Symposium 2011

Food, Drugs, and Desire: Understanding and Treating Addictive Behaviors and Disorders in Psychoanalysis and Psychotherapy

Patricia Plopa, Ph.D.

It is with great pleasure that the Program Committee of the Michigan Psychoanalytic Society presents its 36th Annual Symposium on Saturday April 16, 2011 at the newly renovated Baronette Renaissance Hotel in Novi. Our topic is a timely one: “Food, Drugs, and Desire: Understanding and Treating Addictive Behaviors and Disorders in Psychoanalysis and Psychotherapy.”

Addiction and addictive behaviors are prevalent throughout our society. Many people struggle with their use of tobacco, prescription and non-prescription drugs, alcohol, food, sex, pornography, work, shopping, gambling, exercise, and even the internet. While certain substances and behaviors pose greater risks than others, almost anything can be used in addictive ways that potentially harm the self or others. Even if we do not see many patients who come for treatment wanting help with an addiction or eating disorder, we frequently become aware of the presence of such difficulties as treatment deepens and our patients reveal secret behaviors and fantasies.

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25th Annual Visiting Professor of Psychoanalysis
March 13 - 19, 2011

Nancy J. Chodorow, Ph.D. is a Training and Supervising Analyst, Boston Psychoanalytic Institute and Society and Faculty, San Francisco Center for Psychoanalysis. She is Lecturer on Psychiatry, Harvard Medical School, and Professor of Sociology Emerita and Clinical Faculty in Psychology Emerita at the University of California, Berkeley. Her books include “The Reproduction of Mothering” (1978; 2nd edition 1999), winner of the Jessie Bernard Award of the American Sociological Association; “Feminism and Psychoanalytic Theory” (1989); “Femininities, Masculinities, Sexualities: Freud and Beyond” (1994); and “The Power of Feelings: Personal Meaning in Psychoanalysis, Gender, and Culture” (1999), which won the Bryce Boyer Prize from the Society for Psychological Anthropology. She is the author of numerous articles on comparative psychoanalytic theory and technique, Loewald and the Loewaldian tradition, sexuality, the psychology of women, and gender. In January, 2010, she gave the plenary address at the Meetings of the American

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MPI President's Column

Do We Have Time To Blink?
By Dwarakanath G. Rao, M.D.

Eye specialist to patient with dry eyes resulting from long hours at a computer screen: “Don’t forget to blink.”

This is sincere advice reminding us of the unusual demands placed on our wired lives today. It suggests we may have to relearn natural protective functions if we are to engage in the cyber-life essential to daily life. The lightning-quick connections made possible by social networking are changing and challenging our human capacity for attention. These brief bursts of meaning are probably changing our ideas of short- and long-term motivation. For many, it appears to be slowly eroding the primacy of one-to-one relationships, long cherished and based on biological demands and constraints. There are documented positive effects and negative effects. For those that feel there is valuable bedrock in human experience sans technology, there is an emerging debate on whether technology is making us more human or less human.

Why is this question of humanness important to psychoanalysis? In a world that is fast-moving, crimped for time, and exhausted by meaning, psychoanalysis may provide one of the few antidotes left. The focus on the subjective world in our consulting rooms, and our insistence on felt rather than surmised experience, is unique to psychoanalytic therapies. Clinicians trained and educated in this perspective are likely to value authentic selves over virtual selves. They are likely to be wary of virtual reality claiming to be the real thing. They would emphasize the difference between an avatar and the person at the keyboard, and thereby the projected longings inherent in everyone. They would adhere to the principle that imagination, while enticingly rich with possibilities, cannot substitute for reality. It is a reassuring but stern set of rules to live by.

Meanwhile in the world at large, virtual reality is everywhere, and—judging by some teenagers’ experience—overwhelming their sense of personal reality. As social networking reaches its peak effect, and it becomes clear that no one needs several hundred of one’s closest friends to follow them, there are reactions similar to those of psychoanalytic clinicians: a recent start-up offers software that limits social connections to 50, claiming that five good friends are all one person can handle or need. Is this an expectable trend? Probably, but no one is expecting a return to handwritten missives and pen pals.

Psychoanalytic therapists must vigorously engage in this debate, as many have in recent years. We have in-depth experience with individuals and small groups. Our understanding of the dynamics of mentation in the context of changing personal needs and desires is comprehensive and far-reaching. We can also lay claim to being unafraid of searching interrogation of our concepts as we try to understand the new world of personal technology. Our goal is understanding human potential, including technological potential. Human minds are creating technology, and some of the technology is re-creating the human mind. Let’s look upon this as a challenge for all of us who are students of the human mind.

In closing, I cannot resist the story of an applicant to a residency program who I interviewed recently. Her personal essay began with a quote from Macbeth, which she hesitantly described as the result of a somewhat idiosyncratic interest in poetry. It appeared as if she was struggling with the fear that poetry and science were incompatible. While I allayed her fears, I saw that this was a person who, while fully connected wirelessly with her world of family, friends and acquaintances, was no stranger to the world of personal connectedness, sometimes through Shakespeare, sometimes not. Here is the quote, resplendent, germane to our times, and to our profession:

Canst thou not minister to a mind diseased; Pluck from the memory of a rooted sorrow; Raze out the written troubles of the brain; And with some sweet oblivious antidote Cleanse the stuff’d bosom of that perilous stuff Which weighs upon the heart?

