner.

As the analyst responded to the patient's inner life when it was represented first by her enactment and later through her verbalized metaphor, she became able to communicate what she had previously been unable to express clearly. Her sense of herself as a creator of meanings occurred in the analytic play space and an increased potential for more complex understanding emanated from this psychoanalytic process.

It was found that expanding analytic play was particularly relevant to Mrs. A's obsessive defensive organization. Specifically attending to the multi-determined surfaces of her material maximized analytic play and the creation of an analytic play space where the interpretation of symbolic communication became possible. ■

Trauma, Transference and Healing in The Social Work Psychoanalyst's Casebook

by Toni C. Thompson, CSW

The case of Miss W illustrates how through the therapeutic process of working in the transference, the psychological effects of childhood trauma came to be worked through and understood, leading to a more realistic and integrated representation and sense of self for the patient.

Miss W suffered severe emotional deprivation through all phases of her development. She suffered sexual abuse at the hands of her mother at the height of the oedipal phase of development. The combination of strain trauma and shock trauma caused Miss W to attempt to regulate the narcissistic needs specific to each developmental phase through the overuse of such defenses as denial in fantasy, spitting and projective identification. Her use of these defensive processes created a chronic level of anxiety and eventually led to a compromising of ego functioning.

Powerful pre-oedipal conflicts with her mother around rage and hatred, its location and expression, interfered with Miss W's experiencing and establishing a secure position in the object relations of the oedipal phase. Thus her oedipal conflict and the attempt at a solution was not sufficiently organized and integrated so that it could perform a transforming function on earlier structures.

Miss W brought to our work a profound sense of inner isolation and in her actual behavior a vague

See Casebook Essays, page 16...

and very remote manner. In the privacy of her mind, Miss W carried on intense and painful fantasies about her interactions with others. In the course of our transference work, it became clear that Miss W sought out and created unconsciously the painful childhood object relations with her mother in which she felt needy, dirty and bad, and the poorly differentiated other was experienced as critical, invasive and frightening. She used this pattern of interacting maladaptively in her adult life to provide herself with the means of coping with separation anxiety in relation to her mother and to defend against intolerable and disorganizing affects such as object directed hatred.

The therapeutic process of experiencing and working through these unconscious object relation patterns and their attendant wishes and expectations, as well as the illuminating of her once buried hatred and its connection to trauma, contributed to an important shift in Miss W's hating and loving self-representations. A more integrated self-representation slowly developed and incorporated the once buried, thus almost atrophied positive qualities of her self-image.

The integrated and more realistic image of herself allowed Miss W to better tolerate her thoughts, wishes and feelings and to experience them as more firmly located within her own boundaries. She slowly became less burdened by persecutory ideas and the need for distancing maneuvers and began to experience more realistic and positive interactions with people. Miss W's childhood longing for positive and safe connections were finally being realized both in the real world and in her growing ability to work in the transference and to use the therapeutic relationship for change and for healing. ■

The Patient, The Analyst, The Termination Phase Transference and Countertransference Considerations

by Ellen G. Ruderman, PhD, PsyD

For patient and analyst alike, termination is often the most intense, painful, and unsettling phase of analytic treatment. Using a ten-year psychoanalysis to illuminate the termination phase, this presentation will consider the many dimensions of the ending phase of treatment. Focus on transference and countertransference considerations, differences in classical and contemporary psychoanalytic approaches to termination, the reactivation of feelings of emotional life crises reemerging during this phase for patient as well as analyst, comparisons of natural and artificial (forced) terminations, post-termination considerations, and reflections on innovative ways of "individuating" the termination experience are highlighted and discussed. ■

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Therapeutic Change in Everyday Life: A Unique Challenge for Social Work

Reflecting a common view among psychoanalysts, Kernberg (1999) implicitly suggests that meaningful personal transformation only occurs in the context of exploratory psychotherapy or psychoanalysis. Yet social workers, exposed to a wide array of personal difficulties and helping relationships, observe significant change and growth in a wide array of human situations. These phenomena are most commonly observed in ordinary family relationships. As Donald

Winnicott (1965a) observed, the “average family is all the time preventing and clearing up the disturbances in this and that child, usually without professional help. It is a mistake for a psychotherapist to usurp the total family functioning except where this functioning is doomed to failure because of some inherent defect” (p. 143). He suggested that social workers (in what has been classically called “casework”) provide “therapy of the kind that is always being carried on by parents in correction of relative failures in environmental provision.... What do such parents do? They exaggerate some parental function and keep it up for a length of time, in fact until the child has used it up and is ready to be released from special care (D. Winnicott, 1963, p. 227).

Winnicott’s wife, Clare, a distinguished social worker and psychoanalyst who had been analyzed by Melanie Klein and supervised by Michael Balint, Hanna Segal and Herbert Rosenfeld (Kanter, 2000), likewise was reluctant to place psychoanalysis at the apex of a pyramid of therapeutic experiences. Referring to the professional development of social workers, she noted that “some may need and want (psychoanalysis), but that is an entirely personal affair. What I am saying, however, is that we can, if we want to do so, use every means available to enable ourselves to grow up and to further our development into mature human beings. To grow up means learning to live with ourselves and putting up with ourselves the way we are.

We have to be able to tolerate sometimes feeling awful or confused or ignorant and at other times feeling good or clever or lucky. If we cannot tolerate the whole range of feelings of which we are capable, we can easily become rigid and seek to make everyone else, including

our clients, fit in with our patterns and our time....

Friendships, reading, and cultural activities of all kinds, and holidays, all enrich our lives and our knowledge of the world and of ourselves. We know that every situation in which we can be ourselves, and enjoy ourselves, not only adds another dimension to life, but liberates us for further experiences. Our personal life is the base from which we operate, and to which we return. The firmer the base, the freer we are to make excursions into the unknown” (C. Winnicott, 1971, p. 51).

Such perspectives pose a unique intellectual challenge for social workers interested in psychoanalytic theory. Instead of focusing solely on the processes of therapeutic action within the psychoanalytic situation, social workers, by reason of their engagement with human concerns outside of the consulting room, have a unique opportunity to study how these life experiences influence, and even transform, personal or intrapsychic functioning; to examine the unique relationship between what Donald Winnicott (1965b) has identified as “maturational processes and facilitating environments.” ■

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Deadline for submissions is January 15, 2001.