

American Association for Psychoanalysis in Clinical Social Work

Winter 2019



From the Co-Presidents

Jerry Floersch, PhD, MSW | Jeffery Longhofer, PhD, MSW

Clinical Social Work: The Speed and Manualization of Everything

We live in an age of acceleration. Food comes to us fast, already prepared and delivered to our homes, or delivered and ready to prepare. We live in a fast food world, for sure, but we also live in a fast food production world—we don't have to wait for the cherry trees to root, blossom, and produce: we have cherries and berries on demand, brought to us from places around the world we'll never know or experience. When we were growing up on the prairies of Kansas, we waited for our food to grow, we watched our food grow, we smelled the ripening wheat and the decaying silage, and we *felt* the processing of our food; and on occasion we helped our mothers with the preparation of food. Our senses, all of them, were fully engaged with food and the environment around the culture of food. We were in nature and culture simultaneously. We were present.

Yet as young children we were on the edge of a transformation in agriculture: steadily, small farms were replaced by megafarms run by computers and the chemical industry. Very quickly, producers of food were

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losing contact with consumers, and farmers had altogether abandoned their alliance with the landscape, the biome, and the culture of food. Slow food, in all its aspects, was replaced by fast food. In 1970, when we were still in high school, Americans spent around \$6 billion on fast food; by 2000, it had climbed to more than \$110 billion (Schlosser 2012).

And our *sense* of food has given way to the speed of all things (Virilio 1977). Technology enables us to live a life marked by speed: in food production and consumption, in transportation, in war, in accessing and distributing knowledge, in entertainment and news, in social interactions and conversation, in love and sex, in politics and civil society. Few of us now live in the places we came from or close to our families. Even at the university, the speed of things dominates alongside a pecuniary meritocracy, where value is often measured not by the quality of knowledge produced but by the speed and volume of its production (Chambers 2017). And often the rigor of method altogether replaces relevance, and research is increasingly distant from the everyday worlds of practice and suffering. This partly explains the lack of public confidence in science and the frequent exposure of fraud in scientific research (see Chambers 2017) and also why today we see many joining the antiscience movement, subscrib-

editor's word

Christie Hunnicutt, MSW, LCSW



The new year is well upon us, and it is with great enthusiasm that I introduce myself as your incoming newsletter editor. I am humbly receiving the handoff for this role from the extremely capable and outstanding Donna Tarver. What a pleasure to have worked in conjunction with her as the editor of Member News and the associate editor of the *News*-

letter for the past few years, and to continue on with an amazing team who have been dedicated and supportive of the groups' collective and distinct narrative—a narrative that connects the members' letters, articles, thoughts, and opinions on current trends and topics in the psychoanalytic community and social work together for the group at large. Donna has been integral to this role and mission, and I hope to honor all the work and support she has given to this process.

I would like to draw attention to the upcoming AAPCSW conference, "Intrigue, Insight, Inquiry: Through Today's Psychoanalytic Lens," in Durham, North Carolina, March 28–31. Penny Rosen, the conference committee, and the board have been integral in developing and promoting another stellar conference that will continue to build on the legacy of AAPCSW. See pages 3, 6, and 12–13 and visit aapcsw.org.

It is important to give gratitude to all those involved with the Newsletter. Special thanks to the Newsletter team, including Kelly Martin, Donna Tarver, Wendy Winograd, Jeffrey Longhofer, Jerry Floersch, and Karen Baker. A very special thanks to Penny Rosen and the Conference Committee for the upcoming national conference and for all they contribute day in and day out to make this event what it is, as well as to all members who have contributed to the content of this issue.

corevalues

- Recognize the dignity and worth of each human being.
- Acknowledge the intersection of each individual's inner and outer worlds.
- Convey a psychoanalytic sensibility in our work with all populations and in all settings.
- Integrate concerns for social justice with clinical practice.
- Promote inclusivity and affirm the diverse identities of our colleagues and of those with whom we work.
- Cultivate a community of professionals that advocates for open inquiry and respect for difference.

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2019 national conference update

From the Conference Program Consultant

Cathy Siebold, DSW, AAPCSW Past President, Conference Program Consultant

As psychoanalysis has evolved, it has not changed so much as expanded in what constitutes appropriate arenas for psychoanalytically oriented practice. Freud believed that understanding neurological processes was a potential way to understand the suffering of hysterics. At the same time, he emphasized the import of Victorian morality, with its suppression of sexual desire as another causative factor in neurosis. Such basic constructs since that time have been elaborated in regard to our thinking about desire and the problems of living. Notably, our increased understanding of neurological functioning, along with an appreciation for the way social forces impact human existence, has allowed a greater awareness of the way an individual psyche is constructed from, and affected by, the environment. At the same time, the idiosyncratic response of individuals to similar circumstance suggests that tem-

perament and a unique psychic structure are important to consider when seeking to help an individual.

Psychoanalytic thought and social work practice have had a long association. Integral to psychoanalytic social work has been its emphasis on external as well as internal forces, a two-person plus person-in-environment perspective. Our biennial conference continues this tradition of exploring human experience and the ways trauma, stress, or societal oppression affect our patients' lives. As you can see from our program (see pages 12-13 and www.aapcsw.org), contemporary discourse can be observed in our plenaries and individual sessions. Be it culture, gender, sexuality, or dealing with death, we have attempted to include diverse topics that encompass the breadth of thinking in our field. It is a further goal to explore these and other topics from a practice, theory, and research perspective.

From the Conference Chair

Penny Rosen, MSW, LCSW, BCD-P, AAPCSW Immediate Past President, Conference Chair

To follow what Cathy considers in her introduction about whether psychoanalysis has changed or expanded its purview, the 2019 conference program demonstrates both. Though the basic psychoanalytic constructs may be in place, change has also been seen on the horizon. Will hearing the presentations stimulate and transform our thinking, our clinical practice, or our understanding of the human condition? Perhaps it will emphasize the complexity of our "examined" lives and mental states and how imperative it is to pursue inquiry, develop insight, and be forever intrigued. We expect that ideas will be explored and challenged in sessions related to re-

search, diversity, trauma, clinical practice, and so on. The varied program attests to our interest to preserve psychoanalytic study and practice.