--Macbeth, Act V, Scene 3
CHODOROW from cover


Dr. Chodorow has been Book Review Editor for North America of the International Journal of Psychoanalysis, is a Consulting Editor of Studies in Gender and Sexuality, and is active in the American Psychoanalytic Association, where she is on the Program Committee, chairs a two-day clinical workshop, and chairs and speaks often on panels. In January, 2008, she chaired a University Forum, “Psychoanalysis Meets Cognitive Psychology and Cognitive Science” and the panel, “The Loewaldian Legacy,” and in January, 2009, she chaired the panel, “Bending the Frame and Judgment Calls in Everyday Practice.” In summer 2009, she was panel organizer and presenter at the panel, "Independent Traditions and Middle Groups" at the Meetings of the International Psychoanalytical Association. Recent presentations in non-psychoanalytic forums include “Psychoanalytic Perspectives on law and the humanities,” at Yale University School of Law, May, 2009, the symposium, “Transforming Psychology: Nancy Chodorow and Carol Gilligan,” at Columbia University Humanities Center, November, 2009, and invited autobiographical reflections at the conference, "Public Intellectuals," Harvard University, April 2010.

Dr. Chodorow was featured in a “Meet the Analyst” forum at the Meetings of the International Psychoanalytic Association in August, 2007. In June, 2007 she received the Traveling Woman Scholar Award of the American Psychoanalytic Association, and in 2004 she was Honoree of the American Psychoanalytic Association Committee on Research and Special Training. In 2000 she received the Award for Distinguished Contribution to Women and Psychoanalysis of the Women, Gender and Psychoanalysis Section of Division 39. She has held fellowships from the Radcliffe Institute for Advanced Study at Harvard, the Guggenheim Foundation, the American Council of Learned Societies, the National Endowment for the Humanities, and the Center for Advanced Study in the Behavioral Sciences at Stanford. Dr. Chodorow is in private practice in Cambridge, MA.
Continued from cover

Some addictive behaviors are relatively harmless; many are not. Addictions take their toll not only on individual lives but on relationships with family, friends, and society. The cost—psychologically, physically, and economically—is often great.

What are the dynamics of addictive behavior? What is the relationship between desire, pleasure, security, defense, conflict, and addictive behaviors? Addictions involve both psychological and physical determinants. How do psychological needs to avoid painful emotional states, regulate mood, shore up self-esteem and shaky self-structures interact with changes in the brain that accrue with continued use of substances and repetitive exposure to stimulating behaviors? How do old insights about the object-quality of an addictive behavior and new understandings from neuroscience and contemporary practice guide our interventions with patients struggling with addictive behaviors? How do we think about and make use of the transference and countertransference in working with these patients?

Our all-day Symposium will address these types of questions and more, with a major emphasis on disorders involving food and drugs. Our distinguished keynote speakers are Kathryn Zerbe, M.D. and Brian Johnson, M.D., creative psychoanalytic thinkers and authors whose clinical and research expertise in the areas of eating disorders and substance abuse is highly regarded and sought after.

Dr. Zerbe’s presentation is entitled: “If It’s So Bad for Me, Why Does It Feel So Good? Psychodynamic Insights in the Treatment of Eating Disorders and Addictions.” She will give special attention to understanding and then using the clinician’s countertransference feelings and dilemmas constructively to enhance recovery. Reasons that clinicians of all theoretical persuasions often become burned out or are reluctant to take these patients into treatment because of slow progress will be explored from a dynamic perspective in an attempt to answer the question: What is being poured into the clinician in almost every session that must be metabolized?

The title of Dr. Johnson’s presentation is “Addiction: A Neuropsychoanalytic Reconceptualization.” He elaborates a neuropsychoanalytic understanding of the psychology of addiction in which concepts of will, drive, and desire are examined from a neurobiological basis. This perspective highlights the ways addictive drugs take over the will and compromise ego functioning, impact relationships, and split the transference. Neuropsychoanalytic treatment is compared with motivational interviewing and cognitive behavioral treatments, and clinical suggestions are given to enable clinicians to work more effectively with addicted patients.

Local members of our panel are Howard Shevrin, Ph.D. and Mary Adams, L.M.S.W., who will discuss Dr. Johnson’s and Dr. Zerbe’s presentations, and Sally Rosenberg, D.O., who will serve as Symposium Moderator. We plan for lively dialogue and discussion among our panelists and audience. Ultimately, our goal is to illuminate our psychodynamic and neuroscientific understanding of addictive behaviors and to increase our psychotherapeutic tools in working with these patients. Please come and join us!

About the panelists

Kathryn Zerbe, M.D. (Portland, OR) is Director and Training and Supervising Analyst at the Oregon Psychoanalytic Institute and Adjunct Professor of Psychiatry at Oregon Health and Science University. Prior to moving to Oregon in 2001, she held the Jack Aron Chair in Psychiatric Education at the Menninger Clinic and led its Eating Disorder Program for five years. She is the author of four books and over 150 articles, reviews, and book chapters, including a question and answer blog on eating disorders for the New York Times. Her most recent book (2008) is “The Integrated Treatment of Eating Disorders: Beyond the Body Betrayed.”
Brian Johnson, M.D. (Syracuse, New York) is Associate Professor of Psychiatry and Anesthesia at SUNY Upstate and a research investigator at Syracuse VA Medical Center. He is a psychoanalyst and Co-Chair of the annual workshop of the American Psychoanalytic Association, The Substance-Abusing Patient in Psychoanalysis and Psychotherapy. Dr. Johnson was on the faculty at Harvard Medical School for 30 years, during which he treated about 15,000 patients undergoing detoxification. His many publications focus on neuro-psychoanalytic treatment of patients with addiction, prescription drug abuse and treatment of chronic pain. His neuropsychoanalysis book on addiction, “Widespread Zombification in the 21st Century and the Wars of the Zombie Masters,” is written for children and parents, and shows how drugs change the brain and take over the will (zombification).

