



The Newsletter of the Association for Child Psychoanalysis, Inc.

Fall Issue, 2011

Message from the President

Denia Barrett, M.S.W.

From Hopeful to Helpful

By all measures, the 2011 ACP Annual Scientific Meeting was a great success. The richness of the clinical presentations, the quality of the discussion groups, and the spirit of reunion with others who share a beloved common cause was a heartening reminder of the unique role our organization plays in reinforcing our identity and development as child and adolescent psychoanalysts. Many thanks are due to Ruth Karush and Laurie Levinson and their committee for such a well-integrated and inspiring program. Thanks, too, to our colleagues in Cincinnati for their help with preparations and for the excellent extension program they provided to the wider mental health community. And a salute to our gracious and indispensable administrator, Tricia Hall, as we celebrate her five-year anniversary as our organizational mother. We had more than 120 registrants who represented a wide range of ages and locales, including Mexico, France, and Italy. Many of us left the meeting feeling renewed optimism about our work, even as we recognize the hard work that

will be required to preserve it.

Vaclev Havel distinguished hope from optimism: “Hope is not the conviction that something will turn out well, but the certainty that something makes sense, regardless of how it turns out” (tr. 1990). The certainty that psychoanalytic treatment for children and adolescents makes sense and should endure is one of our basic tenets of our affiliation. At our annual banquet this year we were privileged to hear the moving remarks of a mother and father who discovered that psychoanalysis not only made sense, but helped their son Todd overcome incapacitating anxiety in his childhood. No one can make sense of Todd’s tragic death in the World Trade Center ten years ago, yet Herb and Andrea Ouida responded by working hard to raise awareness about the mental health needs of children and provide financial support to a variety of programs, including the ACP grants to make low-fee analysis available to children and families in need. Our Award of Recognition honors their work and commitment to a better future.

As we head toward our 50th anniversary in 2015, I have felt it important for us to take stock

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A C P Newsletter

The Association for Child Psychoanalysis, Inc.

www.childanalysis.org

A non-profit tax-exempt 501(c3) organization founded in 1965

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Newsletter of the Association for Child Psychoanalysis ISSN 1077-0305

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Submissions

Submissions are most welcome. They should not be longer than 1000 words and should be e-mailed to the editor (mcolman@comcast.net) as an attached Microsoft Word file (*.doc). The deadline for submissions for the Fall edition is June 30th, and for the Spring Edition the deadline is January 31st.

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and think about our own vision for the future. I wrote in my previous President's Message that I had invited the former presidents from the past 25 years to join in an email roundtable to share their perspectives about child analysis and the role of the ACP. I am grateful for their enthusiastic participation and know you will join me in thanking them for their insight and past service. An overarching theme that emerged from this discussion was the need for us to be involved with the wider world, sharing what we have learned and learning from others. The value of our extension programs was identified by many but Bob Tyson (1986-1988) noted the limited impact of one-time presentations and encouraged us to think more widely about how "we live our association" the rest of the year. He advocated for collecting and finding ways to disseminate the clinical and theoretical resources so many of our members have generated over the years.

Marty Silverman (2000-2002) concurred that we need to get out and speak out, noting "If we tend to our own private concerns and fail to make our voice heard out in the world, we abdicate our responsibility to child analysis as a profession and child welfare in general. . . [but] we need to be ambassadors not lecturers."

Paul Brinich (2002-2004) urged that we carry on the traditions started nearly a hundred years ago by child analysts who sought out ways to serve the needs of children and families. He said that we must, above all, be helpful: as teachers and supervisors in nonpsychoanalytic programs, as consultants in the community, as sources for advice on children's development and emotional well-being, and as speaker's on topics pertaining to those things. Paul reminded us of the need to be appropriately humble and respectful of the contributions coming from varied disciplines and professional colleagues, while at the same time being proud of what our predecessors have added to

the understanding of how to improve the well-being of children the world over. He concluded: "We are not early childhood educators, or psychiatrists, or psychologists, or social workers, or speech therapists, or any of the other labels that mark our prior professional training. While our ranks include those fields, we all have taken some important steps that set us apart, that make us different." (The full text of Paul's comments appears on page 5).

Kerry Novick (2008-2010) wondered how the ACP can nurture this difference that constitutes our identity as child analysts and, like Paul, put it in simple words – "we can speak the truth." She said: "Perhaps the ACP can reinvent itself as the voice of genuinely observed children's inner lives, the champion of children's true needs, and an honest advocate for the single identity of psychoanalysis, practiced across the life span."

Finally there was a shared sense that we need to find practical and concrete ways to carry our ideas into action. Among the suggestions were getting more of us to write columns, letters to the editor, blogs, to provide webinars, to prepare position papers, and to participate with others in research endeavors. Looking ahead, our President-Elect Anita Schmukler suggested one such area of research might demonstrate the preventative value of child analysis.

Paul Brinich noted that many concepts that originate from child analysts have come into wide use, without awareness or acknowledgement of their source. Just last week I was listening to an interview with Jane Fonda on NPR. She was promoting her new book on aging well and, like Paul, she talked about the idea of "generativity." She attributed the idea directly to Erik Erikson but, perhaps, had no idea of his links to the pioneers of child psychoanalysis.

Generativity versus stagnation – I believe we are in that Eriksonian phase of our organizational

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life cycle; and we need to help one another find ways to age well and keep Marianne Kris's vision for the ACP alive and fresh for the generations of child analysts to come. In my view, making our website a robust resource needs to be our first priority and I hope to have more to report to you about this in my next communication. A

final thanks to each of you for your contributions and endeavors to be helpful to children and child analysis, whatever form these take.

Denia Barrett, M.S.W.
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Call for Papers

Picturing Childhood: A Symposium on Children's Literature and Psychoanalysis

Saturday, September 29, 2012

Psychoanalytic Center of Philadelphia and the University of Pennsylvania

Featured Author and Illustrator: David Small

David Small is the author of the graphic memoir, *Stitches*, and the author and illustrator of numerous books for children, including *Imogene's Antlers* and *Paper John*. Winner of the Caldecott Medal in 2001 for *So You Want to be President?*, he and his wife, Sarah Stewart, have collaborated to produce many more award-winning books together, among them: *The Friend*, *The Library*, and *The Gardener*.