Meet us in Durham!

Past conference attendees have expressed the richness and diversity of our program, along with a gratitude for a shared conference with likeminded professionals. The atmosphere of openness and the safety to self-disclose the experience of clinical practice were noted comments. We hope this conference will achieve the poignancy and intellectual stimulation that occurs when there is such affective resonance as described by past participants.

"Intrigue, Insight, Inquiry: Through Today's Psychoanalytic Lens"

Durham, North Carolina, March 28–31 ● See pages 12–13 and www.aapcsw.org

From the Co-Presidents, cont. from page 1

ing to a belief in a flat earth, or fake science (see the very important book O'Connor & Weatherall 2019).

There is no doubt that the pharmaceutical revolution, what the Irish psychiatrist David Healy (2012) described as "pharmageddon" has contributed to our current fast mental health movement. However, the fifteen-minute med check and powerful neurotoxins alone cannot begin to explain the reach and power of fast mental health. To the powerful influence of the chemical industry (in agricultural and mental health) must be added the growing power of surveillance and control of the insurance industry, the move to brain research and neuroreductionism (Martin 2004; Rose 2006), and the privatization of *public* mental health services. The outcome for clinical social work and clinical social work education is manualization. We teach by the manual, and we practice by the manual. All this has led to a deskilling of the mental health workforce. Here in New Jersey, where we teach and practice, one large agency has just mandated that clinicians see their patients once monthly, for half an hour. And what many call behavior analysts (and sometimes life coaches)—unlicensed and unskilled workers—are now doing the work of social workers.

As in agriculture and food consumption, we now attend mostly to the speed of things. And it is also true in education. We attend less to the quality and depth of learning and scholarship and more to efficiencies and measurement (Verhaeghe 2014). Few of our students have time to read, and most confess they read very little. And the practice courses are seldom taught by full-time faculty, and very few among the tenured faculty have ever practiced social work. What happens to practice wisdom when faculties are not invested or altogether lose their connection to it? Richard Sennett, in his book The Craftsman, writes about what happens to craft when the work of the hand and the work of the mind are disconnected. "Skill is a trained practice; modern technology is abused when it deprives its users precisely of that repetitive, concrete, hands-on training," he writes. "When the head and the hand are separated, the result is mental impairment." For Sennett, the material world speaks back to us constantly, by its resistance, by its ambiguity, by the way it changes as circumstances change, and the en-

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PPSC is pleased to offer a new one year certificate program in Child and Adolescent Therapy including work with parents beginning September. The program will offer 60 CEU's credits. Both agency and private practice clinicians at all stages of their professional development are eligible for this training.

The curriculum reflects a psychodynamic, multi-theoretical approach and follows development from infancy through adolescence with experts in different phases teaching each class. We will discuss developmental tasks and psychodynamic challenges posed by children and their families. The first hour will offer a presentation and exploration of each topic and the second hour will be devoted to a shared discussion of theoretical, clinical, and observational material by students and instructor.

The program is divided in to three trimesters:

- 1. Early Childhood 2. The School Age Child
- 3. Adolescence

Classes will meet once a week on Wednesday evenings from 7-9 PM at PPSC, 80 Fifth Avenue, New York City, NY 10011.

lightened are those able to enter into this dialogue and, by so doing, come to develop an "intelligent hand." What happens to the head (mind) and the hand in clinical social work when the practitioner and the teachers (and scholars) lose their connection to the human landscape?

In 1986 McDonalds opened its first restaurant in Rome not far from the Spanish Steps. But not without protest. The Italian journalist Carlo Petrini gathered a small group to protest the opening, not by carrying placards but by serving bowls of penne pasta to passersby. The slogan was, "We don't want fast food . . . we want slow food!" In 1989 Petrini and representatives from fifteen countries met in Paris for the signing of the Slow Food Manifesto, which spoke against what they described as a Fast Life. Today, they have more than one hundred thousand members in more than 130 countries, where they have contributed significantly to debates on biodiversity and local food communities (Andrews 2008). If there is a future for clinical social work it is in joining ranks with the slow movement and in providing opportunities for students to engage with craftspeople (i.e., practitioners) who understand and can convey the connections among the hand, the heart, and the mind.

How can AAPCSW play a role in what we are calling the slow mental health movement? In three ways: (1) by providing all members opportunities to think using the case study, what John Forrester (1996) calls "thinking in cases"; (2) by providing opportunities for members to write the case study, not just for publication but for learning and teaching; and (3) by disseminating case study knowledge to schools of social work. The case study is for us not unlike the slow food movement (and craft as described by Sennett): it develops over time, sometimes long periods of time, taking root deep in the complexities of human experience and suffering and in special ways of relating; its outcomes are often difficult if not impossible to capture with snapshot methods; and sometimes it may be impossible to measure effects. Foremost, the case study is more than a means of representing (i.e., writing about, disseminating, and publishing) the craft of therapy and psychoanalysis. It is a way of knowing, perhaps the only way of knowing, the depth of the human experience. It is the central reason AAPCSW convenes a national conference. At the upcoming meetings of AAPCSW, on the Thursday before we officially convene, Dr. Wendy Winograd and Sheila Felberbaum will conduct a case study writing workshop (see page 6). Please consider joining them. It is our hope that this first-ever workshop, presented by experienced writers and deep thinkers, will be the beginning of a slow mental health movement. In the next newsletter we will present a manifesto for a slow mental health movement.

We look forward to seeing you in Durham, North Carolina.

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book and journal discounts (see page 14),
reduced rate for PEP Web subscription,
and discounts for select professional services.
See aapcsw.org > Membership > Benefits
for more information.

Pre-Conference Offering

AAPCSW Case Study Writing Workshop

Thursday, March 28, 2019 • 9:00am–4:00pm

Durham Marriott City Center / Durham Convention Center, Durham, NC

with Sheila Felberbaum & Wendy Winograd

This one-day workshop, open to AAPCSW members who are attending the biannual conference, offers an introduction to various aspects of the clinical writing process with participants who would like to develop the skills necessary to write effective case studies for presentation or publication.

