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

Affiliated with The Clinical Social Work Federation

Volume 15

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President's Message:

David G. Phillips, DSW
President



David Phillips
NMCOP President

In my previous column, I summarized the goals that have guided the National Membership Committee on Psychoanalysis in Clinical Social Work since it was founded in 1980. Since then, we have found that there are other organizations which share many of these goals and that have been important in our moving toward their attainment. In this column I will briefly review some of the work that we are currently doing with these organizations.

1) One of our most important activities is our membership in the Psychoanalytic Consortium. NMCOP was one of the founders of the Consortium with the American Psychoanalytic Association, the American Academy of Psychoanalysis, and the Division on Psychoanalysis (39) of the American Psychological Association. A main reason for the formation of this group was our shared opposition to the efforts of the National Association for the Advancement of Psychoanalysis (NAAP) to become a credentialing body in the field. As the Consortium has worked together over the years, however, there has been the development of an increasing atmosphere of understanding and respect between the professionals from different disciplines. This shared experience has been instrumental in bringing

about a number of other significant developments which were not on the original Consortium agenda.

After many years of internal discussion and organizational process, the American Psychoanalytic Association has finally dropped the "waiver" procedure. This process required social workers without doctorates to go through an additional extensive and burdensome evaluation when applying for training in the institutes of the American. Social workers may now apply to these training programs on an equal basis, and the American is having a successful experience in the training of social workers at institutes all over the country.

As a logical next step, and largely due to the efforts of our Past-President, Margaret Frank, the American has also now opened its Fellowship Program to clinical social work applicants on an equal basis. The purpose of this very competitive and prestigious program is to introduce young mental health professionals, from a variety of settings, to psychoanalytic principles. Winners attend two national meetings of the American with all expenses paid, receive gift copies of psychoanalytic books and journals, and meet for a year with a psychoanalytic mentor in their community. Winning this Fellowship is a tremendous honor, and the value of it being opened to clinical social workers cannot be overstated.

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... from the Editor

Donna Tarver
Editor



Donna Tarver

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 is delighted to welcome Diana Siskind as Book Review Editor of the newsletter.

Diana has been a frequent contributor of reviews, source of ideas and encouragement, and we were pleased to have the opportunity to review her latest book in our last issue. In her first issue as editor Diana brings us reviews of two new books reviewed by NMCOP members. Patsy Turrini has reviewed **The Neurobiological and Developmental Basis for Psychotherapeutic Intervention**, a book edited by Michael Moskowitz, Catherine Monk, Carol Kaye, and Steven Ellman. Mike King has reviewed **The Essential Internet**, an overview of the internet for mental health professionals.

We are pleased to include a summary of a chapter from **Fostering Healing and Growth: A Psychoanalytic Social Work Approach** by Dr. Karla Clark. Many thanks to Margaret Frank for giving us an overview of last fall's Sixth National Clinical Conference in Seattle.

Thanks to all contributors to this issue: Karla Clark, Margaret Frank, Mike King, Bill Meyer, David Phillips, Diana Siskind, and Patsy Turrini.

NMCOP NEWSLETTER ADVERTISING RATES

Size on Page	Measurements	Cost
1/2 page (horizontal)	7 3/4" X 4 7/8"	\$400.00
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President's Message continued from page 1

In another important action it was recently agreed that all Consortium groups would open their conferences and meetings to psychoanalytic candidates from the other Consortium organizations at the same fee that was charged to their own candidates. This policy will help to develop further communication between practitioners and groups that are represented by the Consortium, and we hope to see it soon extended beyond candidates in training to all members of Consortium organizations.

2) The American Board of Examiners in Clinical Social Work (ABE) is the leading credentialing body in the field, and the only one that is independent of other professional organizations. As reported in previous columns, we are continuing to work with the ABE in establishing standards and procedures for the credentialing (certification) of individual practitioners of psychoanalysis.

3) Many members, and prospective members, of the NMCOP wonder about the nature of our affiliation with the Clinical Social Work Federation and why our By-Laws require membership in a state society for clinical social work in order to join the NMCOP. Here is the answer to that question. While both Federation and the NMCOP have activities in which the other group has only an indirect interest, the major agenda of both organizations are quite consistent. We are both concerned about parity for clinical social workers in training and employment; we are concerned about the establishment and enforcement of meaningful standards of practice; we are concerned about the erosion of clinical content in graduate schools of social work, and; we are concerned about threats to confidentiality and other elements of client rights in a managed care environment.