Picture books are for children, or are they? In recent years, the art of telling a story with pictures has crossed over into adult literature in the form of the 'graphic novel' and the 'graphic memoir,' but the notion that picturing or painting is also narrating, or that in narrating we also picture is not a new one. Freud, in *The Interpretation of Dreams*, while seeming to privilege the role of language, also paid close attention to the richness of the dream image itself as a depiction of the inner life. Both wish fulfillment and the representation and working through of trauma have their place in dreams and in literature and the visual arts.

This symposium will provide an opportunity for explorations of a variety of themes related to the interplay of words and pictures in children's literature and literature about childhood: memory, dreams, trauma, creativity, as well as the visual imagining of the child's body and family are potential topics for discussion. It will provide a forum for papers on David Small's work in particular and for both the theoretical and clinical aspects of psychoanalysis as they relate to the visual and literary worlds of childhood. Academics, psychoanalysts, graduate students and psychoanalytic candidates are encouraged to submit papers.

Guidelines for submission:

Completed papers only. 8-10 pp. No abstracts or proposals.

Names and identifying information on separate cover sheet only.

Deadline: February 15, 2012

Send papers to: Elaine Zickler, Ph.D. at
mezickler@gmail.com

An Essay by Paul Brinich, Ph.D.

Denia's message has prompted a variety of thoughtful replies; I will add my own to the mix. I think the child psychoanalysts of the 21st century should be helpful, humble, proud, and different.

Helpful

Child psychoanalysts and the ACP should embrace a maxim that characterized many of the early child analysts: *Primum adjuvare*. First, be helpful. Whether in the Jackson Nursery in Vienna or the Hampstead War Nurseries in London, child analysts looked for opportunities to be helpful to the children and families around them.

In 2011 we can be helpful as teachers and supervisors in clinical training programs that are NOT part of psychoanalytic organizations: schools of social work, departments of psychology and psychiatry, programs in child development and early childhood education. We won't make any money doing this work – it's usually, in my experience, pro bono, but we will represent a perspective that is otherwise neglected in many training programs that focus on interventions that have been manualized and measured. Over time I have realized that those trainees who are required to come to me as a part of their training program are “hit and miss” – some do well while others are very resistant to what I have to offer. Those trainees who have to apply and request assignment to my practicum in psychoanalytic psychotherapy tend to do much better. This is an exercise in generativity. As my generation of analysts enters Medicare age, we need to nurture – in whatever ways we can – a new generation of child clinicians who may practice their craft in ways quite different from how we have done.

Another way we can bring our child analytic knowledge to bear in a helpful way is as consul-

ants to various early childhood education and child welfare programs. Hanna Perkins in Cleveland has a long history of providing this kind of support and it is part of the reason that Hanna Perkins occupies such a position of respect in its local community.

Marty Silverman has described how, in years past, the ACP reached out to Section II (Childhood & Adolescence) of Division 39 (Psychoanalysis) of the American Psychological Association. That outreach was helpful to both parties – the ACP and Division 39 – and left both stronger and better equipped to represent child analysis to our various constituents: parents and children, potential trainees, professional colleagues, and the makers of public health policy. This experience suggests that we would do well to work as collaborators, making the boundaries between individuals and psychoanalytic organizations more permeable than they have been in the past.

We also can be helpful as advisors, providing short, pithy statements that respond to questions voiced by parents. Don Rosenblitt's collection of essays <http://is.gd/mwjoyw> is one nice example; Paul Holinger has done similar work at <http://is.gd/5naaQo>. And you can find Kerry Novick's collection of essays at <http://is.gd/orNF5n>. Resources like these need to become part of the broader information services to which young parents now subscribe – here I'm not thinking of the ACP or APsaA websites (though the resources certainly should be present there), but to much more widely-accessible services such as www.about.com (as Paul Holinger has done).

We are fortunate that some child analysts are writing for a general audience – I think of Kerry and Jack Novick's recent *Emotional muscle: Strong parents, strong children*, <http://is.gd/ewvwEV> as a case in point. We need more analysts who will put pen to paper as authors. When I was training Erikson's *Childhood and Society* and Fraiberg's *The Magic Years* introduced very wide audiences

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to perspectives on mental life that currently are not well-represented in undergraduate education.

Moisy Shopper reminds us of how the ACP has, at times, reached out to pediatricians, offering helpful programs that addressed needs they encounter regularly in their practices. Bob Tyson echoed Moisy's sentiments and added that such efforts need to be institutionalized – a “once and done” approach does not work. Nat Donson's efforts vis-à-vis the American Academy of Child and Adolescent Psychiatry – where the ACP and AACAP have worked together as professional colleagues – stand as an example of the importance of long-term commitment to collaborative work.

Carla Elliott's mention of our “Speaker's Bureau” fits in here: Perhaps we should devote some grant funds (on a matching basis) to support visits by ACP members as speakers to communities who request them. And perhaps we also could use our Speaker's Bureau as a repository for resources (e.g., Power Point materials) that would make it easier for ACP members to respond to local needs.

Humble

We psychoanalysts have a long history of undermining ourselves by conveying that we have something special that other people just don't understand. While it is true that we do have something special, elitism will not help our cause. When I began my training at the Hampstead Child-Therapy Clinic in 1973 I was told in no uncertain terms that my prior studies and research were of no consequence – even though some of my previous experience with deaf children and their families had direct relevance to work then going on at the Clinic. Any knowledge derived from non-analytic work was demeaned and unwelcome.