Howard Shevrin, Ph.D. (Ann Arbor, MI) is Professor Emeritus (Active) in the Departments of Psychiatry and Psychology at the University of Michigan. He is Director of the Program of Research on Unconscious Processes and Chief of the Ormond and Hazel Hunt Memorial Psychophysiological Laboratory. He is the recipient of the Sigourney Prize in psychoanalytic research. Aside from over 150 scientific publications, he is also the author of a novel in verse, “The Dream Interpreters.” Dr. Shevrin is on faculty at the Michigan Psychoanalytic Institute and teaches a course on research.

Mary L. Adams, L.M.S.W. (Farmington, MI) is a child, adolescent, and adult psychoanalyst and on the faculty of the Michigan Psychoanalytic Institute. She received her Masters of Social Work from the University of Michigan, and worked in research for the Michigan Department of Mental Health and Human Services and as Clinical Director of Downriver Guidance Clinic before pursuing psychoanalytic training at MPI. Since 2001 she has taught classes from a psychoanalytic perspective at Wayne State University Department of Psychiatry. At MPI, she chairs the Liaison and Outreach Committee that networks with and supports clinical training programs in Michigan.

Sally Rosenberg, D.O. (West Bloomfield, MI) is a Training and Supervising Analyst at the Michigan Psychoanalytic Institute (MPI). She is Associate Clinical Professor in the Department of Psychiatry at Michigan State University and teaches at Henry Ford Hospital. Dr. Rosenberg is Director of the MPI Continuing Education Division and President-Elect of the Michigan Psychoanalytic Society. She is Co-Chair of the Committee and Workshop on Psychotherapy Training of the American Psychoanalytic Association. Her recent teaching interests have included issues of gender and sexuality, psychological effects of assisted reproductive technology, and understanding patients with addictions.

Free Seminars

Pre-Symposium seminars, free of charge, will be available for those who register early and wish to participate. They will offer an overview of substance abuse/addictive disorders as an introduction to the symposium topic.

Saturday April 2, 2011, 2 - 4 p.m.
"Overview of Substance Abuse Disorders and Addictive Vulnerability"
"AA and Self/Mutual Help Groups"

Saturday April 9, 2011, 2 - 4 p.m.
"Relational Perspectives in Substance Abuse Disorders"
Farmington Hills: Thomas Kane, D.O.
Please call to register: (248) 851-3380

Venue

The Symposium will be held at the Baronette Renaissance Hotel in Novi, from 8:15 a.m. to 3:45 p.m. Map and driving directions can be obtained from the hotel website at http://www.thebaronette.com/our-hotel/directions/

Attendance is limited, which makes it urgent to apply early. Lower registration fees will be offered for registrations received prior to March 25.

Detailed information may be obtained from our website, www.mpi-mps.org, or by calling Monica Simmons at (248) 851-3380.

Suggestions

Ideas for future issues? News we need to know? We welcome all comments and suggestions. Write to:

Michigan Psychoanalytic Society
32841 Middlebelt, Suite 411
Farmington Hills, MI 48334
Or email us at: newsletter@mpi-mps.org
Analytic Journeys in the Himalayas: On Being a Visiting Professor at Kathmandu’s Oldest Medical School

David R. Dietrich, Ph.D.

Earlier in 2010 I had the very rare pleasure of being invited to serve as a visiting professor of psychoanalysis at Tribhuvan University Institute of Medicine (the oldest medical school in Nepal). So, in late November, I gave a presentation to their psychiatric residents, psychology interns, and faculty titled, “Freud in the Himalayas: How Psychoanalysis Can Be of Benefit in 2010.” Additionally, I met with some of their faculty to discuss the need and genuine interest on the part of their trainees to learn about psychoanalytic ideas and principles from psychoanalysts, and I had a long meeting with the country’s only child psychiatrist (one who had some residency training in the USA and who received supervision from a psychoanalyst). All of this took place within the context of a trip that led through the Himalayas and eventually to a remote village, about halfway up Mt. Manaslu (the eighth highest mountain in the world), situated on the border of Nepal and Tibet (China), in a restricted area of Nepal. I might mention that part of the reason I decided to write this brief piece for our newsletter is several colleagues asked about this trip (“You went where?!”) and I thought it might be of some benefit to jot down impressions and experiences about aspects of my unusual analytic journey.

As it turns out, it was five years ago (in a bookstore) that I noticed the book, “Tibetan Diary: From Birth to Death and Beyond in a Himalayan Valley of Nepal,” written by an anthropologist, Geoff Childs, who had lived among the people of this remote village, Sama, and studied their lives and culture. I read the book with interest. When an opportunity presented itself some years later to join a group of travelers/trekkers from eight different countries who would be winding their way through (a far less popular ‘trekking circuit’ in Nepal) the valleys and mountains and villages of Nepal to reach, and spend time in, this fascinating ‘remote world,’ I decided I would go. I was very fortunate to meet with Prof. Childs, and to talk with him in his office at Washington University about the village of Sama, its people, and culture. The discussion was very interesting in that he did a lot of field research as an anthropologist, and my questions—as an analyst—were of course from a different perspective. What came across was his deep affection and love for the Nubri people of Sama. As luck would have it, I was able to meet with some of the individuals he describes in his book.

