

Saturday, October 21st
4:15 pm – 5:45 pm

Paper Session B

**1. A Psychoanalytic Odyssey; Refurbishing a Dysregulated “Relational Home”
through the Ongoingness of the Selfobject Relationship**

Presenter: Marc Sholes, LCSW
Discussant: Margaret Sperry, PsyD
Moderator: Diane Lawson Martinez, MD

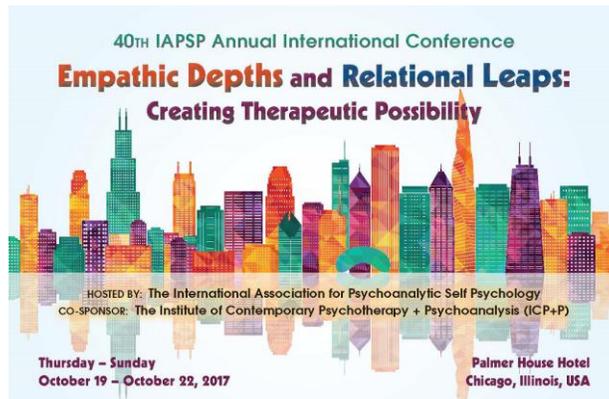
Abstract:

Using the literally metaphor of Odysseus’s, as he journeyed passed the Song of the Sirens, I will discuss the process of change in psychotherapy, with the emphasis being on the *ongoingness* of the self-object experience. That sustained selfobject experience allows our patients to embark on a journey of moving away from their psychological and neurological *home* – in many cases a home of dysregulation but a known and familiar state – to a state of greater regulation, but a state that can often feel disorienting unknown and even *homeless*. Through a clinical example I will discuss how I helped this patient move from a more insecurely attached style, filled with longing to a more securely attached style, filled with a connection to her intrinsic strivings.

Learning Objectives:

At the conclusion of this presentation, participants will be able to:

1. Describe the nature of the dysregulated relational homes our patients cling to.
2. Describe the way the other-centered and patient centered observational stances can be integrated into an experience of being understood.
3. Describe how through the maintenance of an ongoing selfobject experience a patient is able to move, piece by piece, from a dysregulated relational home to a functional relational home.



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2. Extending the Empathic Grasp in the Treatment of Anorexia Nervosa: Adding a Neuroscience Perspective

Presenters: Judith Rustin, MSW, LCSW and Heather Ferguson, LCSW

Discussant: William Gieseke, PhD

Moderator: Carol Martino, LCSW

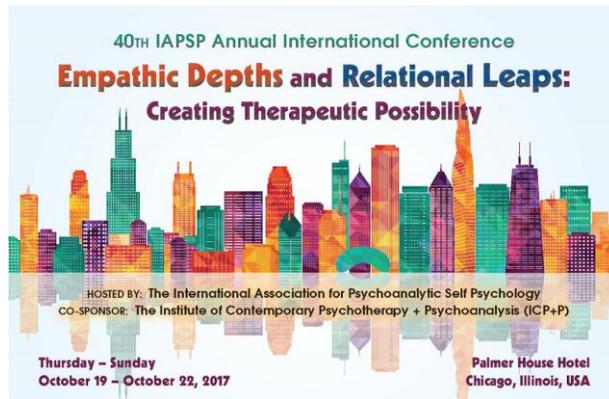
Abstract:

Eating Disorders, in particular, Anorexia Nervosa with its 2 subtypes, restricting and bingeing and purging, is a matter of urgent public health concern. Anorexia Nervosa, places the patient in both psychological and physical jeopardy resulting in high mortality rates per decade. Similarly, this disorder presents enormous clinical challenges for the therapist. In the last decade, beginning research on the neuroscience and biological aspects of the disorder point to a specific phenotype with strong genetic components in those who develop the disorder. The phenotype includes a predisposition to negative emotionality, dopamine dysregulation and heightened interoceptive sensitivity. In this paper, we delineate these beginning neuroscience findings and show how integrating the neuroscience perspective into the therapeutic dialogue with Anorectic patients actually captures their inner psychic experience, decreases their experience of shame and isolation, and establishes the analyst as an attuned presence. This approach initially directs clinical interventions that address the tenacity of the physiologically reinforcing impact of the symptoms, thereby facilitating the patient's involvement in addressing her symptoms. In the process, it establishes the analyst as an attuned, understanding presence, thereby setting the stage for deeper psychodynamic work as the symptoms recede. A detailed clinical example illustrates this approach.