In 2011 we should welcome to our meetings anyone who is (1) willing and able to be bound

by professional standards of confidentiality and (2) interested in learning more about those aspects of mental life that go on out of conscious awareness. I have as my ego ideal here Siegfried Bernfeld who, shortly before his death, gave a talk in which he touched upon how we might attract students. [Although Bernfeld had trained in Vienna and had been a founding member of the San Francisco Psychoanalytic Society and Institute, he was drummed out of both at the insistence of the American Psychoanalytic Association because he did not have a medical degree.] Bernfeld's advice to us on the matter of encouraging people to learn more about our field: Invite them to dinner (both literally and figuratively)!

We also need to recognize the limits of psychoanalysis and to acknowledge that we have much to learn from colleagues from many other fields (from Anthropology to Zoology and everything in between). Fortress Psychoanalysis (perhaps embodied in the Waldorf Astoria) will not attract many newcomers . . . and we might even wonder a bit about those who find such isolationism attractive.

Proud

Child psychoanalysis lies at the foundation of a great deal of our knowledge about children, their development, their vulnerabilities, and the ways in which grownups (parents, teachers, pediatricians, and others) can nurture their growth. How children react to separation from their parents or to early medical interventions, the place that attachment plays in normal and pathological development, the ways in which our legal framework ignores or recognizes children's developmental needs – these are only a small bit of our knowledge about children that derives directly from the work of psychoanalysts like Sigmund Freud, Hermine Hug-Helmuth, Anna Freud, Dorothy Burlingham, August Aichhorn, Melanie Klein,

Essay, Concluded from Page 6 . . .

René Spitz, Erik Erikson, Bruno Bettelheim, John Bowlby, Donald Winnicott, Albert Solnit, Margaret Mahler, Anni Bergman, Erna Furman, Selma Fraiberg, Frances Tustin, and dozens of others like them. The problem is that this knowledge is now taken for granted; people new to the field don't know or appreciate the roots from which this knowledge springs.

More recently psychoanalysts like Robert Emde, Eleanor Galenson, Henry Massie, Kay Campbell, Peter Fonagy and others have articulated hypotheses about the mental life of infants and children that continue to fuel research that goes far beyond the old-fashioned definitions of psychoanalysis. Unfortunately many of the people doing this research carefully excise the adjective "psychoanalytic" from their grant applications and publications; they have learned through experience that funding sources look askance at proposals that acknowledge such roots.

We do ourselves a dis-service if we forget how much child psychoanalysis has contributed to what is now considered "common sense" knowledge about children. We have much about which we can be proud. Bob Tyson suggests that a web-based history of the ACP might provide us (and potential trainees) with some important reminders of what we've accomplished.

Different

In an era of symptom-oriented, pharmacological "quick fixes" we are different. We don't think any therapist can or should get parents or a child to trust them in six sessions or less. We don't think that any combination of DSM-IV diagnoses can convey a full picture of a child and his or her family. We don't think the meaning of symptoms should be ignored. We don't think that mental life is limited to what is available to consciousness.

We do think that pharmaceutical treatments have been oversold and that toxicities associated

with many powerful psychoactive drugs are beginning to emerge. We do think that "empirically supported" is an adjective often aimed at improving the bottom line of corporate shareholders or government agencies rather than improving the care we provide to patients.

We don't think that anyone is going to get rich as a child psychoanalyst. But we also think that the boundaries of our field are expanding and that the rewards it offers are more than sufficient to meet the modest needs of its practitioners (or at least most of the needs of its modest practitioners).

We are not early childhood educators, or psychiatrists, or psychologists, or social workers, or speech therapists, or any of the other labels that mark our prior professional training. While our ranks include those fields, we all have taken some important steps that set us apart, that make us different.

In her contribution to the current discussion Kerry Novick wrote:

"... there is a continuing psychiatric bias in American psychoanalysis; there [also] is a shocking gap between child analysis and the flood of new child development research.

"Perhaps the ACP can reinvent itself as the voice of genuinely observed children's inner lives, the champion of children's true needs, and an honest advocate for the single identity of psychoanalysis, practiced across the life span."

That would be different!

Paul Brinich
brinich@gmail.com

Summary of the 2011 ACP Meeting in Cincinnati

One hundred and thirty-eight child analysts, candidates and colleagues convened in Cincinnati for the 2011 Annual ACP Meeting on April 29. The topic for the meeting was “Techniques of Dealing with Aggression in Child Analysis,” which seemed to be pertinent and useful for all who attended.

The weekend began on Friday with an Open Discussion led by our President Denia Barrett. Several members reported successful projects in community outreach. Shoshana Adler told of her efforts to establish a relationship with the director of a large hospital-based daycare in Denver, with a view toward possible consultation. From Houston, Penny Hooks described psychoanalytic collaboration with hospital physicians following upon her work as a former pediatric anesthesiologist who helped prepare children for surgery, and Art Farley spoke of consultation work with teachers at The New School in the Heights. Mali Mann indicated a greater openness to psychoanalytic ideas and the possibility for involvement in the Stanford Medical Center. Denia Barrett described a consultation group for hospital child life specialists of many years duration at the Hanna Perkins Center in Cleveland. Barbara Murray of Gulfport, Mississippi spoke of the difficulties she encounters in her community where there is a strong tradition of psychopharmacological approaches to treating children’s symptoms. She said that her affiliation with the ACP and attendance at the annual meeting serve as important motivators to try harder to counter those trends. The group discussed the importance of one’s identity as a child and adolescent psychoanalyst and the value of introducing oneself as an analyst with a confident yet humble attitude rather than a defensive one. Joanne Naegele and Anna Janicki from Cleveland reported a re-creation of the Freud-Klein “controversial discussions” as an example of a program to stimulate interest in child analysis and described Art Rosenbaum’s work in

the community to help establish a high school and services for adolescents with addictions and their families. Norka Malberg from New Haven and Tom Barrett from Chicago talked about efforts to build bridges between the ACP and Division 39, Section 2, the group within the American Psychological Association interested in psychoanalytic work with children and adolescents.

The Supervisor’s Workshop was well attended. Anita Schmukler led this Workshop, which was focused on the supervision of a candidate who has difficulty working with parents. There was lively discussion and all who attended found it useful for their supervisory work.