The morning session will focus on the nuts and bolts of writing clinically. We will explore:

• How to do a literature review using PEP
• The utilization of APA format
• The framing of case material in relevant theory
• Ethical considerations in clinical writing

During lunch, participants will be treated to a panel discussion with writers from the book Narrative in Social Work Practice: The Power and Possibility of Story, edited by Ann Burack-Weiss, Lynn Sara Lawrence, and Lynne Bamat Mijangos.

In the afternoon, we will do a close reading of a short published case study in order to identify effective and ineffective writing and to deepen our understanding of what writers do that brings case material to life. We will look at the importance of giving and receiving feedback for writing and will explore ways in which feedback can be offered in mutually supportive and enriching context.

In the final segment, participants will have an opportunity to do a short piece of writing that will be workshoped in small groups.

Thursday, March 28, 2019, 9:00am to 4:00pm; lunch will be included **Cost:** \$100 general; \$35 students (Master's, Post-Master's/Candidates)

Registration is limited to 25. See conference registration form at www.aapcsw.org.

We will offer two need-based scholarships for this workshop. If you are interested in applying for one of these, please contact Wendy Winograd (wendywinograd@gmail.com) for more information.

Sheila Felberbaum, LCSW, BCD, was educated first as a nurse then earned her MSW from NYU. She is s graduate of both the NY School for Psychoanalytic Psychotherapy and Psychoanalysis and New Directions: Writing with a Psychological Edge, a program of the Washington Baltimore Center for Psychoanalysis. She is a member of the faculty, where she facilitates ongoing and weekend-long writing groups for students and faculty. She maintains a general psychoanalytically oriented psychotherapy practice in Smithtown, NY, specializing in bereavement and the treatment of patients with life-challenging medical diagnoses. She is a consultant and staff group facilitator for the VNS Hospice of Suffolk. Sheila is also a long-term member and on the board of the American Association of Psychoanalysis in Clinical Social Work, where she serves as the co-editor of the online Monograph. Her numerous clinical publications and plays focus on personal and professional reflections on bereavement, countertransference, and the integration of writing in clinical practice.

Wendy Winograd, DSW, LCSW, BCD-P, clinical social worker and certified psychoanalyst, provides psychotherapy to adults, couples, and children in private practice and in a school. She serves on the faculty of the New Jersey Institute for Training in Psychoanalysis and the Center for Psychotherapy and Psychoanalysis of New Jersey. She is on the executive board of the American Association of Psychoanalysis in Clinical Social Work, where she is the recording secretary, book review editor, and co-chair of the Child and Adolescent Committee. She earned her DSW from the Rutgers University School of Social Work and her MSW from New York University. Her current research focuses on the psychoanalytic understanding of the relationship between play, identity, and intersubjectivity. She has published on female development, work with transgender adolescents, school-based psychotherapy with young children, and mother/daughter relationships, and she has presented her work nationally and internationally.

The Sanville Institute for Clinical Social Work & Psychotherapy

Whitney Van Nouhuys

The Sanville Institute for Clinical Social Work and Psychotherapy, formerly the California Institute for Clinical Social Work, closed its academic program December 31, 2018, after forty-four years of successful operations and 112 doctoral-level graduates. Many AAPCSW members are friends or graduates of the Sanville Institute and will mourn the passing of one of the few excellent clinical social work doctoral programs in the country. Some of you attended the wonderful tribute to Selma Fraiberg last year in San Francisco, co-sponsored by the Sanville Institute and AAPCSW. You might be interested in a little history about this remarkable program.

The California Institute for Clinical Social Work was founded in the early 1970s by a group of psychoanalytically oriented clinical social workers who conceived an innovative educational model for experienced social workers to develop clinically and professionally, beyond the MSW. The nonhierarchical learning community was built around a modified Oxford Model, encouraging independent study, with a curriculum emphasizing the integration of clinical theory and practice in cultural context. Jean Sanville was one of the founders and the institute's first dean. In later years, the institute honored her by changing its name to the Sanville Institute.

The first graduating class was in 1978. The school had opened under the auspices of California Society for Clinical Social Work and was authorized by the state of California to offer the doctoral degree. Back then the California legislature, particularly the progressive legislator John Vasconcellos, recognized the need for supporting high-quality alternative educational programs and provided

oversight for schools like CICSW that were too small to meet the requirements at that time for independent accreditation. In recent years, however, the legislative attitude toward state-approved schools changed, and regulations were enacted requiring state-approved schools to become accredited. Sanville rose to the challenge and began the process of applying for accreditation. Though able to demonstrate the strength of the academic program, the institute was unable to demonstrate long-term financial sustainability to the satisfaction of WASC, the regional accrediting body, despite the institute's best efforts to develop funding streams or merger possibilities.

The Sanville Institute and the Chicago Institute for Clinical Social Work were able to work out an agreement whereby current Sanville students could transfer to Chicago and complete their degrees. So when Sanville's Board of Trustees had to make the painful decision last spring to close the school at the end of the year, the students were offered a good alternative to continue their education in an environment with a common mission and learning objectives and leading to the same PhD in clinical social work. As of January 2019, the Sanville students are becoming integrated into the ICSW community.

The Sanville Institute will remain open for the time being, not as a school but as a nonprofit organization supporting the social work profession. The website is still www.sanville.edu, and you will still be able to read and download all the dissertations by the institute's graduates.

newprofessionals

mentorship program

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Contact Cole Hooley, LMSW, Co-Chair • colehooley@gmail.com, 801.636.3634

book&filmreviews

Mourning Freud

by Madelon Sprengnether; Bloomsbury 2018, 288 pages reviewed by Cathy Siebold, DSW

Psychoanalysis has long struggled with its origins as Sigmund Freud's creation. This legacy has at times limited its followers from broadening their theory and method. It has also limited the public perception of the usefulness of psychoanalysis. We have only to look at contemporary ways of describing treatments for trauma to see their psychoanalytic roots in Josef Breuer and Freud's *Studies in Hysteria* (1893–95). Yet such associations are infrequently made by the public.

