Clinical Approaches to Trauma: From Dissociation to Integration
Patricia Plopa, Ph.D.

The Michigan Psychoanalytic Society is pleased to announce that its 37th Annual Symposium will be held on Saturday, April 14, 2012 from 9:00 a.m. to 3:45 p.m. at the Inn at St. John's in Plymouth. Our topic is Clinical Approaches to Trauma: From Dissociation to Integration. Whether we see patients in psychoanalysis or psychotherapy, trauma is frequently in the background or foreground of our patients' lives. Its major impact on psyche and soma is felt and enacted in our patients' lives, families, and in their treatment.

Our symposium will probe the nature and mechanisms of trauma and develop skills that will help our patients recover, heal, and move toward healthier integration.

We have invited two noted psychoanalysts, Dr. Ira Brenner from the Philadelphia Psycho-analytic Institute and Dr. Joseph Fernando from the Toronto Psychoanalytic Institute, to be our keynote speakers at our Symposium. They will present clinical material and their original ideas on how they conceptualize and work with trauma in their clinical practices. Both have lectured and published on their work with trauma.

26th Annual Visiting Professor of Psychoanalysis
March 19 - 24, 2012

Rosemary Balsam, M.D. will be our Visiting Professor this year. She is a British doctor and an American psychoanalyst. She was born and raised in Northern Ireland. She attended Queen's University Medical School in Belfast and became a psychiatrist there. In the early 1970s she came to Yale for a year's adventure. However, working for the Yale Student Mental Health department, she met analysts like Roy Schafer and Hans Loewald, and then she fell in love. New Haven has ever since been her home base. (She maintains strong ties to Ireland, and her husband Paul Schwaber and she are the only overseas members of the Northern Ireland Association for Psychoanalytic Psychotherapy).

She is an Associate Clinical Professor of Psychiatry in the Yale Medical School and is a Training and Supervising Analyst at the Western New England Institute for Psychoanalysis. In private practice, she has conducted many early adult analyses because of living in the university ambiance. Her
MPS President's Column

Michigan Psychoanalytic Society: Transformation in a New Time

By Sally Rosenberg, D.O.

Psychoanalytic organizations are entering a new era. Psychoanalysis is stepping out of its cloistered position and is grappling with the challenges of integrating findings of neuropsychoanalysis and creating evidence-based research designs in the pursuit of connection to our academic communities. We have witnessed the emergence of burgeoning treatments, resulting in the marginalization of psychotherapy and psychoanalysis. To ensure that our voice is being heard, we are responding through teaching, writing and encouraging more research development. MPS is looking to strengthen its liaisons with community organizations and to respond via news and media resources to share our ideas with our community. In the near future, MPS will be offering an expanded webpage for each member, which will facilitate our contact and communications with patients and our wider community.

One important local change is an initiative of MPS to encourage our groups to streamline their efforts and strengthen links to our fellow psychoanalytic groups. Due to our enthusiasm over the past 50-60 years, we have generated many groups within our community: MPI, MPS, APT, SATA, and MPF to mention a few. On February 4, 2012, members of the MPS Executive Council and the APT Board participated in the first MPS/APT Retreat. The purpose was to discuss our histories, structures, functions, and the programming needs of the two groups, along with ways of improving our communication and working together. Many issues were raised such as "organization-fatigue and the need to mount a common front on insurance and psychodynamic research" (Dwarakanath Rao, M.D.). Inclusivity and exclusivity issues were explored along with our common usage of the pronouns “us/them” and “we/you.” Real vs. transference phenomena were discussed in the effort to understand a common “feeling of wanting to exclude or include others and the feeling of being excluded or included that occurs in many groups.” (Sally Rosenberg, D.O.).

Our aim will be to explore how to “work together on shared goals with shared resources” (Suzanne Rodgers, L.M.S.W., APT President). The recognition that “APT knows how to welcome new members and connect with community” (Nancy Blieden, Ph.D.) was enthusiastically expressed, with gratitude. Many other issues were mentioned, including the wish to invite APT clinician members to join MPS to receive various benefits including online Pep-Web subscription for access to psychoanalytic journals and books, free Symposium attendance, and other organizational benefits and liaisons. Our Program Chairs, Patricia Plopa, Ph.D. (MPS) and Cristina Ramirez, Ph.D. (APT), and future chairs will plan to meet together to join in the coordination of our programming. We agreed to plan an MPS/APT weekend program, possibly for 2013/14. We look forward to ongoing communications and future retreats with both of our boards as it was felt to be very useful and productive.

An area that we are looking to change is our MPS Membership categories to make the Society more inclusive to the students at all levels who express psychoanalytic interest. Susan Orbach, Ph.D., Membership Chair of MPS, submitted proposals generated by the membership committee and subcommittee to MPS for discussion. In 2008, the Society voted to invite psychotherapists to become members, James Hansell, Ph.D. and Steven Nickoloff, M.D., past presidents of MPS, worked toward establishing a more integrated psychoanalytic community of psychoanalysts and psychoanalytically oriented psychotherapists to work together to further our practice, outreach and educational aims.