The four Friday afternoon workshops addressed the central topic of the conference, namely techniques of handling aggression in the child analytic setting. Roy Aruffo presented a Workshop titled, “Mastering Benny’s Aggression and Roy’s Helplessness.” Dr. Aruffo showed the specific role of the transference in the analysis of a pre-adolescent suffering from a Narcissistic Character Disorder. He demonstrated how aggression was used to defend against narcissistic injury and how he helped the patient master his aggression. The discussant for this workshop was Edward Kohn.

Hélène Keable’s Workshop, “There is a Red Ball Inside Me: Aggression and Change in an Adolescent” was moderated by Ruth Karush. Dr. Keable presented selected segments of the analysis of an unusual adolescent. There were dramatic outbursts of anger that were dealt with analytically. Essential to the resolution of the patient’s anger was the parallel work with the parents.

The third Workshop was presented by Kerry Kelly Novick and moderated by Denia Barrett. Kerry Novick’s Workshop, “The Patient I Fired,” demonstrated manifestations of aggression from all levels of development. It also showed techniques of parent work that help to increase the understanding of pathological family dynamics which may be used as a resistance to treatment.

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Alan Sugarman's Workshop, "Dreaming and Aggression: Deepening the Analytic Process," was discussed by Susan Sherkow. This Workshop described ways in which dreams can show progress in an adolescent's analysis. It also described how conflicts over aggression may lead to academic underachievement.

A festive Reception and Recognition Dinner was held on Friday evening at the Westin Cincinnati Hotel. The ACP recognized Mr. and Mrs. Herbert Ouida of The Todd Ouida Children's Foundation of the Community Foundation of New Jersey for their support for child and adolescent psychoanalysis. Cynthia Carlson, Chair of the Grants Committee, made the presentation to the Ouidas.

The Plenary Session was held on Saturday morning. Jack Novick moderated the excellent plenary, "Aggression and Impulse Control in the Analysis of a Young Boy." Wendy Olesker was the presenter. She demonstrated how she had to alter her technique in the analysis of this young child who, in the beginning, was really unable to play or talk to her. Her presentation demonstrated the need to assess the nature of the aggressive behavior and assess the developmental context of the difficulty. Judy Yanof, the discussant for the plenary presentation, clarified the choice of technique that Dr. Olesker had made in treating this aggressive child and how the technique is adapted to the child's level of mental functioning. The presenter, discussant, and moderator worked together to synthesize the material in a very clear and useful way. The audience was awed both by

the detailed material and the useful techniques for understanding and containing aggression in young children. This led to lively discussion groups. Two things that emerged from the groups were that it is common for parents to need help in setting limits and that, once a child has the capacity to use limits, he can develop the ability to self-reflect and analyze in the usual way.

Kirsten Dahl gave The Marianne Kris Memorial Lecture. It was titled, "Bitter Harvest: The Centrality of the Oedipal Narrative in the Mind." The lecture was an exquisite depiction of the development of the oedipal narrative and how it structures and endures in the mind.

This well-attended Annual Meeting was enthusiastically received. The evaluations were, on the whole, excellent and the attendees seemed to genuinely appreciate the high level of the clinical work that was presented.

On Saturday afternoon, a large group met at the National Underground Railroad Freedom Center for a guided tour. This center, on the banks of the historic Ohio River, is a beautiful and moving testament to the heroes and also ordinary people who, beginning with the Civil War and continuing to this day, were seekers of freedom. Our guides were passionate and extremely knowledgeable about their subject. Everyone stayed on after the tour was over, as we all found the center fascinating.

***Ruth Karush, M.D.,
Laurie Levinson, M.D.
& Denia Barrett, M.S.W.***

ACP Clinical Practice and Community Outreach Survey - We Need Your Assistance

In order to obtain a snapshot of current child and adolescent psychoanalytic activities, we would like to account for every ACP member via an updated clinical practice and community outreach survey. The last data on analytic cases was collected in the fall of 2003. We are asking that each member complete the information below and return the survey to us. There will be no identifying information on the survey itself. Please note that even if you participated in the informal survey conducted at the annual meeting, we are asking for additional data and have changed the effective

date. Those who do not have active cases may still be involved in outreach, consultation, or making other contributions we hope to document and use to inspire others in similar efforts. We are requesting that everyone complete this expanded survey with information effective September 1, 2011. The results of the 2011 survey will be tabulated and published in a future Newsletter.

Thank you for letting us know about the valuable work you are doing to preserve child and adolescent psychoanalysis. You will find the form enclosed with this Newsletter.

Save the Date!

ACP to Host 2012 Annual Meeting in Santa Fe, New Mexico

On May 4 – 6, 2012 please join the Association for Child Psychoanalysis, as it hosts its 2012 Annual Meeting at the Inn and Spa at Loretto in Santa Fe, New Mexico. This year's meeting topic is *The Analytic Path to Progressive Development*.

The Inn and Spa at Loretto is an exquisite hotel reflecting the culture and sophistication of its historic setting. It is ideally located in the heart of Santa Fe, near the Palace of the Governors and just one block from historic Santa Fe Plaza's galleries, museums, restaurants and boutiques. Nestled high in the Sangre de Cristo Mountains, the historic city is framed by natural beauty and breathtaking scenery. Its rich Native American heritage, strong Spanish influences, and American pioneering spirit combine to make Santa Fe one of the world's most culturally diverse and interesting cities. This vibrant, memorable destination is a place of love, food, art, culture, antiquity and people.

Watch your email and mail later this year for updates and registration information. We hope you can join us in the Land of Enchantment!