The struggle for psychoanalysis to be perceived as relevant can, in part, be understood as resulting from an inability to mourn Freud. To mourn Freud would be to see Freud as insightful but flawed and as but one of a number of people who were attempting to develop a theory of mind. Grief becomes complicated when one idealizes or denigrates the lost object. The long-standing arguments in psychoanaly-

sis that support or contest Freud's assertions represent such complicated grief. Opinions about Freud's ideas are polarized. Arguments about a one-person versus two-person psychology notably exemplify such splitting. Efforts to advance a theory of gender or female sexual desire that is not rooted in Freud's ideas about the evolution of sexual desire and the development of a superego further demonstrate how some psychoanalysts have clung to Freud's ideas of a universal oedipal phase rather than dismissing or relativizing them as a narrative that has no basis in biology.

In her recent book, *Mourning Freud*, Madelon Sprengnether explores and expands on a number of Freud's important ideas. Some will be familiar in the ideas'restatement by her. Other ideas are reexamined and expanded on in light of contemporary the-

continued on page 10

Who's behind the Couch? The Heart and Mind of the Psychoanalyst

edited by Robert Winer and Kerry L. Malawista; London: Karnac Books, 2017; 384 pages reviewed by Sharon Alperovitz, MSW, LICSW

I have to be frank. I usually don't like analysts talking about themselves. But I care deeply for Bob Winer and Kerry Malawista, so I decided to read their book, and they sold me—if you do it right, then analysts become human beings, and, of course, that is who we are and that is what makes others want to talk with and get to know us (while we get to know ourselves).

What is it like to be a working psychoanalyst? Winer and Malawista held discussions with leading analysts from different parts of the world and from different theoretical orientations. Their only criteria

was that the analysts be English-speaking and open about their experiences of the everyday work of being a psychoanalyst.

Twenty-one analysts agreed to sit down for interviews. The authors developed a set of questions that they shared in advance with the interviewees to give them time to think about their responses and to recall significant moments from their practices. The meetings typically lasted two to three hours, and some stretched out over four hours. The interviews were recorded and transcribed.

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The Social Work and K–12 Schools Casebook: Phenomenological Perspectives

edited by Miriam Jaffe, Jerry Floersch, Jeffrey Longhofer, and Wendy Winograd; Routledge, 2018; 198 pages reviewed by Barbara Berger, PhD

The well-being of children of all ages attending schools is, as it should be, a priority for everyone. This casebook was designed to be an introduction, by seasoned practitioners in the field of school social work, for students and newer clinicians. It does, however, bring home to any reader the depth and breadth of what encompasses the world of school social work. The illustrations of knowledge, creativity, focus, and dedication necessary for the school social workers to do their jobs well make this poignantly clear. The importance of their work is made paramount when one reads the nine chapters, each illustrating powerfully a different aspect of this field.

It begins with Lynda Fabbo's incredible work il-

lustrating the social worker's role on a child study team. In a most compelling case study, this dedicated social worker takes the reader through the progress of a developmentally disabled child, from preschool into adolescence. Using Marta as an example, Lynda Fabbo shows that by working with her parents, teachers, administration, and others, the goal of preparing a child for a meaningful life within her community is achievable.

In chapter 3, by joining psychoanalytic theory, modern attachment theory, ethological research, and neurobiology, Wendy Winograd creatively nurtures the use of reflective function and mentaliza-

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Book Reviews

Psychoanalytic social workers are writing more and more books! Following is our new system for handling reviews:

- When you have written a book you wish to have reviewed or have read a recently published book that you feel would be of interest to our members, please send the book title and a sentence about the subject of the book to the Book & Film Review Editor, Wendy Winograd (wendywinograd@gmail.com).
- Copy Barbara Matos, our administrator, on the e-mail (barbara.matos@aapcsw.org) and send the book to her. She will keep records of all books received. Once she receives the book, we will choose a reviewer, and Barbara will send the book to the reviewer.
- If you have a colleague in mind as a reviewer of your book, please let us know. We are always interested in adding reviewers to our list.
- Reviews should be four to six double-spaced pages. The book title and publisher should appear at the top of the page followed by the reviewer's name. At the end of the review, the reviewer should include a sentence or two about themselves.
- The review should then be sent to Wendy so she can read it. She will then send the review to Newsleter Editor Christie Hunnicutt (christiemhunnicutt@gmail.com) for publication in the *Newsletter*. We review only books; we do not review book chapters or articles.
- On some occasions, a film relevant to our field may be reviewed, and if you see such a film and would like to review it, please write directly to Wendy.

We thank all the authors and reviewers who have made such excellent contributions to the *Newsletter* over these many years.

Wendy Winograd, DSW, LCSW, BCD-P • Book & Film Review Editor • wendywinograd@gmail.com

Mourning Freud, cont. from page 8

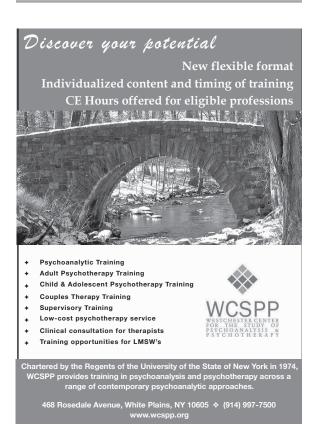
ory. To begin, Sprengnether takes up the question of unresolved mourning from the perspective of Freud's own inability to mourn. In her thoroughly researched and annotated book, she looks again and again at Freud's efforts to manage his biography, as she simultaneously takes up a critical analysis of what Freud doesn't integrate into his personal analysis. For Sprengnether, Freud's writings encourage a conversation with the reader, but all too often these invitations were ignored rather than engaged in by his followers. Freudian essays, for example, often end with uncertainty, such as in his second theory of anxiety: "Further than this, I believe," wrote Freud (1926), "our knowledge of the nature and causes of neurosis has not as yet been able to go" (154). His comments on female sexual development also suggest some uncertainty when he asserts we shouldn't be too quick to presuppose female development (Freud 1931). His followers, particularly in the US, preferred Freud's assertions to his questions. Sprengnether, on the other hand, accepts his invitation to converse, and in so doing treats us to a variety of interrogations into Freud's thoughts.