Currently, we are proposing a Student/Resident Membership category, which will include university students, graduate students and residents. Another category of proposed membership is a Psychotherapist Affiliate Member, which will include all ATAPP, CDCIP and Fellowship program participants. We are proposing expansion of our Psychotherapist category, to include those who have pursued psychoanalytic continuing education, supervision and treatment avenues to enhance their psychoanalytic identity. Stay tuned for Society meetings to discuss these issues and vote to express your opinions.

Now, what are MPS's goals? Our principal task, in my opinion, is to widen MPS's reach to our entire psychoanalytic/psychodynamic community, to create a community that supports our practitioners, provides education to our members that is current, encourages expression of ideas that can be debated publicly, and helps our public gain an awareness of psychoanalysis and psychoanalytic ideas and their relevance in today's world. I hope our group can be leaders in this movement and also followers of other groups who have advanced their efforts further than ours. ✤
VISITING PROFESSOR from cover
special interest is in female development, and currently she has a book in press with Routledge, called "Women's Bodies in Psychoanalysis." In 1974 she published her first book called "Becoming a Psychotherapist," which contained one of the first articles about the pregnant therapist. Many of her articles have dealt with gender issues, and mothers and daughters. She has edited two issues on this topic in Psychoanalytic Inquiry, and twice she won the best paper of the year prize in JAPA. The topic of "the vanished pregnant body"—or how psychoanalysis tends to ignore pregnancy and delivery as an imagined aspect of a girl's future that she confronts in her development and body image—is a working preoccupation. In 2005, Dr. Balsam was the National Psychoanalytic Woman Scholar for the American Psychoanalytic Association. She is on the editorial boards of Psychoanalytic Quarterly and American Imago and is a reader for IJP. With Paul Schwaber, she is a Book Review editor for JAPA.

Dr. Balsam will be with us from March 19 through March 24 and will speak and consult at various locations throughout the community. Please see our website in early March for a detailed schedule of events.

Kerry Novick Elected to Executive Council

Kerry Kelly Novick was recently elected by the members of the American Psychoanalytic Association to a 4-year term on the Executive Council. We are proud to extend our warmest congratulations to her in this achievement.

Keep her informed of your views on national issues.

[Editors' Correction: Marvin Starman, M.D. was the author of the obituary of Anne Leete Parcells, long-time friend and supporter, which appeared in the October 2011 issue. Apologies to Dr. Starman and the Parcells family for the omission.]
SYMPOSIUM from cover

trauma and trauma defenses, as well as being recent (2010) winners of the Gradiva Award for their 2009 books on trauma and defenses. Our symposium panel is complimented by three of our own esteemed and local psychoanalysts. Dr. Marvin Margolis will discuss Dr. Brenner's paper and Dr. Howard Lerner will be the discussant for Dr. Fernando's presentation. Dr. Nancy Blieden is the Moderator of our Panel and Symposium. We will have ample time for small group discussion and panel and audience discussion. So, we encourage you to come and join us on April 14th.

Dr. Brenner's presentation is, “The Clinical Approach to Dissociation: Interpretation or Containment?” The treatment of severely traumatized individuals has typically been seen as beyond the realm of psychoanalysis for a variety of reasons, including the privileging of psychic reality over external reality, countertransference pressures and limited understanding of the “deformations of the ego” that might have occurred. In this paper, Dr. Brenner will put this challenge in a historical context by briefly reviewing the nature of dissociation. He will then present some clinical material and artwork to illustrate his thesis that an approach incorporating therapeutic engagement and containment seems more promising than a traditional method of relying more heavily upon interpretation. Five stages of treatment will also be discussed: (1) establishing a therapeutic alliance; (2) delineation of the “mosaic transference”; (3) confronting the “It’s not me!” self; (4) on the road to integration and (5) consolidation and working through.

Dr. Fernando's paper is on “Trauma and Zero Process.” He introduces the concept of “zero process” which refers to a unique form of post-traumatic mental functioning that is distinct from primary and secondary process. Trauma’s devastating impact on ego functions results in the inability to process perceptual and affective experience. Content remains in a frozen state, unavailable to be felt, symbolized, and integrated. The traumatic past is something that is always about to happen again. Dr. Fernando explicates the importance of working with dissociative defenses, which include splitting of the ego, splitting of the identity, and temporal shifting. The work of therapy with zero process involves analyzing these and other defenses in an atmosphere of safety so that the work of finally constructing the traumatic experience can take place, and become part of the patient’s past, rather than haunting them as a perpetual present.

Special Dedication -- Henry Krystal, M.D.