Hotel Information

(now available for reservations)

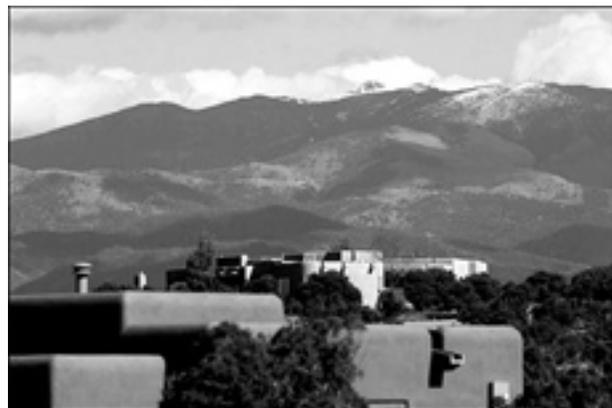
Inn and Spa at Loretto
211 Old Santa Fe Trail
Santa Fe, New Mexico 87501

Room Rate: \$165.00 per night for single/double occupancy (plus applicable taxes)

To make your hotel reservation:

Call (866) 582-1646 or (505) 988-5531.
Ask for the ACP discounted group rate.

Or Go Online: www.innatloretto.com, use the "Check Availability" tab at the top of the page to select your arrival and departure dates, click on "Promo Code" to open, and enter group code ACP2012. Please Note: You must enter the group code in order to receive the ACP discounted room rate.



Executive Committee Members Elected for 2011-2014 Term

Denise C. K. Fort, Ph.D.

Denise C. K. Fort completed her training in adult and child analysis at the Washington Psychoanalytic Institute. She has been a member of ACP for 15 years. She is a Teaching Analyst in both the child and adult programs at the Washington Psychoanalytic Institute. She is on the faculty and steering committees of both the psychotherapy program at the Washington Center for Psychoanalysis and the child therapy program at the Washington School of Psychiatry. Dr. Fort has written on a number of subjects including shame, regret, and children's fantasies. For the past eight years she has co-chaired a discussion group on fantasy at APsaA's winter meeting in which most presenters have been child analysts. Dr. Fort has a private practice in NW Washington, DC.



Paul C. Holinger, M.D., MPH

Paul C. Holinger is a Training and Supervising Analyst and Child Supervising Analyst at the Chicago Institute for Psychoanalysis, where he is Co-Chair of the Child and Adolescent Psychoanalytic Training Program. He is also Professor of Psychiatry at Rush Medical College. He has authored several articles and books in psychiatric epidemiology, psychoanalysis, and in-



fant and child development, including *Suicide and Homicide Among Adolescents* and *Violent Deaths in the United States*. His most recent book is called *What Babies Say Before They Can Talk: The Nine Signals Infants Use To Express Their Feelings*. This has been a Book-of-the-Month Club selection and translated into several languages, including Spanish, Chinese, and Arabic. He is more than happy to do whatever he can to help child analysis and the ACP, whether elected or not!

Norka Malberg, DPsych.

Norka Malberg is qualified as a child and adolescent psychotherapist from the Anna Freud Centre in 2005. She recently moved to New Haven, Connecticut (after 10 years at the AFC) where she recently joined the faculty of the Continuing Education section of the Western New England Psychoanalytic Institute. She received her doctoral degree from University College London for her work with chronically ill adolescents at Great Ormond Street Hospital in London. She has a strong commitment to translating psychoanalytic ideas to outreach settings and to promoting the work of child and adolescent psychoanalysts through education and multidisciplinary collaborations. She is a board member of Section 2 (Child and Adolescent) of Division 39 of the APA. She is currently co-editing a book with Dr. Joan Raphael-Leff about the Anna Freudian Tradition to be published by Karnac books later this year.



A Letter From Amsterdam

*The following is Part I of a letter written by
Dr. Sjeff Teuns, of Amsterdam.*

Amsterdam, February 2011

Dear Mrs. Barrett,

It is with great pleasure that I respond to your invitation to write a memory letter for the ACP Newsletter.

I

I hook in then on your wish, expressed in your opening speech as ACP President: a good enough analysis for every child who needs it.

I learned a lot from my main training child analysts Dr. h.c. Anna Freud and Donald W. Winnicott, M.D., about how to convey the correct psychoanalytic messages to new generations of (child) psychoanalysts.

The same can be said about Mrs. Anny Katan-Rosenfeld, M.D. and her husband Maurits Katan, M.D. When I met them at the end of 1965 I was starting a child analytic training course in Leyden, and enjoyed their hospitality. They warned me against an overly academic-based training curriculum. Maurits Katan literally said, "It's better if you can say at the end of your life, I have trained ten good psychoanalysts, than a university faculty with hundreds of students". And of course Dr. Anny – I use her Cleveland nick-name – agreed with him.

In her Dutch time, 1935, Dr. Anny, pediatrician and well-known (child) psychoanalyst, came to The Hague, NL, to prepare a safe route, not only for Jewish colleagues, but also for anti-Nazi politicians, from Vienna via The Hague to the Americas – not only USA but also Mexico and Latin America. However, at the moment of the German invasion in The Netherlands, Belgium, France, it was too late for the Katans to use their

own escape route, so they went underground and joined the Resistance. Even in their underground region, the Westland, south of The Hague, where they lived among mostly poor vegetable growers, they managed to continue their psychoanalytic work - Dr. Anny especially, as a guidance therapist for young children. Mostly she did this after visiting the family of a child or toddler, whose development had deviated, and then she continued further treatment with the mother, or with both parents at her "underground address." During my last visit to her home, prepared by her friend and well known scholar Robert Furman, M.D., she laughed heartily, nipping at her glass of port (which she loved until her death), when I asked her if it was true, as so many analysts in Ohio thought, that she had taken over her therapeutic technique of working with the parents of small children from Prof. Sigmund Freud's famous case of Little Hans, in which he treated the child via the father. Her answer was, "Dr. Freud was my 'uncle', I sat on his knee when I was four. My father, Dr. Rosenfeld, the first pediatrician in Vienna (at the end of the 19th century) was the family doctor of the Freud family, and also a friend. And when I was seven I decided to become a child psychiatrist. Nobody understood what I meant because "child psychiatrists" did not exist at that time. But I meant a combination of my father's profession and that of uncle Sigmund. But treatment of young children via their parents was my own technique and a necessity during WW II." And so she did go on to become a pediatrician and a (child) psychoanalyst.