The journey began in Hong Kong, and then Kathmandu, a place of rich historical and cultural significance. There were selective opportunities to meet with some prominent people in Kathmandu, and I used these occasions to discuss with them the current state of the mental health system in Nepal. We also talked about how people at present perceive seeking out psychotherapy in Kathmandu and Nepal, and later, at the medical school, I had opportunities to learn about psychiatry and psychological training in that country. My experiences as a visiting professor of psychoanalysis at Tribhuvan University Medical School's Psychiatry Department began with a long and fascinating meeting with the country’s only child psychiatrist. His father, he told me, was the second psychiatrist in Nepal, and he (the father) had been trained at Maudsley Hospital, London. My colleague did his fellowship training in New York and is one of a handful of practitioners in Nepal to have a part-time private practice of psychotherapy. We spoke about the nature of psychiatric residency training in Nepal and I brought up the possibility of perhaps some American psychoanalysts doing some teaching and perhaps even psychotherapy supervision and personal analysis and psychotherapy, via Skype. Both residents and psychology trainees very much need and have an interest in psychoanalytic instruction and analytic concepts from analysts, he told me, and he was quite interested in the possibility of some type of collaborative teaching from American analysts. When I met the residents, each one stood and introduced himself or herself to me—an experience I’ve not had in this country.

For my presentation, there were residents, some clinical psychology interns, and some members of the faculty. Although as a psychoanalyst I have presented papers and always done ‘outreach’ activities, such as teaching or clinical workshops, this was the only time in my professional life someone has said to me that what I offered, what I had ‘given,’ was “very precious.” This was something of a unique experience for me. In my talk, I touched on familiar topics such as transference and countertransference, Freud’s great contribution of the ‘analytic attitude,’ how an analytic point of view can be beneficially utilized doing all kinds of clinical work—in working with families, doing consultation liaison with medical patients and those who are dying, and, for instance, the power of analytic and dynamic treatments to...
understand the mind and transform and alleviate much human suffering. I even mentioned our own (MPI) Early Admission and Clinical Moment programs. Talk about far-flung outreach! Be that as it may, I was struck by the genuine, heartfelt and unfurled interest in clinical analytic ideas and applications on the part of these young physicians and psychologists and on the part of some of their faculty. For example, following my talk, we had a clinical discussion and one resident asked an interesting question I had never been asked: "Why do I think there seems to be less compassion in American health care providers?" Another brought up feeling sleepy at certain times with one of his patients, although he never feels sleepy with his other psychotherapy patients. Still others wanted to talk about how countertransference reactions can inform and be used in the treatment of their patients.

Then, later in the day, over masala tea with members of the faculty, we talked about how those faculty members who use a cognitive behavioral approach with patients are nonetheless very interested in psychoanalytic approaches and ideas. Again, I am not sure how often I have encountered this kind of receptivity on the part of colleagues who approach psychotherapy from a cognitive behavioral vantage point. These poignant experiences as a visiting professor were immensely rewarding. What I told the trainees and faculty was true: what I got out of my visit with them and teaching outweighed what they may have received from my visit.

In terms of the rest of the journey, we trekked some days over ten hours. Initially, we were in lower altitude areas which were Hindu. As we gradually climbed higher—the footpath was narrow and steep—we eventually entered the Nubri valley of Northern Nepal, an ethnically Tibetan, remote, and restricted region. There were no roads, no cars, no motorcycles. Our companions were yaks, horses and donkeys. Sherpas carried our tents and food, and most of us carried our own backpacks. Since we eventually ascended some 14,000 feet up Mt. Manaslu (which is 26,760 feet high, and is known as 'Pungyen' by the local Tibetans), some members of our group suffered from altitude sickness and needed to stay behind at lower altitudes. One example of the rigors of our journey—it got colder the higher we hiked—is illustrated by the fact that one woman from our group may have received from my visit.

In closing, I had the unique opportunity to walk with and talk with an actual Tibetan Lama (a buddhist monk/teacher) about the nature of mind and suffering. This was of interest to me because he knew virtually nothing about Freud or psychoanalysis, and I knew virtually nothing about his approach to the mind. Yet, we had interesting discussions about the psychological causes of suffering. Before we left Sama, we were guests at the Gauri Shankar Primary School, a school which some of the money from our trip helped to open. Moreover, other money from the trip is going toward establishing a much needed hospital in the area. After returning home, I was having dinner with my colleague, Dr. Margolis, and he asked: when I look back, what had I gotten from my journey, what had I learned that affected me most. Without having to think about his question I told him gratitude—a deeper sense of gratitude. In my personal opinion, gratitude is a not insignificant part of the psychoanalyst's 'tool box.' Almost any trip or journey we take can be not only informed by our psychoanalytic outlook, but can literally become, as they say, an analytic journey.

David R. Dietrich, Ph.D. is president-elect of the Michigan Psychoanalytic Institute, where he is also a Training and Supervising Analyst.

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Feasts of Phantoms by Kehinde Adeola Ayeni, M.D.
Deborah Harms, Ph.D.

Trauma is characterized by an overwhelming emotional experience which leaves indelible traces. Traumatic events often result in a compulsion to recreate the dreaded experience in an attempt to master the anxiety by turning helplessness and powerlessness into action. Trauma that is transmitted from one generation to the next is often accompanied by a pact of silence between generations.

Generations become linked through identifications with the suffering of the previous generation. Symptoms may emanate from experiences that were not one's own but belonged to the previous generation. Such symptoms often express affects about life events kept secret and disavowed by the preceding generation. Therefore, conscious acknowledgement of such events may be experienced as a betrayal of the parents' efforts to disavow the secret, creating an internal struggle over awareness and expression of the connected affects. Alienated identifications or gaps in the integration of self experience may result. Healing such forms of trauma can occur only through the act of remembering and verbalizing one's story and that of the previous generation, thereby creating a narrative which integrates the story and delineates one's own experiences from those of one's ancestors. This journey toward healing often occurs during analysis and/or a creative writing process.