In the first part of the book, Sprengnether examines Freud's biography and the many losses that he never acknowledged in his self-analysis. One of the strengths of this book is the effort not to get caught in what has already been established as Freud's narrative but rather to look at what and whom he leaves out. In subsequent chapters, Sprengnether continues an exploration of Freud's management of his biography, as she critically analyzes some of Freud's important ideas such as screen memory, the Oedipus complex, privileging the phallus, and melancholia, to name a few. In so doing, she at times expands or amends his theory, particularly in relation to his psychology of gender and melancholia.

Beginning this exploration, she examines evidence from a number of sources that demonstrate Freud's seeming lack of self-awareness or discussion of his many losses. In the first years of his life there were multiple losses. Freud's mother had seven pregnancies during his first ten years of life. His brother Julius, born about a year after Freud, died in infancy. These births and deaths of siblings cannot but have taken Amelia's attentions from her oldest son. An understandable loss of his mother's attention is accompanied by the loss of his nurse, the loss

of his beloved home, and the loss of his father's business. The inability to acknowledge loss persists as an adult, limiting his ability to recognize the full import of his father's death when Freud was in his early 30s. The importance of men in Freud's world, his idealization and reification of patriarchy, and his continual breaks with the men he chose as his close associates pepper Freud's biography, yet the unconscious meaning of these idealizations and breaks from male associates are not fully appreciated in his self-analysis. Sprengnether proposes that Freud's focus on the Oedipus complex served to mask his vulnerabilities and pre-oedipal challenges.

One example Sprengnether explores is Freud's turn toward denigration of the female in the familiar Irma dream, or specimen dream (96). This dream has already received much attention for what Freud didn't analyze. The author takes a fresh look, however, examining how Freud's inability to appreciate Irma's suffering and his unquestioned acceptance of patriarchy are additional examples of his struggle to recognize his own vulnerability and oral need. Denial of loss and oral deprivation are recurrent themes in Freud's personal communications. For example, later in life he refutes the suggestion that the loss of



his beloved daughter Sophie during the flu epidemic could have influenced his turn to the death instinct as a primary aim (Freud 1920).

As we know, Freud's only personal analysis was a self-analysis. Consequently, this self-analysis provides another example of the way he controlled his biography and maintained his authority. Historically, it has been unusual for students of Freud to question his lack of an analysis beyond his own self-analysis. He is given credit as a genius who could see more clearly, while the rest of us, including Karen Horney, would be criticized for attempting to understand our unconscious motives in this way. For many, there was little room for even the slightest critique.

For example, Freud's ambition is well established (Rudnytsky 1987). He wanted to be famous. Yet when Puner (1947) pointed out that Freud was privileged by his mother as the eldest male, voices were raised to hush such stories. Puner reports that as a young man, Freud was irritated by his sister's piano playing. He complained that it interfered with his studies. The piano was soon gotten rid of. Perhaps this is an apocryphal story; after all, the principals are long deceased and cannot corroborate nor dismiss the story. Of greater interest to me is the vehemence with which such a story was dismissed. Can we not consider that a privileged, eldest male in a Victorian household may have dictated terms so that when his sister's piano practicing disturbed his studies, their mother had the piano removed? Does it seem so unreasonable to consider that Freud, who constructed the idea of an oedipal winner, might have been basing it on his own experiences?

In addition to psychoanalytic theory, Sprengnether examines Freud ideas from alternative perspectives, such as literary criticism, feminism, and social theory. The result is a complex analysis that takes us further into understanding not only Freud but also some difficulties in our contemporary theorizing. I was particularly struck by the author's use of multiple theories to advance some of the problems that contemporary theory has in reconciling our ideas about the fluidity of gender, femininity, masculinity, and, finally, the capacity to mourn.

The Victorian society in which patriarchal arrangements were acceptable shaped much of Freud's thinking. Although Freud eschewed analysis of his contemporary culture's influence on his self-analysis and his theorizing, in several chapters Spreng-

nether explores the way such influences did impact his understanding of sexual desire and gender. In chapter 3, she examines Freud's emphasis on the phallus, both equating it with, and privileging it over, the nipple. Freud, whether it be the case of Dora or the case of Little Hans, took a phallocentric view, giving the penis the privileged position rather than the nipple, which many of us would contend is the first object of desire. What might have happened had Freud been able to explore his grandiose view of masculinity and its central place in his theorizing? Additionally, there are his unformulated oral needs. Examining Freud's focus on the phallus, the author postulates that Freud's early oral deprivation and later suffering from mouth cancer provide additional missing aspects of Freud's self-analysis.

There are other limitations in Freud's theory of male and female desire that receive extensive attention by Sprengnether. She notes that feminist theorists, although critical of Freud on the subject of women, "have not sought to dislodge the Oedipus complex per se" (82) and goes on to state that such avoidance perpetuates an idea that one's social world is constructed through recognition of the father's commanding presence. Going beyond Freud's version of the oedipal drama, Sprengnether reminds us that much of Freud's theorizing permits the exchange of women by men. That women are an exchange between men is a theme that the author elaborates as she explores Freud's male friendships and the women who were shared by them, such as Sabine Spielrein.

We can appreciate today that in accepting Freud's use of the oedipal drama to postulate the son's desire for mother and fear of father, he ignored the mother's potential desire for her son and the young boy's fear of his mother. By emphasizing male desire and female lack, Freud ignores the presence of female assertion. For Freud the female position is passive. As McDougall (1991), among others, has asserted, there continues to be a fear of the power of women's sexuality in psychoanalysis. Although McDougal's assertion was made almost thirty years ago, the idea of male dominance and the universality of the Oedipus complex persist today (Siebold 2017).

According to Sprengnether, Freud also focused a great deal of attention on mother-son incestuous

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wishes, while largely ignoring father-daughter incestuous wishes. This despite the fact that Freud's earliest theories of trauma were in part about male desire for daughters. By insisting on an oedipal drama, Freud asserted a paternal role to protect sons from their mothers. There is no comparable maternal role protecting daughters from their fathers. A notable example of degrading women and tolerating father-daughter incest can be observed in Freud's encouraging Dora to submit to Herr K. (126). Freud's relationship with his daughter Anna has also been described by many as his emotional, if not actual, incestuous desire for her (130).