*(This letter will be continued
in the next issue of the Newsletter.)*

The Liaison Committee

The Liaison Committee of the Association for Child Psychoanalysis's Executive Committee was organized about ten years ago in order to coordinate and enrich child psychoanalytic outreach and our exchange of ideas with members and organizations of related mental health disciplines.

Original ACP members had already been making similar efforts for many years, and several related disciplines were therefore already represented. ACP-sponsored child psychoanalytic programs had been proposed and accepted at annual programs of the American Psychoanalytic Association (by Marty Silverman, Ruth Karush, Kerry Novick, Erna and Robert Furman and others), The International Psychoanalytic Association (by Peter Blos and Elizabeth Tuters), and at quadrennial meetings of The International Association for Child Psychiatry and Related Professions (by Stevie Smith).

Our Committee initially met regularly during annual ACP scientific meetings in order to define further the purposes, strategies, and conduct of good liaison work. Erna Furman once said to us that all liaison work depended on three things: "Relationships, relationships and relationships," and that indeed has proven to be the case in the work by each committee member. We agreed that the most welcomed and effective sort of liaison work would entail an exchange of knowledge and research findings with our colleagues in other mental health fields. We discussed keeping the visibility of child psychoanalysis high, stimulating recognition of what child analysis can offer to troubled children, interesting both adult analysts and non-analysts in referring patients to us for analysis, and particularly encouraging psychiatrists, psychologists, and social workers to enter training in child psychoanalysis.

ACP Liaison Committee members have been very active over the years -- gaining appointments on committees and boards of their related disciplines, and making friends for child psychoanalysis

with many non-ACP colleagues. ACP-sponsored child psychoanalytic panels and workshops have been proposed and regularly accepted by program committees at several additional national and international mental health organizations. These include Division 39 Section 2 (Child psychoanalysis) of the American Psychological Association (Denise Fort and Brenda Lepisto), the World Association for Infant Mental Health (Elizabeth Tuters), The American Association of Child And Adolescent Psychiatry (Barbara Deutsch, Nat Donson, Sergio Delgado, Carol Austad, Rachel Ritvo, Hélène Keable) and more currently contact has been made with the American Association for Psychoanalysis in Clinical Social Work (Karen Baker). The response to these outreach meetings, especially by younger and newer members of each of these related disciplines, has been encouraging and enthusiastic.

The ACP is a small organization with limited membership; liaison relationships are difficult to create and sustain; our continuing efforts within the seven organizations where our members are active has been time and energy costly for all of us. There is always more to do! We have considered extending our outreach into several other related disciplines (Pediatrics, National Association for the Education of Young Children, etc.), but although there have been interested ACP members, these efforts has been difficult to initiate.

More recently, we have felt it to be essential that each member of our Liaison Committee anticipate the future and insure continuity for their efforts already underway. Each member of our group has been encouraged, therefore, to find additional ACP child analysts who will apprentice themselves to our group members and thereby continue their excellent work within their related disciplines. Our most recent transition was within Elizabeth Tuter's work setting up panels at annual meetings of the International Psychoanalytic Association; Mali Mann has agreed to continue

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Liaison Committee, Concluded from Page 13 . . .

that liaison with the assistance of two new ACP members from The Netherlands, Dirk and Nelly Vlietstra. Nelly also has expressed an interest in continuing the work of Lilo Plaschkes and Peter Blos in their remarkable child analysis project in Eastern Europe.

We very much need newer and younger ACP members to bring in new ideas and continue the relationships which have been established by the hard working members of our Liaison Group and

are encouraging each of you who might be interested to contact either myself or one of the other members of our Liaison Committee. For me, and our liaison team, this has been very enriching and wonderful work, which will continue to extend our child analytic reach into so many of the organizations and disciplines which are far greater in number than our own.

Nathaniel Donson, M.D.
mndonson@aol.com

The Norbert and Charlotte Rieger Psychodynamic Psychotherapy Award

The AACAP Rieger Psychodynamic Psychotherapy Award recognizes the best published or unpublished paper, written by an AACAP member, that uses a psychodynamic framework and presents clinical material demonstrating the inner life of an infant, child, or adolescent in order to illustrate the paper's idea or hypothesis. The paper should include consideration of a DSM diagnosis and a focused literature review that includes current psychiatric literature. The material for this paper may be drawn from clinical practice or from clinical research.

We are interested in papers from members at all levels of experience (senior, mid-career, and trainees) and all areas of practice (private practice, clinical faculty, full-time academics, and researchers). Unpublished papers and papers published within the last three years may be submitted by their authors. Papers published within the last three years may be nominated by any member of AACAP.

The Award: \$4,500 prize, and

Delivery of an Honors Presentation at the AACAP Annual Meeting in 2012 TBA in San Francisco, California

For an unpublished winning paper, future publication is not a requirement or promise of the award but the author will be encouraged to submit the paper for peer review to the *Journal of the American Academy of Child and Adolescent Psychiatry* or

a psychotherapy journal of the author's choosing. Editorial assistance will be provided, if requested.

New Instructions for Authors

No longer than 30 pages, double spaced; a case or cases treated in psychodynamic psychotherapy modalities including the individual, family, and group therapy, or psychoanalysis; demonstrate an understanding of the inner experience of the child; demonstrate the use of the doctor-patient relationship as a vehicle for change; report signs and symptoms to facilitate locating this case within the descriptive criteria of the DSM to allow comparison with reports and studies in the psychiatric literature; and include a focused literature review of pertinent, current child and adolescent psychiatric writings.

Submission Process

Deadline: April 30, 2012

Send to: AACAP Department of Clinical Practice at clinical@aacap.org

Questions?

<http://www.aacap.org/cs/awards/riegerpsychotherapy>

Please direct all questions to the AACAP Psychotherapy Committee:

Efrain Bleiberg, M.D.

ebleiberg@menninger.edu

Tim Dugan, M.D.