“Feasts of Phantoms” is a masterful work by Kehinde Ayeni which tells the story of the traumatic lives of four generations of Nigerian women. The subject matter of Dr. Ayeni's book is the practice of genital mutilation of young girls. Her story, portrayed from the perspective of the heroine, conveys the anguish of having been subjected to genital mutilation by her grandmother/mother. The mutilation experience results in a multiplicity of medical and emotional problems.

Dr. Ayeni skillfully illustrates how a mother of a young woman could resort to such an extreme measure. Such mothers may inflict this suffering in an effort to diminish their daughter's potential for sexual enjoyment and to protect daughters from rape and unwanted teenage pregnancy. Dr. Ayeni uses sophisticated psychoanalytic concepts often associated with trauma such as identification with the aggressor, projective identification, and the repetition compulsion to understand the plight of the victims and the perpetrators. Because lives are intertwined through multiple generations, victim and perpetrator cannot be clearly delineated as the experiences of one generation intrude upon the next generation of women and become woven into the psychic experience of both. While hearing the stories of both the mothers and the daughters, the reader is able to empathize with the perspectives of both generations of women.

Dr. Jare, the story's heroine, is a physician who repairs genital damage on women who have been mutilated. Just as Dr. Jare seeks to repair the physical damage to these young victims, Dr. Ayeni seeks to repair the emotional damage that accompanies such traumatic experiences. She enlightens readers about the continued prevalence of this tragic solution to violence toward women and educates readers about the traumatic links between the generations that serve to perpetuate such a practice.

Dr. Ayeni’s story is rich, evocative, and compelling. The characters are developed in such a manner that the heroine’s anguish becomes the reader’s own. In this story, Dr. Jare achieves mastery and liberation from the ghosts of her past through the reconstruction of her story in her work with her analyst through writing about her experiences and those of her female ancestors. It is fitting that the heroine’s name literally means memory. It is the translation of her memories into words through therapy and writing that results in her ultimate resolution of her traumatic experiences and frees her to live with hope, vitality, and authenticity.

Dr. Ayeni's exposure of genital mutilation in this creative manner brings hope for the possibility of eliminating the infliction of such suffering on future generations of women through the insight, understanding, and knowledge that readers of her book will obtain. Dr. Ayeni's story is perhaps powerful enough to overcome the seemingly intractable cultural resistances to change which often result from perceived
threats to group cohesion. Dr. Ayeni’s book is a story of hope for personal and cultural liberation from the compelling repetition of traumatic violence inflicted on young women.

References

Book Fare - Second Edition
Zieva Konvisser, Ph.D.

The Association for Psychoanalytic Thought of the Michigan Psychoanalytic Society announces the second edition of its Book Fare discussion series. Book Fare presents psychoanalytic and academic perspectives on selected works of fiction, along with an ongoing discussion of the act of reading. Discussions highlight extensive analyses of book passages. This series is designed for all those who enjoy reading and discussing books of psychodynamic interest.

The first book in the discussion series was “Olive Kitteridge” by Elizabeth Strout, the 2009 Pulitzer Prize in Fiction winner.

Please join us on June 5, 2011 at 1:00 at the Michigan Psychoanalytic Institute, Farmington Hills for a discussion of our second book, "Too Much Happiness" by Alice Munro, a Canadian short-story writer and winner of the 2009 Man Booker International Prize for her lifetime body of work. In this book, Alice Munro renders complex, difficult events and emotions into stories about the unpredictable ways in which men and women accommodate and often transcend what happens in their lives." Discussants will be Victoria Schreiber, M.A., L.M.S.W., Child and Adolescent Psychoanalyst, and Ilana Blumberg, Ph.D., Assistant Professor of English, James Madison College, Michigan State University, author of “Houses of Study.”

If you are interested in suggesting and/or presenting a book for a future discussion program, please contact APT Book Fare Chair Zieva Konvisser, Ph.D., at zkconvisser@comcast.net.

Are You Looking for a Study Group?

The Michigan Psychoanalytic Institute Continuing Education Division and the Association for Psychoanalytic Thought have formed a joint Seminar and Study Group Committee to organize ongoing study groups around topics of common interest.

Any member of the psychoanalytically-informed community who is interested in meeting with a like-minded group of people to informally explore psychoanalytic principles and ideas in clinical work, the arts and humanities, as well as everyday life, is welcome to participate.

Study groups may be peer-led around topics of common interest, in which case no fee will be assessed. For study groups wishing to have a facilitator, there will be a fee payable to MPI. Please note that CME/CE credits are not offered for study groups.

Current SATA students are welcome to join any of these, or they may arrange a student-only group facilitated by an analyst or advanced candidate in training. Interested students may contact Sue Cutler, Ph.D. at secutler@umich.edu to make arrangements.

All others may contact Zieva Konvisser, Ph.D., APT Joint Seminar Chair, zkconvisser@comcast.net, or Maxine Grumet, Ph.D. MPI Seminar Series Co-Chair, mgrumet@comcast.net.

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Psychoanalysis in the 21st Century

The New Psychosomatics
Jay Abel-Horowitz, M.D.