When we began negotiations with the American Psychoanalytic Association over their waiver requirements, it was natural that the then President of Federation (Adrienne Lampert) joined us--the issue of parity in training opportunities affects all clinical social workers, not just psychoanalysts. In the same way, it was natural that we joined with Federation and the ABE in the Supreme Court brief in *Jaffe v. Redmond*, even though the case did not involve a psychoanalyst--protection of client confidentiality is the concern of all clinical social workers. The NMCOP began as a speciality group within Federation, and while it has since become a separate organization there is still much more that we have in common than there is that which divides us.

CALLING ALL TRAVELERS

William S. Meyer, MSW, BCD
President-Elect NMCOP



William Meyer

Do you or does your area group feel isolated from like-minded practitioners? Are there times when you wish you could feel more connected with others in the NMCOP?

I am writing to tell you of a new informal program called "Operation Ambassador." Its purpose is to build

new relationships and to create stronger ties within the NMCOP.

OPERATION AMBASSADOR

Are you planning a trip? Are you going to see that sister in LA, that friend in Minneapolis, the in-laws in Miami; or are you just indulging in some of New York's nightlife? If you are, consider making a connection with a member or Area Group who reside in your destination.

Such a connection might take several forms. It might mean a mid-day lunch or an informal dinner with one or more members of a local area. Perhaps it would involve little more than making a personal connection and exchanging information about the activities and challenges of the COP chapter in your area.

You might be interested in something more. You might want to discuss an idea that has intrigued you with a study group in the area you are visiting. Perhaps you have written something you would like to send in advance to enhance such a discussion. Maybe you would like to make a more formal presentation and, with

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enough advance notice, the local area coordinator could help arrange a forum and provide some publicity. (As someone recently mentioned to me, any of these activities might have the added bonus of qualifying part of such a trip as a business expense, thus allowing for tax benefits.)

We are a small organization with many bright, interesting, creative practitioners who have too few opportunities to meet one another. Now that we have more Area Chapters than ever before it is easier than ever to make such connections. One never knows where such connections might lead.

As I write this, I am on a plane returning from San Francisco. I had accompanied my wife who was attending a business meeting. Muriel Brotsky, the Area Coordinator for Northern California, was kind enough to arrange a get-together for me with several local clinical social workers in private practice. Several lovely things happened as a result of this. I made some new connections, I had an opportunity to spend a wonderful afternoon with Muriel who showed me around the city, and I was invited to attend a fascinating talk (which fortuitously was occurring that very night), by Owen Renik, MD, at the San Francisco Psychoanalytic Institute.

Social Workers should have no trouble making a program like this successful. As individuals we are personable and have valued our abilities to make connections.

If you are planning a trip and are willing to take an afternoon or evening out of your next trip's itinerary, please consider calling one of the Area Coordinators listed to see what might be possible. If you feel uncomfortable calling someone "cold" allow me to help. Call, or preferably e-mail me (william.meyer@duke.edu), and let me know where and when you are going. Let me facilitate the connection.

Finally, after you go, drop me a line. Let me know how things went. I would like to know.

New Area Chapters
and Coordinators coming
in May issue.



Diana Siskind
Book Review Editor

BOOK & FILM REVIEWS

The Neurobiological and Developmental Basis for Psychotherapeutic Intervention

Editors: Michael Moskowitz, Catherine Monk, Carol Kaye, and Steven Ellman.
Jason Aronson Inc. Northvale, New Jersey, London, 1997.

Reviewed by: Patsy Turrini, MSS

I was glad to have the opportunity to study and write about this important book. It is a book to own. The authors come from different orientations. There are remarkable integrations of psychoanalytic observations put through new lenses and conceptualizations. These new editions can serve us in our studies and investigations ahead, and so it will be useful to have the book on hand and close by on the shelf. The book is well written and edited and the print is excellent. Many sentences offered me a fresh concept that I wished I could share with the readers. I cannot do justice to the rich contributions in a review. Only the book will do.