Timothy_Dugan@hms.harvard.edu

Introduction of Mr. & Mrs. Ouida at the 2011 Annual Meeting of the ACP

September 11, 2001 saw the destruction of the buildings of the New York City World Trade Center, and for thousands of families including the family of Andrea and Herb Ouida, their lives were changed forever. Later that month, at a memorial service for their son Todd, Andrea and Herb asked that I offer a few words.

I said at the time that I was not really a relative or even a friend in the usual sense, but a psychoanalyst for children, who more than a decade before had become briefly a member of Todd's family. Todd's anxiety had immobilized him and kept him from going ahead with his life, kept him from friends and school, and had even isolated him somewhat from his immediate family. For what may have seemed an eternity to his parents, brother, and sister, Todd became a terrible burden to himself. The Ouidas suggested to me that a celebration of Todd's life should include mention of that particularly courageous time in his life, and I also insisted, that of his family.

Andrea and Herb, to their eternal credit, gave Todd a rare and devoted gift; they mobilized their energies, committed resources, and reworked their priorities so as to provide Todd with years of support through a difficult psychoanalytic healing process. Before the memorial service, the Ouidas had told me, to my immense surprise, that Todd had written his college application essay about his "problem" as he called it, both publicly acknowledging ownership of his difficulties and pleased

with their mastery. And we remembered together that Todd had always loved Calvin and Hobbes. I had learned lots about Calvin and Hobbes from Todd, since it was through our discussions about this comic strip that we did most of our analytic work together.

Now for those of you who are too old or too young to know, Calvin is a sort of irrepressible Dennis-The-Menace type rascal, who is hounded day and night by rule-breaking impulses and unacceptable fantasies; a heroic daydreamer flying off to do mischief, but also a moral guy who confronts and vanquishes evil. Not incidentally he is full of murderous hatred for teachers and other meddling grownups who will not let him fly off in his space ship during school hours.

He is also an incredible nuisance to his parents, nailing them time after time with sizzling criticisms and embarrassing questions; they can never seem to get it right.

Hobbes, who is Calvin's doppelganger, sometimes his moral avatar, certainly his other virtual self is the perfect foil. He is a floppy toy tiger, when adults are present. But with no adults around, he is alive with playfulness, full of dry wit, often a commenting observer, but even more often a willing co-participant in Calvin's wildest fantasies. Although he often counsels wisdom and forbearance, Hobbes usually joins in with Calvin's reckless pleasures, and then becomes completely terrified at the consequences of their



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latest crazy adventure. Calvin knows a hundred ways to frighten Hobbes, and believe me he does that as often as possible.

Although I have indeed guarded the important details of Todd's analytic work, I think he would have been delighted for me to tell you about Calvin and Hobbes, who, though polar opposites, are certainly in all of us. Ultimately, he mastered his anxieties and went on with a very productive life.

In a book called *The Solace of Empty Places*, I found the following thought: "Loss constitutes an odd kind of fullness; despair empties out into an unquenchable appetite for life." So, in the spirit of Todd's courage and his ability to master his fears, Herb, Andrea, and Todd's older brother and sister, established the Todd Ouida Children's Foundation, and they subsequently asked my help in the distribution of these funds. And so, joining them in their mourning for this very fine young man, whom I had grown to love during our work together, I asked the Ouidas to consider donating

to this Association which for me has been such a powerful source of inspiration and support in my professional lifetime.

Foundation funds have supported an annual psychiatric lectureship in Todd's name at the University of Michigan, a research project of the American Association of Child and Adolescent Psychiatry's Psychotherapy Committee on the effectiveness of psychodynamic psychotherapy for children with anxiety disorders, and a dozen other programs on behalf of early childhood mental health intervention. And over the past ten years, Andrea and Herb, through Todd's Foundation, have contributed over \$ 90,000 to the Grants Committee of The Association for Child Psychoanalysis.

So indeed it is an honor, as well as a deep pleasure, to introduce to you Andrea and Herb Ouida.

Nathaniel Donson, M.D.
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Cynthia Carlson, Denia Barrett, Nathaniel Donson, Andrea Ouida and Herbert Ouida

***The Electrified Mind: Personality Formation, Psychopathology,
and Treatment
in the Era of Modern Information Technology***

The 41st Annual Margaret Mahler Symposium, Philadelphia, PA April 10, 2010

The presentation by Joanne Cantor, M.D. (Madison, WI) examined the impact of the media in several areas including young people's use of the media, its rapid expansion and recent reports of some negative effects. It summarized the literature on the impact of media violence on both aggression and fear. Findings of neurophysiology research on multitasking, as a new and quickly rising wave, were summarized and practical guidelines for caregivers and health-care providers were suggested. Young people have ample access to media, outside of parental control, which makes it all the more important to understand the impact of such exposure on children's health and well being. These effects are often long term and complex. Experiments are often designed to show short term effects that we know have long term implications. Media industries are extremely profitable and spend enormous amounts to argue that their products are not harmful. Lobbyists and apologists for the industry call into question scientifically reliable findings. Since young people like the media and do not want to be restricted, it makes it even harder for parents and caregivers to adopt and enforce limits and policies that might promote healthy media use.

Regardless of the content, heavy media use was found to be associated with lower grades and the more content individuals used the media less heavily. It is possible that unhappy and unsuccessful young people turn to media for substitute gratification. Although a small number of children may actually become criminally violent as a function of media exposure, many more may increase their feeling of hostility, become desensitized to harms that violence causes or become unnecessarily fearful. These less publicly visible outcomes may lead some children to become violent. Televised sex may alter young people's anxi-

ety levels regarding sex, their concern about sexually transmitted diseases, their attitude toward monogamy, or their view of healthy relationships, and so forth. Desensitization results in reduced arousal and emotional disturbance, and more disturbingly, leads children to reduced sympathy for a victim, for example in domestic violence. Media aficionados have limitless supply and the user can witness or manipulate intensely gruesome images repeatedly, often in the privacy of their own home or bedroom.