Over the last 20 years, there has been an explosion of new information about how the mind and body work together. The emerging model is one of mind-body unity. This is the latest installment in the evolving story of psychosomatic medicine. Psychosomatic medicine is inherent in most forms of traditional medicine, but its modern Western roots are intertwined with the early history of psychoanalysis and the psychoanalytic psychosomaticians who presaged the current developments long before science caught up to them.

Since the beginning of what would later become psychoanalysis, Freud was fascinated and flummoxed by what he called "the mysterious leap from mind to body." Though this phrase first appeared in print in 1909, Freud's curiosity about it was the nidus of his initial interest in the work of Charcot and is a central theme in his seminal "Studies in Hysteria." This mysterious link also inspired the clinical researches of a number of early psychoanalysts who would progress to the point where that could be achieved. Nevertheless, in today's terminology we would say Freud was holistic. Holism was at the heart of drive theory and drive theory was at the heart of psychoanalysis. He believed that the drives emanated from somatic instinctual tensions. The instincts, he wrote, "represent the somatic demands upon the mind [and] are the ultimate cause of all activity." Deutsch, commenting on Freud's viewpoint wrote "there can be no doubt that Freud did not think of a [mind-body] dichotomy or a dualism. He was always convinced that 'mental mechanisms originate from physiological ones' and that both interact continually."

Psychoanalytic thinking dominated the field of psychosomatics during the 1940's and 50's, but by the early 1980's psychoanalytic views had been left behind. Many diseases did not fit neatly into psychoanalytic psychosomatic theory; most patients with psychosomatic disease were not candidates for treatment because their tendency to somatization inclined them away from psychological reflection; and psychoanalytic theories came to be seen as overly simplistic as the enormous biological complexity of disease became apparent. In the ensuing years, American psychoanalysis drifted from its fundamental biological roots. Following the overly-intellectualized excesses of the energetic (i.e., referring to what we might now call fundamental mind-body energies) conceptualizations of the Hartman, Kris and Lowenstein period, and with the ascendency of general psychiatry usurping the biological territory of the brain, psychoanalytic thinking increasingly diverged from the psychobiological and psychosomatic into the realms of post-modern thinking, intersubjectivism, relational theories, etc. All of this has added something to the richness of psychoanalysis, but we have also left something important behind.

I remember Charles Brenner, a highly-regarded and much-beloved psychoanalytic thinker of his day, talking to a group of psychiatry residents interested in psychoanalysis in the middle 1980s. I was there as one of those interested residents. Dr. Brenner repeatedly objected to the residents making a distinction between biological therapy—meaning psychiatric medications—and talk therapy. Psychoanalysis is a biological therapy, he insisted. Though there wasn't much science to support his claim at that time, in the last 15 years neuroscience has demonstrated how right he was. Brenner insisted on this because he knew its truth from his clinical experience despite the lack of hard science substantiation. The same can be said about psychoanalytic psychosomatics. It failed as a field because the theorizing failed. Its theorizing failed for the same reason that Freud's "Project for a Scientific Psychology" failed—the biological science concepts and tools weren't available yet for scientific descriptions. But analysts knew from their experience in their consulting rooms, from listening empathically and carefully for many hours with many patients in a way that is quite unique to our field, that with the right kind of attention and awareness, many kinds of somatic problems cleared up.

In 1950, Franz Alexander attempted to bring as much scientific explanation to bear on the mysterious mind-body leap as was possible at that time. In his treatise "Psychosomatic Medicine," he attempted a comprehensive explanation of the psychophysiological mechanisms of psychosomatic illness by relying on the two branches of the autonomic nervous system: the sympathetic and the parasympathetic. The former is excitatory and the latter is calming. As part of the nervous system they connect the brain—and hence the psyche—to the rest of bodily function. As part of the autonomic nervous system they function largely unconsciously. Health consisted of an appropriate balance of their excitatory and inhibitory nervous control of the body's organs and tissues. Alexander came as close as the science of his day made possible. Though his theory was not comprehensive enough to
be useful, it was a harbinger of what science would discover 50 years later.

**What we now know is that the sympathetic and parasympathetic nervous systems do indeed play a significant role in the mind-body link. But they are just one part of a much larger multi-layered network of innumerable feedback loops and hierarchically-arranged systems that integrate mind and body from the simplest level of the intracellular molecule to the highly complex and super-ordinate level of the mind. This model has come to be called the psycho-neuro-endo-immune-system. The long hyphenated list of names represents the understanding that each of these systems (psychological, neurological, endocrinological, and immunological), once thought to function independently, are now known to be so busy talking to each and influencing each other all the time that it is more accurate to think of them as one super-system. It was previously believed that they each had their own language, that they made their own chemical messengers that only other parts of their individual system could read. But we now know that each speaks and reads the others' language.

**Because of this close communication, and by knowing the biochemical pathways involved, scientists have been able to show how "stress" (a psychological event) can echo its way down into the heart of the cell and alter the actual expression of genes (a decidedly biochemical event that is like telling the boss of the cell what the to-do-list is for the day). This can lead to cellular over-excitation, pro-inflammatory changes, and ultimately to cell death. Moving in the other direction - from the biochemical to the brain - scientists can now describe, for example, how a chronically poor diet can lead to chronic low levels of inflammation in the G.I. tract (where 80% of the immune system resides). The inflammatory response gets carried throughout the body by cytokines, the chemical messengers of the immune system. Arriving at the brain's cytokine receptors these can produce an array of psychological maladies depending on which portions of the brain are most involved. In fact, as an indication of just how tightly woven the immune system is with the mind, researcher Michael Ash has said, "You cannot experience an emotion or think a thought without biological correlates. You cannot experience an emotion without binding of cytokines."9

**In his 1992 article synthesizing the developments in psychosomatics, psychoanalyst Graeme Taylor summarized the emerging model of the mind-body as a complex network of regulatory mechanisms that operate bi-directionally between the brain and the subsystems of the body. Perturbations can arise at any level of the system, from subcellular to psychological and social. The psyche is just one component within a hierarchical arrangement of reciprocally-regulating subsystems. The inherent integration of the many subsystems implies that a perturbation anywhere in the system can be felt anywhere and everywhere in the system. Because of this, he argued, the old distinction between "organic" disease and "functional" disease, and between medical disorders and psychiatric disorders is losing its usefulness.10 I quite agree with his characterization.