By starting with a quote by Alan Schore from the first article entitled: "Interdisciplinary Developmental Research as a Source of Clinical Models" I may set the stage for conveying the breadth of his work, as well as that of the other authors. Schore says, "the question of why the early events of life have such an inordinate influence on literally everything that follows is one of the fundamental problems of not only psychoanalysis but of all of science. How do early experiences, especially affective experiences with other humans, induce and organize the patterns of structural growth that result in the expanding functional capacities of a developing individual. A spectrum of disciplines--from developmental biology and neurochemistry through developmental psychology and psychoanalysis--share the common principle that the beginnings of living systems indelibly set the stage for every aspect of an organism's internal and external functioning throughout the life-span."

This book is the answer to the above question. The psychoanalytic formulations and observational studies combine with the neurobiological, and psycholinguistic findings, et.al., to name only a few, and offer breathtaking

information about the first two years of preverbal and unconscious life. We learn about imprinting in brain circuitry; the processes and location of psychic structures in the brain; and the formation and evidence for self regulatory systems that in turn allow for the fuller development of other psychic structures. In another vein, the authors draw on the findings and offer unique and creative discussion and guide for adult treatment. The integration of the clinical adult analytic work demonstrates the continued life long impact of the early years, and this combination of early information and adult process provides the book with genuineness and authenticity.

The authors understand contributions across fields and have found corroboration and veracity in disparate bodies of knowledge. For example, Schore reports studies using PET and Imaging techniques. "The essential role of the orbitofrontal cortex in emotional-cognitive processes is now being explored by brain imaging techniques that allow us to image function as well as anatomy, to literally visualize images of mind and transient subjective states. For example, a positron emission tomography (PET) study demonstrates that when normal subjects silently fantasize dysphoric, affect-laden images of object loss, such as imaging the death of a loved one, increased blood flow and activation is recorded in the orbital prefrontal areas specifically (Pardo et al. 1993). In other words, we can now operationalize an on-line, real-time representation of an internal object..." (See p. 35).

And all the more exciting, these findings from various fields support the findings from psychoanalysis. For those of us who have found the concept of symbiosis so very useful, it is as you can imagine, rewarding to read the following sentence from Schore. "The concept of symbiosis is now solidly grounded in developmental research, and it should be returned to psychoanalysis." (p. 22). Schore then interweaves attachment theory to object relations and psychic structure formation. We are treated to the term attachment biology. For my money this is a most significant future area for study. For we can deepen our understanding of the powerful connections of the brain to the affects and the experiencing of the body sensations. Loss of object and separation anxiety will be better understood in future years. The gut sensations will be put on the map and examined. Schore is attentive to the effect of despair and pain in psychic life. Though he does not appear to discuss the impact of guilt, and by

omission suggests that guilt is a later affect, I thought his work on this early developmental structuralization of affects and brain might well help us understand the often unconscious and excruciating impact of guilt, which would shed greater light on necessity for defenses. So, although the book is about the first years of life, I could see many areas that will better explain neurotic conflict and character symptomatology. But then if one is a Kleinian guilt appears in the first year of life. The affects have been neglected, but now they will not be. Reading this book brought to mind another favorite neuroscientist's work, Candace Pert, Consultant for the Peptide Research in Rockville, Maryland, who locates the endorphins and other chemicals not just in the brain but strung along on the peptides throughout the body. "The body is being run by messenger molecules, many of which are peptides." "These neuropeptides and their receptors are the biochemical correlates of emotions," in *Healing and the Mind*, Ed. Bill Moyers, Doubleday, New York, 1993, (p. 178).

Schore convinces me that early object relations and psychic structures are imprinted into the circuitries of the brain's right hemisphere, dominated by preverbal and unconscious experience. The left hemisphere organizes secondary thought process, and the right hemisphere and limbic systems contain information about psychic structures, the regulatory structures, affect regulation structures, and the primary affects. Though not a biologist and unable to critique this finding close up, what becomes very convincing is the congregation of reports from the varied authors. We see the convergence of so many impressive ideas.

The chapters included are titled as follows: Chapter 2: "The Significance of the First Few Months of Life for Self-Regulation: A Reply to Schore;" Chapter 3: "The Contribution of Self and Mutual Regulation to Therapeutic Action: A Case Illustration," Frank Lachmann and Beatrice Beebe; Chapter 4: "Transference: A Self and Motivational System Perspective," James L. Fosshage and Joseph D. Lichtenberg; Chapter 5: "A Kleinian View of Early Development As Seen in Psychoanalysis in Children and Adults," Patricia Daniel; Chapter 6: "Early Development and Disorders of Internalization," Arnold Wilson and Julia L. Prillaman; Chapter 7: "The Analyst's Role in Internalization," Andrew B. Druck. These prominent contributors offer many models and have created new ideas. That I did not select out areas to report from their material is only due to a space constraint.