In her paper, Christine Kiefer, Ph.D. (Chicago, IL) discussed the impact of cyberspace upon the ongoing construction of identity, subjectivity, and agency. Videogames and interactive cyberspace provide an opportunity for various modes of play. Antecedents of the interactive imaginative play and narrative mode of thought begin in the three - five year period. Hands on experience at this age, in contrast to television watching or videogames, is crucial in shaping a sense of reality that can balance a fantasy world of storytelling or watching television. Those who are immersed in playing videogames develop "a de-centered self that exists in many worlds with parallel lives on and off screen. Hazards of cyberspace that are related to identity confusion might be mitigated through adult guidance or even peer support.

For adolescents and young adults cyberspace may hold paradoxical elements of both increased autonomy and further enmeshment. Social networks such as Face Book and My Space allow adolescents and others to almost continuously construct and reconstruct their identity, intersubjectively shaped by their larger community. Adolescence offers a new opportunity to rework infantile conflicts and separation-individuation. Cyberspace use may serve as a defense against engagement.

Mahler Symposium, Concluded on Page 18 . . .

Cyberspace provides a transitional space of special value for adolescents to try different selves, rehearse roles and skills and develop capacity for fantasy play and enhanced creativity. They can explore novel means of relating to others, gaining access to previously dissociated self-states as well as creating additional channels for their expression or integration. Today's virtual world creates for cyberspace users a sort of quasi-village atmosphere that earlier generations just took for granted. Some analysts have used video or interactive games with their patients to grasp something about the patient's personality and then convey this to them.

Patricia Gibbs, Ph.D. (Dearborn, MI) described patients who were excessive users of computer-internet and who could loosely be described as schizoid and narcissistic, essentially relating to themselves, thus avoiding the intimacy of transference. Confining relationships to virtual ones, they avoid risk of loss by controlling the Other. They withdraw into the safety of an internal world, finding the world of the Other taxing, persecuting, or nonexistent. They need to control the object in order to escape the overwhelming affects associated with interactions not so controlled. The addictive behavior of constant computer-internet use reflected a dyadic pre-oedipal transference, relying on omnipotent control and denial. Reality is sacrificed to maintain a tie with the virtual reality in a dyadic organization.

In all those patients who used the Internet to meet others either virtually or in reality, the attempt served to avoid oedipal issues in favor of merger or masturbatory fantasies. The sexual danger of an actual relationship and feelings associated with intimacy and murder were being con-

tained in this as-if mode of relatedness. Internet communication involves just enough primitive narcissistically organized reality to allow some self expression, though not sufficiently object related to modulate primitive aggression. In transference/counter-transference, and in internet communication, there is something intrinsic that encourages regression. Reality is as-if in both cases, with the significant difference that analyst and patient actually meet in reality, as they are also engaged in the as-if nature of the transference/counter-transference experience. In a pre-oedipally organized transference the patient struggles to contain enormous intensity in feelings of hating and being hated murderously. Identification with the hated object is inevitable.

Some patients' immersion in virtual reality as a resistance to transference can be understood as serving the same function as hallucinations – namely alter the painful hate-filled, or isolated reality in order to avoid separation and mourning. In these patients the internet made unsafe erotic and sadistic feelings feel safely real, while the as-if experience of the transference became too real and dangerous.

The media play an increasingly important role in the lives of young people. Since new technology and content are produced and promoted every day, the importance of understanding the impact of media on young people's health and welfare will only increase.

(An Abridged Summary)

***M. Hossein Etezady, M.D.
Philadelphia, PA***

Welcome New Members !

The following individuals have been sponsored for membership and have accepted their invitations to join the ACP. We are happy to welcome these new members and look forward to others in the process of joining us soon.

Candidate Members

Deborah Genninger, LCSW
Ashley Harmon, M.D.
Saida Koita, M.D.
David Levoy, M.D.

Sponsors

Laurie Levinson, Ph.D. and Noah Shaw, M.D.
Judith Yanof, M.D. and Stephanie Smith, LICSW
Sydney Anderson, Ph.D. and Lee Ascherman, M.D.
Judith Yanof, M.D. and Stephanie Smith, LICSW

Regular Members

Kaye Bock, MSW
Scott Boles, Ph.D.
Gordon Caras, Ph.D.
Susan Donner, M.D.
Lucie Greenblum, M.D.
Clifford Ridley, Ph.D.
Graciela Steiger, M.D.

Sponsors

Julio Morales, M.D. and Moisy Shopper, M.D.
Calvin Colarusso, M.D. and Alan Sugarman, Ph.D.
Phyllis Tyson, Ph.D. and Calvin Colarusso, M.D.
Van Dyke De Golia, M.D. and Ben Kohn, M.D.
Anita Bryce, Ph.D. and Judith Chertoff, M.D.
Catherine Henderson, Ph.D. and Kenneth King, M.D.
Anita Bryce, Ph.D. and Charles Parks, Ph.D.

Please note: These members were invited to join the ACP after the conclusion of the previous six-week spring comment period February 24 - April 7, 2011. The next comment period will include applications sent in after February 2011 and is scheduled for October 7 - November 18, 2011.

In Memoriam

We are very sad to announce the following ACP members have passed away:

Marjorie Barnett, M.D.
Chicago, IL

Jean Kushleika
Seattle, WA

Lawrence Deutsch, M.D.
Englewood, NJ

Marie McCann
Raleigh, NC

Eleanor Galenson, M.D.
Wynnewood, PA

Wolfgang Wiegert, M.D.
Chevy Chase, MD

* This updated list is based on notifications received since the last ACP Newsletter.

A C P Newsletter

The Association for Child Psychoanalysis, Inc.
Newsletter

ISSN 1077-0355

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Address Service Requested



Some Scenes from Santa Fe, New Mexico,
the site of the 2012 Annual Meeting of the
ACP: Plan to come to this Meeting!

Clockwise from right: The Plaza, The Inn at Lo-
retto, & the Sangre de Cristo Mountains