There have been four major influences that have lead to this new model of psychosomatics—what we now more popularly call mind-body medicine. These four developments are: the advances in neuroscience and brain-mapping through the use of fMRIs and PET scans; the mapping of the human genome; the evolution of the field of psycho-neuro-endo-immunology per se, and the introduction of Eastern healing practices, particularly Chinese medicine and yoga, into mainstream American culture. The old model of mind as separate from body and its corollary clinical question of whether a disorder is psychological or biological are misleading in the light current scientific knowledge. This has profound implications for understanding and working with the problems for which our patients seek our care as well as for optimal management of our own health.

**References**

**Upcoming Classes**

**The Psychoanalytic Treatment of Couples II**  
Glenn Good, Ph.D.  
March 1 - April 5

**Clinical Issues and the Stories of Individual, Family and Community Crisis, Disaster and Trauma Recovery**  
Paula Kliger, Ph.D.  
March 16 - April 27

**Ethics for Today’s Mental Health Professional**  
Maxine Grumet, Ph.D. and Karen Colby Weiner, J.D., Ph.D.  
April 5 - May 10

**Mind and Art: Psychoanalytic Perspectives on Contemporary African American Literature**  
Todd Duncan, Ph.D. (Wayne State University) and Melvin Bornstein, M.D.  
April 6 - May 18

**Psychodynamics of Leadership**  
Laura Huggler, Ph.D.  
April 13 - May 18

**Clinical Issues in Combining Psychotropic Medication and Psychodynamic Psychotherapy**  
Richard Marcolini, M.D.  
April 14 - May 5

**Controversies in Contemporary Psychoanalysis: "Journal Club"**  
James Hansell, Ph.D. and Joshua Ehrlich, Ph.D.  
April 21 - May 26 (in Ann Arbor)

**An Introduction to Neuropsychoanalytic Concepts**  
Richard Marcolini, M.D.  
May 12 - June 9

**Beginning Treatment: Understanding What the Patient is Trying to Communicate and Responding Empathically**  
Bernadette Kovach, Ph.D. and Lynn Kuttnauer, Ph.D.  
May 17 - June 28

[See website for details or call Monica Simmons at 248 851-3380] ✤

**Milestones**

**Certification**

**Nancy Blieden, Ph.D.** has been Certified in Adult Analysis by the Board on Professional Standards of the American Psychoanalytic Association at its January meeting. She is an adult, child and adolescent psychoanalyst in private practice. Dr. Blieden received her B.A. and M.A. degrees at Stanford University and her Ph.D. at the University of Detroit-Mercy. She conducted post-doctoral research on treatment of schizophrenia in the Wayne State University Department of Psychiatry and Neurobehavioral Sciences where she has remained as adjunct faculty. She has pursued her deep interest in early intervention first as an audiologist when she was Director of a Differential Diagnostic Program for non-verbal preschoolers in New York; as Clinical Director at Youth Living Centers, a community-based agency in Wayne County; Director of Even Start in Inkster, MI; and now as Co-Founder and Co-Director of MPI’s Walnut Lake Developmental Preschool. She consults to area pre-schools and children’s agencies throughout the metropolitan area.

Dr. Blieden is on the faculty of the Michigan Psychoanalytic Institute where she has taught in all of the Institute’s educational programs. She has been co-director of the Child Psychoanalytic Psychotherapy Educational Program and serves on many Institute and Society Committees.

Dr. Blieden’s conviction of the importance of community outreach to complete one’s professional psychoanalytic identity is matched by her passion to join hands with her psychoanalytic colleagues to create and sustain organizations that can respond to the hope, creativity, and expansiveness inherent in psychoanalysis. She was past President of the MPI’s Candidate Organization, President of the American Psychoanalytic Association’s (APsaA) national candidate organization (the Affiliate Council), a member of APsaA’s Reorganization Task Force and the Project for the Innovation of Psychoanalytic Education. She is currently President of the Michigan Psychoanalytic Society. ✤
## Milestones

### Training Analyst Appointments

**Michael Singer, Ph.D.** has been appointed as Training and Supervising Analyst by the Board on Professional Standards of the American Psychoanalytic Association at its January meeting. He is certified in adult, and child and adolescent psychoanalysis by the American Psychoanalytic Association. He is a Supervising Child and Adolescent Analyst.

Dr. Singer obtained his doctorate in clinical psychology from the University of Washington and completed his post-doctoral fellowship in child clinical psychology at Children's Hospital of Harvard Medical School. He is a graduate of the Adult and Child Psychoanalytic Training Programs at the Michigan Psychoanalytic Institute.

Dr. Singer is on the faculty of the Michigan Psychoanalytic Institute where he has taught since his candidacy in all of the Institute's educational programs. He served as chair of the Professional Educators Program Committee, co-director of the Child Psychoanalytic Psychotherapy Educational Program, co-chair of the Visiting Professor of Psychoanalysis Committee, and chair of the Michigan Psychoanalytic Society Program Committee. He currently chairs the Child/Adolescent Analysis Committee. He also serves on the Admissions, Ethics, MPI-Ann Arbor and Psychoanalytic Practice committees.