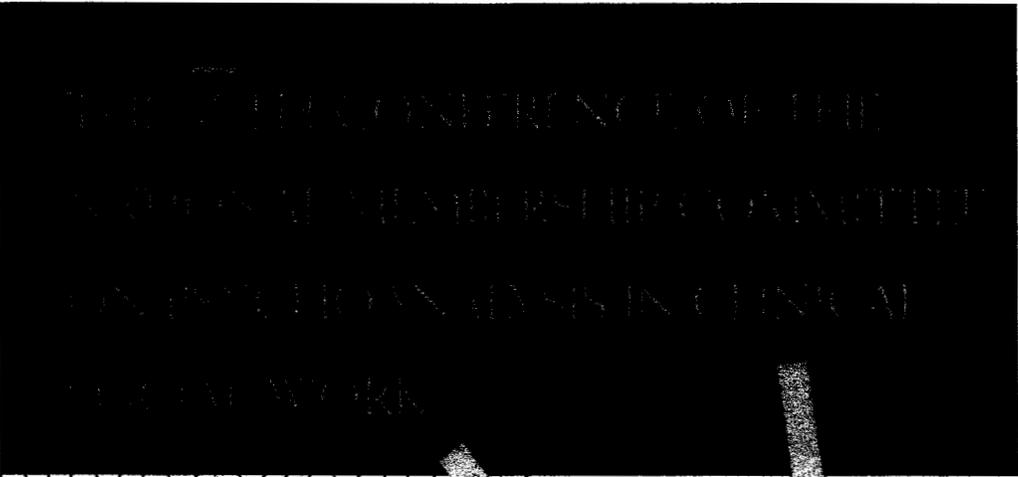
The book is valuable for its soothing and reassuring functions offering data that psychoanalysis is and has been on the right track. We can now be partnered by the biologists, neurobiologists, and developmental psycholo-

gists. We are in good company now and for the future. I can imagine a lonely clinical social work analyst or student in a school of social work somewhere isolated with a patient, in a behaviorally focused classroom, or on the phone with a mental health managed care reviewer picking up the book and feeling better. In this era of the ongoing onslaught against, and condemning of psychoanalysis, we need all the reassurance, support, and help that we can get.

There is much disagreeableness within the camps in psychoanalysis, but the editors and authors have a balm for this problem too. There is something for everyone in the book. Wilson and Prillaman refer to the term "contemporary comparative psychoanalysis." I found (CCP) a valuable concept to help frame an open mindedness to the contributions from the various communities of psychoanalysis. We don't have to agree with everyone, but let us be open to examining the ideas. If for no other reason, it is good for the brain to be teased and tested. The authors bring together some ego psychologists (e.g., Hartman, Spitz, Mahler, and Jacobson); along with contributions from Kohut, Bowlby, Bach, Emde, Fraiberg, Freud, Modell, Palombo, Settlege, Stern, and Winnicott, to name just a few. I do not include here the names of biologists and neuroscientists included in the bibliographies. This short list is in no way representative of the immense number of contributors included in the book.

I can not end this review without noting that there was not one reference in the material or bibliographies of the valuable and important contributions of Gertrude and Rubin Blanck. One of the questions this raises is--who reads whom? Much of the treatment technique and theory issues were foreshadowed and discussed in their six books from 1969 to 1994. Gertrude and Rubin Blanck taught preverbal reconstruction, affect discrimination, emphasized and explained symbiosis, and demonstrated new treatment techniques that have been reported on now by two generations of students. Those of us who learned from them and performed our clinical practice drawing on their teachings can stand tall and be proud of their contributions and our own work. We can get a boost for our work through these new directions in the sciences and welcome these authors into the fold.

Patsy Turrini, MSS is a faculty member and supervisor at the New York School for Psychotherapy and Psychoanalysis, and at the Society of Psychoanalytic Study and Research, Inc. She is the author of articles and co-author of **SEPARATION INDIVIDUATION; THEORY AND APPLICATION, 1991**. She is also the initiator of the **MOTHERS CENTER**, model.