The lack of a protective mother can be demonstrated by Freud's inattention to his relationship with his mother and her influence on him. Sprengnether considers that Freud's dependence on, and some might say subjugation of, his daughter Anna were a possible result of his own experience of his determined mother. Amelia was a tyrant and self-ish, according to one of her grandchildren (124). Yet, Freud never considers the power in young boy's need

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for a mother nor the aggression and conflict regarding desire that might be the result of his experience of his mother. For Freud, in his self-analysis, he emphasized the power of the father figure. Employing her theme of Freud's unanalyzed losses, Sprengnether suggests that perhaps Anna was a fulfillment of his wish for the "totally fulfilling and unambivalent love" of his mother that was lost or absent to him during infancy (132) .

It would be inaccurate to suggest that Sprengnether has a predominantly negative critique of Freud's ideas. On the contrary, she is also cognizant of how prescient some of Freud's ideas proved to be. In chapter 5, for example, she takes up Freud's ideas about memory, particularly screen memory. In his self-reflections, coupled with his scientific training, Freud demonstrated keen insight in regard to memory. He recognized that there is no such thing as factual recollection of the past but that rather these are reconstructed narratives: "Memory for Freud is a kind of trickster, a canny but unreliable narrator, a creator rather than transcriber of reality" (150). In expressing these insights, Freud anticipates the contemporary neurological understanding of the process of memory. Implicit in the author's exploration of "screen memories" and the complexity of memories is Freud's construct of Nachträglichkeit. This latter concept helps us understand how past and present work in concert: what is now thought of as a bidirectional force on memories of past and present experience.

In the final chapter, Sprengnether seeks to advance a theory of mourning, starting with Freud's construct of mourning and melancholia (1917). This is only the start of an exploration of mourning and melancholia from a number of theoretical perspectives, which is too elaborative to describe here in a few sentences. Suffice it to say that in her compelling look at grief from a postmodern perspective, Sprengnether postulates a theory of loss that considers melancholia as "a particular form of mourning that has gotten stuck" (233). More specifically, she considers the horrific traumas that haunt our patients and can often seem immutable. Much of the horror of traumatic events cannot be explained in words. Using the Holocaust as one example, she explores the question, "How can we hope to heal?" It seems to me that she is suggesting that it is the act of attempting to represent the unthinkable in the therapeutic

dyad that gives us the possibility of turning ghosts into ancestors. This brings her back to an essential point of Freud's that "the cure is effected by love."

For anyone interested in the evolution of psychoanalytic thought, this book provides an informative view, not only of Freud ideas but also of their continued utility. As Sprengnether demonstrates in her critical analysis, Freud's personal story, his traumas, and his historical context affected his ability to analyze and therefore understand psychic functioning. Despite the limits of his self-analysis, Freud also understood that he was at the beginning of developing a theory, not finalizing it. Just as Freud struggled to mourn his losses, so too have subsequent generations of psychoanalysts struggled to mourn Freud. For some this meant concretizing Freud's ideas, for others this meant disavowing them. To this point Sprengnether notes, "We are possessed by our ghost experiences until we begin to engage them in a live form of conversation" (236). The consistent theme of this work is not only to look at what Freud wasn't able to understand about himself but also to engage in a communication with him. In so doing we may potentially introject Freud in a new way, perhaps helping us turn a ghost into an ancestor.

Cathy Siebold, DSW, is a psychoanalyst practicing in New York City and is a supervisor and faculty member at PPSC. She is the author of The Hospice Movement and articles on attachment theory, intersubjectivity, gender, and mourning. She is a past president AAPCSW.

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The distinguished subjects of the interviews approved of the versions that appear in Who's behind the Couch. (Several analysts decided that their interviews were too revealing/exposing of their patients and asked Winer and Malawista to remove them.) The book contains seventeen interviews—eleven with men and six with women: Abel Fainstein (Argentina); Claudio Eizirik (Brazil); Werner Bohleber and Richard Schneider (Germany); Ilany Kogan (Israel); Stefano Bolognini (Italy); Raquel Berman (Mexico); David Tuckett (UK); and Salman Akhtar, Rosemary Balsam, Nancy Chodorow, Jay Greenberg, Jane Kite, Donald Moss, Joseph Lictenberg, Nancy McWilliams, and Richard Waugaman (US). The editors comment on each interview and offer their own summary of their personal experience of being with the interviewee.

In their introduction, Winer and Malawista state that each interviewee, in their opinion, appreciated the complexities of each clinical encounter and the challenges of finding what might work best for a particular patient. They also observe that each



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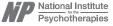
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analyst appeared to work beyond theory, and that the analysts' stories dispel the cartoon images of silent, distant, and mysterious analysts.

Winer and Malawista observe that a problem in some psychoanalytic writing is that it can be so impersonal: the patient never comes alive. Often, we are unable to imagine what it might be like to sit with this person. This book helps us understand directly how precisely it feels to be with each of these impressive analysts.

I was touched with Stefano Bolognini's honesty after Kerry asked him, "When did you first think about becoming an analyst?" He answered, "As I remember, the main reason was that I felt really unsatisfied with myself—this was the core." Kerry followed the question, a bit further along in their discussion: "You mention the idea of both changing. So, you see yourself changing along with the patient?" Bolognini: "Yes, in the sense that every analysis is also an auto-analysis for the analyst. You change also because when I am listening to some patients and interacting with them, it happens that I make progress, for myself. I think it's a common experience for all of us. But, I mean, more specifically that our relationship with the patient changes correspondingly with our capacity to understand the patient."

Bolognini's comments closely connect with my own experiences and why this difficult work is so worthwhile—and not just for our patients. I also liked Joseph Lictenberg's straight-forward answer to Bob's question, "What do you think makes for a bad analyst, a bad therapist?" Lictenberg replied, "A know-it-all." I don't think anymore need be said except—thank you and yes, yes, yes!