Dr. Singer is on the faculty of the University of Michigan Department of Psychiatry, teaching and supervising residents in the Long-term Psychodynamic Psychotherapy Program. He consults to Ann Arbor area preschools and children's agencies and is currently Child Development Director at Allen Creek Preschool. He is certified by the American Association of Sex Educators, Counselors and Therapists as a Sex Therapist.

Dr. Singer resides in Ann Arbor, where he has a full time psychoanalytic private practice. He works with adults, children, adolescents, and couples and supervises mental health professionals.

**Barry M. Miller, M.D.** was approved as a Training and Supervising Analyst of the Michigan Psychoanalytic Institute at the meeting of the American Psychoanalytic Association's Board on Professional Standards on January 12, 2011 in New York City. Dr. Miller has a practice in adult psychoanalysis and adult, adolescent, and child psychiatry in Ann Arbor and Farmington Hills.

He has taught in the Adult Psychoanalytic Psychotherapy Program and has taught psychoanalytic candidates both in seminars and in our Treatment Clinic. He has held a number of offices in the Society, including eight years as our Councilor (or Alternate) to the American's Executive Council. He is an Adjunct Clinical Instructor in the University of Michigan’s Department of Psychiatry, where he supervises residents in psychodynamic psychotherapy. He also teaches and supervises in the MPI Treatment Clinic. Dr. Miller earned his B.A. in psychology at the University of Pennsylvania and his M.D. at Georgetown University. After a pediatric internship in Worcester, he trained in adult, child, and adolescent psychiatry at the University of Michigan after which he joined the faculty at Children's Psychiatric Hospital. He has consulted to schools and agencies within our southeastern Michigan communities. Dr. Miller has an interest in how literature (especially classical texts and mythology) reflects on the "human condition"; how the complexity of a person's issues can be captured and condensed within a single utterance; and the endocrine and neurophysiological correlates of psychological functioning.

He was just selected, by the American Psychiatric Association, as a recipient of the Annual Irma Bland Award for Excellence in Teaching Residents. He lives in Ann Arbor.

### News

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Graduation

Richard Marcolini, M.D. earned his B.S. with high distinction in the Honors Psychology Program at Wayne State University where he was awarded a National Science Foundation research grant for biofeedback research. He earned his medical degree from Wayne State University School of Medicine and was nominated to the Aesculapian Society.

After a Family Practice Internship, he completed his Psychiatry Residency at the Detroit Psychiatric Institute, where he later taught. He is Board Certified in Psychiatry and Geriatric Psychiatry.

At Detroit Receiving Hospital he was Director of Psychiatry Education and Director of Consultation/Liaison Psychiatry. He was appointed Associate Professor at Wayne State University School of Medicine in both Psychiatry and Family Medicine and served as Acting Director of the Consultation/Liaison Clinical Research Program in the Wayne State University Department of Psychiatry and Behavioral Neurosciences. He teaches psychiatry residents at Henry Ford Hospital and Wayne State University and PsyD students at the Michigan School of Professional Psychology. At the Michigan Psychoanalytic Institute he serves on the Liaison and Outreach Committee and as co-coordinator of the Students and Trainees Association (SATA) and is teaching in the Adult Psychoanalytic Psychotherapy Educational Program. Dr. Marcolini has a private practice in psychoanalysis, psychoanalytic psychotherapy and medication consultation in St. Clair Shores. He maintains staff privileges at the Detroit Medical Center and is on the staff of Neighborhood Service Organization.

He is the proud father of four grown children. He is a music lover, an audiophile and guitarist. He also enjoys the outdoors, including downhill skiing, scuba diving, jogging, kayaking and sailing.

Editor’s Correction: Jane Hassinger was incorrectly identified in the last issue as a Psychotherapy Member of the Michigan Psychoanalytic Society. She is actually an Associate Member.

Member News

Jay Horowitz M.D. had his article “Acupuncture and Emotional Imbalance: The Importance of Awareness in Treating the Root” accepted for publication in the March 2011 edition of Medical Acupuncture. Using the perspectives of psychoanalysis, the neuroscience of emotion, ethnographic studies of emotional disorders and their treatment in China, and the writings of American practitioners of Chinese medicine, the article argues that any exogenous treatment, Chinese medicine included, can only produce the endogenous reorganization that is necessary for sustainable change when awareness is brought to bear. A novel approach of integrating acupuncture and psychotherapy for mind-body problems is described.

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Thank you for your generous support!
**CALENDAR**

**March 13-18** Various Locations
Visiting Professor of Psychoanalysis
Nancy J. Chodorow, Ph.D.

**March 19** Farmington Hills
"Beyond the Dyad: Individual Psychology, Social World"
Nancy J. Chodorow, Ph.D.

**April 3** Bloomfield Township
Reel Deal: "Up in the Air"
Diane Geiger, M.A.
Robert MacDonell, Ph.D.
Bruce Russell, Ph.D.

**April 16** Novi
"Food, Drugs, and Desire: Understanding and Treating Addictive Behaviors and Disorders in Psychoanalysis and Psychotherapy"
36th Annual Michigan Psychoanalytic Society Symposium
Kathryn Zerbe, M.D. and Brian Johnson, M.D.

**May 14** Farmington Hills
"Intersubjective Ego Psychology: A Clinical Illustration"
Merton Shill, Ph.D.