INCLUSIONS & INNOVATIONS

VISIONS FOR PSYCHOANALYSIS IN THE NEW MILLENNIUM

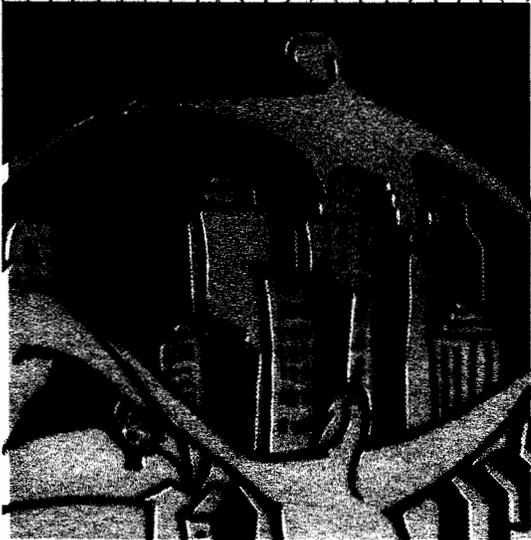
The year 2000 marks the 20th Anniversary of the founding of "The National Membership Committee on Psychoanalysis in Clinical Social Work" and we are planning a gala event you won't forget! So save the dates below for an innovative and exciting week in New York City.

Our program will include a specialty track on Children and Adolescents.

Conference Director
Rosemarie Gaeta, C.S.W., B.C.D.
31 East 12th St., Suite 1E NY, NY 10003

THURSDAY JANUARY 20 TO SUNDAY 23, 2000
NEW YORK MARRIOTT, WORLD TRADE CENTER

THE NATIONAL MEMBERSHIP COMMITTEE ON PSYCHOANALYSIS IN CLINICAL SOCIAL WORK IS AFFILIATED WITH THE CLINICAL SOCIAL WORK FEDERATION



**FROM: DIANA SISKIND,
MEMBER OF NMCOP
PROGRAM COMMITTEE
FOR MEETING IN JANUARY,
YEAR 2000
TO: MEMBERS OF NMCOP
WITH AN INTEREST IN
PROFESSIONAL WRITING**

Diana Siskind has participated in past conferences of NMCOP, is a member of the National Study Group, and the author of journal articles and two books:

THE CHILD PATIENT AND THE THERAPEUTIC PROCESS, and WORKING WITH PARENTS; ESTABLISHING A WORKING ALLIANCE IN CHILD PSYCHOTHERAPY AND CONSULTATION. She is a member and Distinguished Practitioner of the NAP.

A three hour workshop on professional writing will be offered at our next national conference. Our goal is to harness the considerable talent, creativity and theoretical expertise of our many members who have an interest in writing but have not yet converted their interest into the writing process.

A panel of our colleagues who are published authors will talk about their experiences in writing, and a panel of journal and book publishers will offer information and answer questions regarding the more practical aspects of transforming ideas into articles and books. Ample time will be set aside for audience participation.

It seems fitting to begin a new millennium by focusing our attention on this important dimension of our profession. Psychoanalysts with a social work background have done a fine job of expanding their horizons from clinical work alone, to forming organizations, teaching and presenting papers at scientific meetings. But it is also important that we reach audiences beyond our own organizations, graduate schools and training institutes. We need to publicize the vast and valuable role we play in the mental health field. We need to express our ideas, observations and theory building in books and articles. We need the personal satisfaction of taking our areas of expertise seriously. Professional writing is the way to achieve these goals.

Although in the past decade there has been an increase of authors among clinical social workers, there are many who could but don't write. We need to focus our attention on this reluctance. As clinicians we understand full well that the road to writing can be difficult and stir up all manner of conflict and anxiety. Of course there are personal issues with deep origins that often block the writing process and are beyond the scope of a workshop. However a workshop on writing can de-mystify and give voice to some of the factors involved in the writing process. The goal is to help some of us mobilize our efforts in this direction, and that is a good way to begin.

The program committee of the National Conference will also offer professional writing workshops on a local level prior to the meeting in the year 2000. Members of NMCOP who have writing experience will offer small group workshops in their offices throughout the country. You will be notified when time, place and workshop leaders have been selected.

The Essential Internet

Anthony LaBruzza, M.D.