Learning Objectives:

At the conclusion of this presentation, participants will be able to:

1. Describe the genetic predisposition to developing these disorders and the basic phenotypes in those who develop the disorders.
2. Describe the Seeking/Reward System (wanting vs. needing) of the brain and how this system serves to reinforce and maintain the destructive behaviors of Anorexia Nervosa.
3. Describe how restricting, purging, over-exercising all act as drug delivery systems by releasing the endogenous opioid systems of the brain.



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3. Therapeutic Sincerity in the Intersubjective Field

Presenter: Koichi Togashi, PhD, LP
Discussant: George Hagman, MSW
Moderator: Diana Lidofsky, PhD

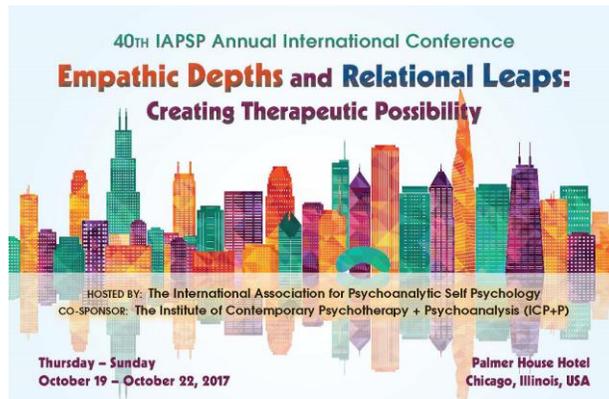
Abstract:

Sincerity is one of the most significant concepts in ethics. Every analyst must, at one time, have asked themselves if they are sincere with their patients. In the psychoanalytic circle, however, there are few articles that discuss sincerity directly. As part of the recent trend of the Ethical Turn in psychoanalysis, I propose that sincerity is an ethic and an aesthetic unfolding in the intersubjective field, and not in the individual mind of either analysts or patients. Through a case vignette of a four times a week psychoanalysis with female patient who often fell asleep in session, I explore the ways in which sincerity emerges and develops in a reification of genuineness and the pure essence of the analytic relationship. I conclude that by transcending their personal preoccupations, an analytic dyad may embed themselves in this process and restore a sense of being human.

Learning Objectives:

At the conclusion of this presentation, participants will be able to:

1. Describe the essential aspects of sincerity unfold in the intersubjective field
2. Describe a dyadic process in which both participants transcend their personal preoccupations and restore a sense of being human
3. Apply this perspective to their therapeutic work with patients.



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4. The Restoration of the Selfobject

Presenter: Barry Magid, MD
Discussant: Eldad Iddan, MA
Moderator: Shake Topalian, MA, APRN

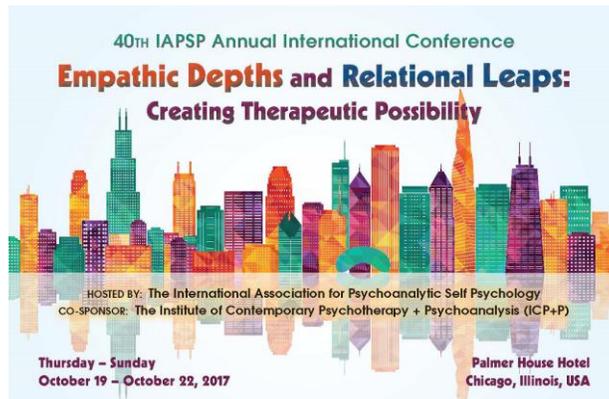
Abstract:

Kohut insisted that the selfobject was an *experience* not a *person*, keeping with Self Psychology's development as a one person, not a two person psychology. The analyst's empathy and understanding was a uni-directional provision which fostered the emergence of developmentally thwarted transference needs for mirroring, twinship and idealization. However, in recent years, partly in response to a growing body of infant research delineating the bi-directional nature of the mother-infant interaction from the earliest months of life, and partly in response to a re-conceptualizing of the analytic relationship in terms of mutuality, intersubjectivity, and dynamic systems, Self Psychology has begun to evolve into a two person psychology. This paper explores how the concept of the selfobject, along with that of empathy and our understanding of therapeutic action, is effected by this relational turn, which we characterize as a restoration of subjectivity and personhood to the selfobject. Clinical vignettes are offered to demonstrate the variety of ways in which the analyst's subjectivity can be regarded as a necessary component of what Kohut regarded as the selfobject experience, but which we now see as the interplay of two mutually influencing subjectivities, where understanding, feeling understood, having an impact and eliciting responsiveness are entwined in the patient/selfobject analyst dyad.

Learning Objectives:

At the conclusion of this presentation, participants will be able to:

1. Explain and demonstrate the use of self-disclosure in work with unmotivated and nonverbal psychotherapy clients.
2. Describe and use an expanded definition of empathy in their work with psychotherapy clients.
3. Demonstrate increased understanding of the challenges presented by nonverbal and unmotivated clients in the opening phase of treatment.



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5. Once Begun is Half Done

Presenter: Karen Martin, LCSW
Discussant: Max Sucharov, MDCM, FRCP
Moderator: Peter Kaufmann, PhD

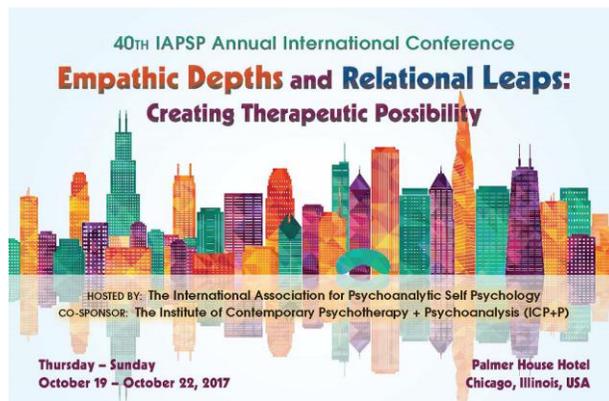
Abstract:

Ann at 18 is a wild child—physically fit, brash, bright, closeted, and addicted. We “work” together for a year, although not much work seems to get done and she drifts away. Thirty some years later she contacts me again. She looks haggard. Life has taken its toll. She reports that she has been abusing alcohol and cocaine for all of her life since I last saw her. She is now fifty. She presents with no wish to engage in therapy. Rather her employer has told her that if she doesn't see a therapist for eight sessions for grief work she will be fired. She enters treatment nonverbal, unmotivated, and with no discernible interest in self-reflection or change. The therapist chronicles the three times a week therapy that is now in its fifth year. The paper demonstrates how the analyst's willingness to take several huge relational leaps based on deep empathy and identification with Anne makes the working connection possible and is resulting over time in a restoration of the patient's relationship to her own wants, needs, and ambitions.

Learning Objectives:

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6. The Phoenix Finds a Relational Home: The Emotional Phenomenology of Trauma, Myth, Image and Dissociation

Presenter: Penelope Starr-Karlin, PsyD, LMFT
Discussant: Marcia Dobson, PhD
Moderator: Elizabeth Corpt, LICSW

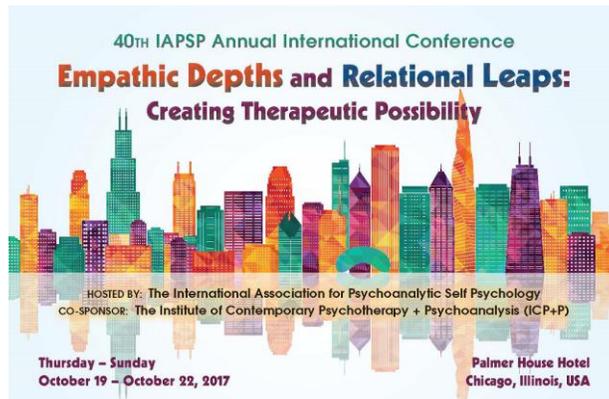
Abstract:

The Phoenix myth is commonly thought of as a simple metaphor of self-renewal but this analytic dyad found that the visual images evoked by its elaborated mythemes (sub-plots) related to the various existential moods and affects characteristic of trauma as identified by Stolorow (2007). Mythology has most consistently been adopted for use in Jung's analytical psychology but this paper demonstrates this myth's usefulness with a contemporary relational psychoanalytic approach, that of intersubjective-systems theory. This combination was effective for an analysand whose former analysis had been abruptly terminated. The dialogic exploration of possible meaning in the mythemes brought dissociated experience into language and assisted with the emotional integration of the trauma. Images bring together diverse somatic, cognitive, and verbal information, normally separated into different communication "codes" (Bucci, 1997). This ancient myth's longevity may be due to a useful psychological function; its images can aid the organizing of unformulated unconscious chaotic experience and assist in the process of bringing dissociated or pre-verbal emotions and moods into language. The utility of the Phoenix myth in a relational dialogical process that helped symbolize unsymbolized unconscious content could assist in work with other survivors of catastrophic loss.

Learning Objectives:

At the conclusion of this presentation, participants will be able to:

1. Identify mythemes in the Phoenix myth useful for the exploration of the existential emotional phenomenology of trauma.
2. Utilize the relational dialogue to 'dwell-with' the analysand and reduce dissociation.
3. Use a myth to build a working alliance when the analysand cannot trust the analyst.



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7. Rupture and Repair in Cultural Processing

Presenters: Marie Hellinger, LCSW-C and Sangeeta Prasad, MEd, PsyD
Discussant: Tessa Philips, PhD
Moderator: Cherian Verghese, PhD

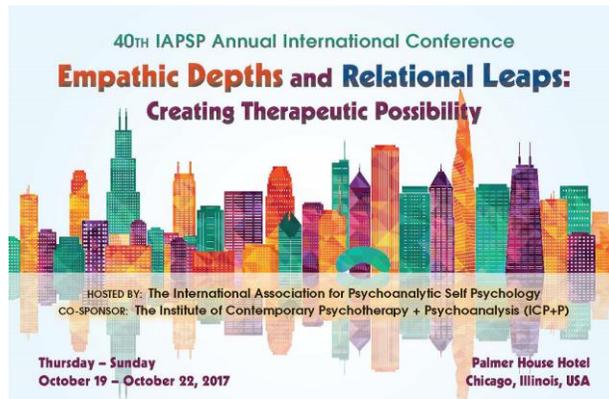
Abstract:

In this article, the two authors, White therapist and South Asian American patient together share a powerful vignette around racial misunderstanding and argue for the need to not only address cultural ruptures and engage in repair in the therapy room, but also integrate culture as fundamental to the building of alliance and empathic attunement. A theoretical conceptualization of culture expanding on theory utilized by Intersubjective Systems Theory, Self Psychology and Attachment is then discussed as a way to integrate privilege and culture across the therapeutic process.

Learning Objectives:

At the conclusion of this presentation, participants will be able to:

1. Consider and analyze the meaning of addressing privilege in the therapy room.
2. Integrate culture into Self Psychology, Intersubjective Systems Theory and Attachment theory.
3. Identify and describe one challenge in their capacity to engage in rupture and repair in cultural processing.



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8. Sanford Meisner: Improvisation and the Art of Psychoanalysis

Presenter: Arthur Gray, PhD
Discussant: Daniel Goldin, MFT, PsyD
Moderator: Carol Mayhew, PhD, PsyD

Abstract:

This paper describes how the form of improvisation created by Sanford Meisner is uniquely suited to the process of psychoanalysis. In recent years, improvisation has been applied to psychoanalysis to further therapeutic action. However, this paper proposes that Meisner improvisation which incorporates moment-to-moment unpredictable engagement co-created between two people is more suited to the analytic process than the form of improvisation that has traditionally been used. The traditional model on the other hand is based on interactive word play. Implications for psychoanalysis will be presented and discussed with the audience.

Learning Objectives:

At the conclusion of this presentation, participants will be able to:

1. Describe the difference between tradition improvisation and Meisner improvisation in psychoanalysis.
2. Identify those moments in psychoanalysis that call for a Meisner improvisation.
3. Describe what an analyst does at the moment an improvisation is called for.