The interviews also give us an opportunity to hear arguments for and against certain practices. For instance: Should analysts charge for missed sessions? Salman Akhtar reported that while he was trained to always charge for missed sessions, he now believes differently: "We never should charge for a missed session unless it is a sociopathic attack upon the treatment." David Tuckett said, on the other hand, "I take Freud's view that the analyst's time is booked come what may. If I have agreed to be there, I charge. It can be challenging at times." He went on: "So the patient I charged for missed sessions when she had to go to a funeral made a thing about it. She thought, of course, I would not charge, and behind

this that sessions could be missed for good and bad reasons. Although I could see her point that it wasn't very fair and that I had to stand feeling guilty, I did charge her because it seemed worthwhile to be clear from the start about the frame and my willingness to tolerate anger and hatred and being called unreasonable or money-grabbing." So, reader, where do you stand?

I loved Nancy McWilliams's oh-so-honest answer to a question by Kerry: "How do you feel your work as an analyst has changed you as a person?" McWilliams answered with a thought I've had myself: "I think psychoanalysis as a profession has ruined me for small talk."

I was touched by Jay Greenberg's truthfulness when he said, "I think a bad analysis can really hurt you and I had one bad analysis. I think for a while it made me mean with my patients." He then added, "I have a fairly late-blooming belief in kindness and the importance of kindness in analysis, which certainly got beaten out of me in one of my analyses. And it was really only until a subsequent analysis that I was able to see that I could be both analytic and kind simultaneously."

Let's hear it for kindness—and that we are getting far away, I hope, from a very old image. This book by Winer and Malawista is a wonderful box of very personal chocolates offered by very distinguished clinicians—read it slowly over time and savor it. The messages and wisdoms keep coming.

Sharon Alperovitz is an independent clinical social worker and a teaching analyst at the Washington Baltimore Institute of Psychoanalysis. She is a founder and core faculty member at the Washington School of Psychiatry's Infant and Young Child Observation Program: Seeing the Unseen in Clinical Work. She has a full-time practice in Washington, DC, where she sees patients in psychotherapy and psychoanalysis and couple and family therapy.

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tion to encourage the child's developing self and create a constructive movement toward the future. Using examples from three children, Winograd illustrates the importance of staying attuned not only to what the children are thinking, feeling, and saying with their behavior but also to the minds and concerns of teachers and parents. The goal is to bring the child to the forward edge of development while attending to the teacher's need to manage a classroom and the parents' desire to raise happy, successful children.

Jessica Verdicchio discusses the crisis of the affluent adolescent in schools today in chapter 4. Defining the culture of affluence as one characterized by "values drive, competition, and material objects, at times over familial ties, kindness and honesty," she illustrates the way self-esteem is based on a public face, while inner needs can be neglected, evoking an inner emptiness. This is underscored by the contribution of technology and social media because they provide "the illusion of connection" without "the emotional risks of friendship." Using the case of Caroline, a smart, popular, competent teen being pressured by her wealthy parents to do well academ-

ically and in sports, and who is further pressured by social media to behave in certain ways, Verdicchio illustrates how Caroline's relationship with the school social worker was a critical step toward helping her navigate the pressures.

Reframing the meaning of in loco parentis from a disciplinary concept to one that acknowledges a "responsibility of care" enhances the capacity of the school to be not only a place of learning but also a therapeutic community when needed. In chapter 5, Irma W. Sandoval-Arocho presents the case of a child traumatized by having discovered his father's suicide. She poignantly illustrates how the school can become a place of trust, respect, and encouragement and that through the growth of strong attachments development can be generated in both children and parents.

In chapter 6, school social worker Eric K. Williams describes his use of systems theory in an alternative school as he works with adolescents whose needs could not be addressed in a traditional school setting. Understanding that a change in one part of a system creates a change in another and, thereby the whole, Williams uses eighty days of his work with a group of students to illustrate the potential



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for profound change. Most important, he emphasizes the need for the support of faculty and administration as they provide energy with participation in programs.

The LGBT students are a population at risk for mental health problems resulting from bullying and harassment. Transgender students have additional needs and are still diagnosed with gender dysphoria requiring medical, legal, and social supports. In chapter 7, Russell Healy eloquently describes his supervision of a school social worker engaged in work with a transgender student. The case illustrates the way an open-minded, skilled social worker can do good work using transgender-affirmative case management in a progressive school system.

Alex Kaliades makes a powerful case for reexamining the impact of current zero-tolerance disciplinary practices. For urban students of color these practices tend to reinforce the experience of discrimination and, therefore, generate anger in students and their parents. In an inspiring case study of her work with a high school freshman, Kaliades explains the school's response to the social and emotional challenges the student faces as an issue of social justice. Punitive action as a behavioral control evokes a feeling of retaliation. As such, it controls behavior but does not address motivation. Cultural competence leads to trust and engagement, while discipline inspires increasing distrust.

In chapter 9, Ralph Cuseglio talks about his experience as a school social worker in a large urban high school that, despite the needs of students, lacked mental health services. In an effort to do self-care and avoid compassion fatigue, this Cuseglio discovers the use of mindfulness groups to address self-regulation, emotional and behavioral reactivity, and high levels of emotional stress and anxiety. Using a case illustration from his own work, he demonstrates how the use of mindfulness strategies with purposeful attention, in the present, and a nonjudg-

mental acceptance of internal experiences promotes well-being and leads to more compassion for these adolescents and others with whom they interact.

Finally, in chapter 10, Karen Baker describes her work with parents as a school social worker in a psychoanalytically informed preschool. As children are learning how to verbalize and to reflect on their own internal experiences, they are also learning how to understand others. This important capacity derives from the early, good-enough environment with caregivers and parents. Using examples from both junior and senior preschool parent groups, Baker describes the ways parents find validation in knowing that others are also experiencing difficulty in parenting. She poignantly illustrates the ways they become valuable resources to each other, while profoundly impacting a child's development.