Published by Jason Aronson, Inc., 1997.

Review By: Michael A. King, DSW

The internet provides access to almost any type of information in the world for very little cost or difficulty. **The Essential Internet** is a paperback book for mental health professionals written by a psychiatrist. It is a well rounded introduction to the world of the internet. The author doesn't assume that the reader has any prior knowledge of the internet or related topics. He provides an easy to grasp overview of the internet, what it's all about, how it works, and how it can be used, especially by mental health practitioners. Yet, he does not get overly technical or go into more depth than someone new to the internet needs to know. The book is well organized. A most helpful feature is that throughout the book he lists internet addresses that may be useful to the reader. At the end he also provides a glossary of internet and computer terms as well as a bibliography for further reading.

His first chapter describes why one would want to get on the internet. Professional related uses include using E-mail to communicate with others more easily, chat rooms and news groups that allow those with a similar interest to interact, voice and video-conferencing, obtaining files (programs or data files) from others, job hunting, continuing education, access to databases to facilitate research and obtaining of professional articles. Other uses include access to phone directories throughout the U.S., banking and finance, shopping, travel, commercial news, fun and entertainment, and pornography (the last included because it is one of the most popular topics searched for on the internet).

A brief chapter follows giving some details about modems and how computers connect to each other. In the next chapter the author discusses what the internet is, how it is structured, and how it works, including information about how to get connected to the internet. The internet was originally developed for defense purposes to ensure that communication could still take place in the event of war. Later the scientific and education communities realized that it was a useful way to share research and information. Chapter Four delves into more detail about some of the uses of the internet, particularly the rules and protocols for E-mail, as well as a way of obtaining free E-mail. Chapter Five focuses on ways to lookup and retrieve information. Lastly, Chapter Six discusses the World Wide Web and why it is so popular. The WWW provides a graphical interface to the internet which makes it easy to use. Through a

technology called hypertext one is able to move from one item of interest to another related item in seconds and with the click of a button.

A large portion of the book consists of a directory of useful internet sites for mental health professionals. It is sectioned by subject matter so the reader can easily find his or her area of interest and learn of sites that might contain information that they want or need.

In summary, this is a concise, useful, and interesting book that serves as an excellent introduction to the internet.

Michael A. King, DSW received his doctorate in social work from Yeshiva in 1981. He has been in private practice, held many organizational positions, served as Director of Social Work Services in a number of hospitals and has, in the computer field, written software programs and provided consultation for social work organizations and others, as well as providing design and computer support to mental health organizations.

Aims And 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.**

GOLD IN THE WEST: NMCOP MEETS IN SEATTLE

Margaret G. Frank MSSW BCD
Past President, NMCOP



Margaret Frank

The NMCOP held its Sixth National Clinical Conference in Seattle, Washington last September. Some 300 clinicians gathered to think together, talk with each other, listen, network and have fun. The setting of the Hyatt Regency Bellevue was a happy holding environment and the conference director, Laura Groshong and her "crew" thought of and provided all the amenities for a smooth and comfortable experience.

There were some thirty-seven presentations and five plenary sessions covering a wide range of topics of clinical interest. This reporter could not attend them all but the feed back from every quarter was extremely positive.

The conference opened with a plenary session delivered by Margaret G. Frank (this reporter) entitled "Playing in the Fields of the Unconscious." Ms. Frank invited the audience to join her while she explored the use of "play" in analysis as an approach which helps patients to attend to their "darker sides" with less fear. Ms. Frank noted that Freud had seen the transference arena as a "playground" in which the patient's pathology could be revealed. She noted that this view has been expanded to include the possibility of providing new object experiences for the patient if the analyst is willing and able to also play. While not abandoning a psychoanalytic developmental frame, Ms. Frank's cases showed the effects of intersubjective and relational thinking on her practice. Audience discussion was lively and thoughtful.

Drs. Morton and Estelle Shane and Mary Gales presented a new self psychological perspective of developmental theory. They, too, (like Ms. Frank) emphasized the potential of providing positive new experiences in analysis. Discussion was lively and involved some challenge of the Shane's perspectives, which seemed to omit work with transference in favor of providing real experiences for the patient.

The presentation by Drs. Grostein and Alan N. Schore demanded attention and work from the audience as they presented material on "The Neurodevelopmental Aspects of Projective Identification." Those with a

weaker biological background struggled to move into a different cognitive frame as they pondered the possibility that the environment of the new born can effect gene formation and structure. The connection between mind and body is, indeed, and for too many a foreign arena.