In conclusion, this book of case studies is a wonderful contribution to school social work and to the general mental health field. As it achieves its goal of being a resource to new social workers entering the school environment, it offers all readers a unique and astute view of this specialization. It generates an understanding of the breadth and depth of the work done in schools and an appreciation for the clinicians who are committed to this practice.

Barbara Berger, PhD, has a full-time private practice in Chicago. She is faculty emeritus and a member of the Board of Trustees at the Institute for Clinical Social Work in Chicago. She is an editor for The Clinical Social Work Journal and The Psychoanalytic Social Work Journal. Dr. Berger has served as president of AAPCSW and as chair of the Social Work Academy in the National Academies of Practice. She was elected as a distinguished practitioner in 2002 and received the award for distinguished service from the Institute for Clinical Social Work in 2012 and a Lifetime Achievement Award from AAPCSW in 2013.

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Han Bertrand is a psychodynamically oriented clinician with experience in working with adults, especially those who are people of color, LGBTQ people, international students, immigrants, and people



with religious or spiritual traditions. Han will graduate in May 2019 from Boston College with an MSW, concentrating on mental health (clinical), and expects to become an LCSW in July/August 2019. Han holds a master's in theolog-

ical studies from Boston College and has four years' experience as a graduate assistant working with college students/graduate students at Boston College and Harvard Business School. Han is bilingual, speaking both English and Mandarin Chinese, and is seeking postgraduation employment opportunities in the New England Area.

In 2017 and 2018, Dr. Rosalyn Benitez-Bloch offered seminars at the Los Angeles Institute and Society for Psychoanalytic Studies (LAISPS) on how psychoanalysis and our most acute environmental problem—global warming—connect in the consulting room. Both the clinical cases and climate history are fully examined within an object relations framework. Freud grasped the concept of energy using libido to move through the structures of id, ego, and super ego, their unconscious conflicts, defenses, and symptoms. Our present daily lives are sourced by technological energy resulting in our responding socially and individually with the similar defenses of anxiety, guilt, and melancholia related to our "environmental unconscious."

The seminar thoroughly examined climate history, global warming, and technology.

Kathleen Fargione, MSW, LICSW, received the 2018 Dieperink Writing Prize from the Minnesota Psychoanalytic Society and Institute (MPSI) on January 27. Her award-winning paper discusses "two long term clinical cases, one through the lens of attachment and mentalization, and one using Bion's ideas of containment and alpha function." Both patients she discusses in her paper "missed critical steps in normative development, leaving them with fragile psychic structures. Such fragility required



long treatment to build emotional capacities where heretofore none had existed." Kathleen teaches at the University of St. Thomas School for Social Work and Minnesota Psychoanalytic Society and Institute. For several years, she

served as co-chair of the AAPCSW Minnesota Area chapter. Her paper will be published April 2019 as a chapter in Reflections on Long-Term Psychotherapy and Psychoanalysis (ed. Susan Lord).

Janet Hoffer, DSW, LCSW, is in private practice in West Orange, NJ, and is the Dean of Students at the Center for Psychotherapy and Psychoanalysis of New Jersey. Last May, she was awarded her doctorate in social work from Rutgers





What's your news? Graduations, presentations, publications, awards, appointments, exhibits, and so on are all items the AAPCSW membership would like to acknowledge in the this column. Feel free to include a photo. **New to AAPCSW?** We invite you to introduce yourself. Contact me at christiemhunnicutt@gmail.com.

Christie Hunnicutt, MSW, LCSW • Editor, Newsletter

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University. As part of her course of study, she had an article published in *Psychoanalytic Social Work* titled "An Elephant in the Consulting Room: Making Space for a Patient's Secret" and, in the same journal, "Bringing Shame out of Hiding and into Treatment," a book review of *Understanding and Treating Chronic Shame: A Relational/Neurobiological Approach* (ed. Patricia A. DeYoung). Additionally, she created the multimedia project Shame Explained (www .shame-explained.com) as an educational tool for clinicians to explore the impact of shame on the therapeutic relationship.

Judy Logue, PhD, LCSW, presented papers in 2018 on privilege, death, and gender, including "Bridging across Divides—Understanding Privilege, Its Consequences, and Solutions for Integrity," for Division 51 (Men and Masculinities), American Psychological Association, San Francisco, on August 10; and on October 19 and 20, "Unexpected Transformations: "Til Death Do Us Part" and "Gender Matters: The Amazing Transformation from Gender Binarism to Gender Fluidity in the 21st Century," for *Transformations: Disrupting Dystopian Futures*, Association for the Psychoanalysis of Culture and Society, New Brunswick, NJ. Judith is based in Port St. Lucie, FL, and can be contacted at www.judithlogue.com.

In early November 2018, **William (Bill) S. Meyer** delivered the Seventh Annual Alice Kassabian Memorial Conference Lecture, sponsored by the Greater Washington Society for Clinical Social Work

in alliance with AAPCSW. The title of his talk: "When LGBT+ Folks 'Cured' Psychiatry: The DSM Story You Never Knew!" In October and November 2018, Bill presented, first for Duke's Department of Psychiatry Grand Rounds and



then to an audience of nearly one hundred people at the Psychoanalytic Center of the Carolinas, his paper titled "Long-term Treatment in the Rear-View Mirror: 'Evidence' from my 40-Year Clinical Career."

Cathy Siebold, DSW, presented a paper titled "The Hidden Injuries of Authoritarian Regimes: Unformulated Trauma Past and Present" at the October 2018 conference Unsilencing, held by the International Federation of Psychoanalysis in Education, in Seattle Washington.

aims&purposes

- To represent and protect the standing and advancement of psychoanalytic social work practitioners and educators.
- To provide an organizational identity for social work professionals engaged in psychoanalytically informed practice.
- To promote and disseminate the understanding of psychoanalytic theory and knowledge within the social work profession and the public.
- To affect liaisons with other organizations and professions who share common objectives for social work and the advancement of psychoanalytic theory and practice.
- To advocate for the highest standards of practice and for quality mental health care for the public.
- To bridge social work and psychoanalytic discourses by integrating concerns for social justice with clinical practice, and to conceptualize psychoanalytic theory and practice within its broader social-political context.

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