The importance of ethics and legislation were artfully represented in two different panels: "Ethics: Conflicts and Challenge in a Changing Society." Alice Medine King as moderator orchestrated the presentations of Kenneth Adams Esq. and four clinicians. Equally impressive was a panel "Psychotherapy Before and After Managed Care." Rep Jim McDermott, Commissioner Deborah Senn, Ruth Clifford and Joyce Edward presented impressive plans on a governmental level to explore the abuses emanating out of the managed care system.

This overview does not cover even the full range of plenary session topics. Between the plenary were gems of presentations and discussions all well attended with involved participants.

The spirit of the conference was captured when participants of the conference filled the M.V. Kirkland to cruise Lake Washington. A gourmet buffet dinner enabled a mixing and mingling of people from all over the United States. Dancing to superb jazz was a delight and cooling off on the deck to the sites of the lake, the shore and the city are forever memorable.

ARTICLES IN UPCOMING ISSUE:

- ❖ Book Reviews.
- ❖ Summaries of Chapters from **Fostering Healing and Growth.**
- ❖ Information on the 7th National Clinical Conference to be held in New York in January of 2000.
- ❖ An article letting members know of our efforts to reach out to potential new members across the country, including identifying coordinators in new areas.

SUMMARY OF CHAPTERS

"The Beginning Phases of Treatment of the Schizoid Disorder of the Self: A Developmental, Self, and Object Relations Perspective"

Karla R. Clark, BCD, PhD

The person with a schizoid disorder of the self is usually both self-sufficient and remote. This facade hides great thwarted longings for meaningful emotional connection. While these longings drive the patient to seek treatment, fears of contact make using it difficult. This dilemma must be addressed in order to make psychotherapy possible for the patient. A model of the structure of the self is presented which explains why contact feels so dangerous: the patient fears being controlled and enslaved if she feels connected to another, but simultaneously fears the experience of emptiness and deadness which comes from feeling unattached. Caught between the two fears, the patient attempts to "orbit"-- being neither too close to or too far away from others as a way of staying safe. The problem is that orbiting defenses, while promoting safety, deprive the patient of hopes for longed for connections with others. The therapist's task is to patiently and gradually interpret the orbiting defenses so as to extend the patient's capacity to feel and communicate on a feeling level with others. Through the discussion of a case, specific techniques for interpreting the need for safety are outlined which increase the patient's ability to feel, express and explore affects both within and outside of the therapeutic relationship. These techniques gradually build on one another, beginning by helping the patient acknowledge the overriding need for safety and continuing through the identification of the specific fears of control and abandonment through the conscious exploration of the entire dilemma that neither closeness nor distance feel safe. This process is extensively illustrated by case material.

Copy Deadline for our next issue

is

April 15, 1998

ATTENTION MEMBERS

The **PSYCHOANALYTIC CONSORTIUM** in its recent meeting decided that each organization would offer members of the other consortium organizations a reduced registration fee at their conferences at the membership level. Division 39 is meeting in Boston in April and the American Psychoanalytic will hold their May meeting in Toronto.

WANTED

COMPUTER EXPERT

As a volunteer organization we are dependent upon the skills, creativity, and contributions of our membership. We know that it is now critical for us to become accessible on the internet. We would like to either establish our own WebSite or link with the WebSite established by the Federation. Presumably, for those in the know, it is not difficult to do either. We are putting out a call to the membership to ask for someone to take on this project. Our executive committee will provide help, encouragement and support for the person who will get the NMCOP established online.

To inquire further, please email Bill Meyer at: william.meyer@duke.edu

Thanks very much!

THE NATIONAL MEMBERSHIP
COMMITTEE ON
PSYCHOANALYSIS

THE FLORIDA SOCIETY FOR
CLINICAL SOCIAL WORK

PRESENT

DYNAMICS OF THE
CURATIVE
RELATIONSHIP

THE INNER
EXPERIENCE OF THE
THERAPIST

SATURDAY
APRIL 4, 1998
9:00 AM - 4:45 PM

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1100 S.E. 17TH STREET
FORT LAUDERDALE, FLORIDA

For Information Contact:
Ellyn Freedman, MSW, LCSW
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