The Michigan Psychoanalytic Society is pleased to honor and present a special award at our Symposium this year to Dr. Henry Krystal, Michigan psychoanalyst and international pioneer in the study of trauma and affect. This award is in recognition of Dr. Krystal’s many contributions to our literature and knowledge of trauma and its treatment. Dr. Krystal laid the groundwork for and contributed extensively over many years to our psychoanalytic understanding of affect development, affect tolerance and regulation, alexithymia, and how traumatic experiences impact these processes. Dr. Krystal’s own life story embodies what his writings have emphasized—that even after terrible trauma, healing and integration are possible by articulating and understanding our emotional experiences, in relationships with loving and accepting others.

About the panelists:

Ira Brenner, M.D. (Philadelphia, PA) is Clinical Professor of Psychiatry at Jefferson Medical College in Philadelphia and Training and Supervising Analyst at the Psychoanalytic Center of Philadelphia, where he is also Director Emeritus of the Adult Psychotherapy Training Program. He has a special interest in the area of psychological trauma and is
the author of over 80 publications, and four books: The Last Witness- The Child Survivor of the Holocaust, co-authored with Judith Kestenberg (1996), Dissociation of Trauma- Theory, Phenomenology, and Technique (2001), Psychic Trauma- Dynamics, Symptoms, and Treatment (2004), and Injured Men-Trauma, Healing, and the Masculine Self (2009). He has received numerous awards for his work, including the Gratz Research Prize from Jefferson for work on the Holocaust, the Piaget Writing Award for his 2001 book, the Bruno Lima Award for his work in Disaster Psychiatry, and the Gradiva Award (clinical category) for his 2009 book on injured men and trauma.

Joseph Fernando, M.D. (Toronto, Canada) is a Training and Supervising Analyst at the Toronto Psychoanalytic Institute and past President of the Toronto Psychoanalytic Society. He received his medical training from McGill University in Montreal. He has published papers on guilt, narcissism, and the character of the exception. A major research interest has been the study of different types of defensive structures and mental functioning and their implications for treatment. He integrates new perspectives on three forms of defenses – repression, denial, and post-traumatic defenses - in his recent book, “The Process of Defense: Trauma, Drives, and Reality: A New Synthesis” (2009), which won the 2010 Gradiva prize for a book on psychoanalytic theory. He is at present working on two projects: a more detailed exploration of aspects of the zero process and trauma, and a book on psychoanalysis and human evolution.

Marvin Margolis, M.D., Ph.D. (Franklin, MI) is a Training and Supervising Analyst at the Michigan Psychoanalytic Institute and Chair of MPI’s Early Admission Program. He is a Clinical Associate Professor of Psychiatry at Wayne State University School of Medicine. Dr. Margolis is Past President of the American Psychoanalytic Association and Past Chairman of the Board on Professional Standards. He is current Chair of the COPE Study Group on Boundary Violations and Rehabilitation. His published papers deal with early childhood sexual trauma, parent-child incest, and therapist-patient sexual boundary violations and rehabilitation. In 2003 he received the Mary Sigourney Award for Distinguished Contributions in the field of psychoanalysis.

Howard Lerner, Ph.D. (Ann Arbor, MI) is an adult, adolescent, and child psychoanalyst in private practice and on the faculty of the Michigan Psychoanalytic Institute. He is also associated with the University of Michigan Department of Psychiatry. Dr. Lerner is a Phi Beta Kappa graduate of the University of Illinois, has a Ph.D. from Rutgers, and received post-doctoral training at Yale. His research interests include object loss and severe psychopathology. He has published in many areas including borderline personality disorders and dissociative identity disorder. He was the recipient of an NIMH Fellowship through which he studied American draft deserters and personality characteristics of exiled political extremists in Sweden.

Nancy Blieden, Ph.D. (Bloomfield Hills, MI) is an adult, child and adolescent psychoanalyst in private practice and Clinical Co-Director of the MPI Walnut Lake Therapeutic Preschool. As MPI faculty, she has taught psychoanalytic approaches to severe early trauma and subsequent development. Her clinical interests include early intervention, intergenerational transmission of trauma, and resilience. Dr. Blieden was Clinical Director at Youth Living Centers in Inkster, MI, serving children with severe abuse and neglect, and she continues to consult with children’s agencies throughout the Metropolitan area. She is adjunct faculty at Wayne State University’s Department of Psychiatry and Neurobehavioral Sciences and recent past President of the Michigan Psychoanalytic Society.

Free Seminar

A Pre-Symposium seminar, free of charge, will be available for those who register early and wish to participate. Michael Shulman, Ph.D. will offer an overview of trauma as an introduction to the Symposium.

Saturday, March 31, 2012, 12 – 2 p.m

Michigan Psychoanalytic Institute
Farmington Hills
2 CME &CE Credit Hours
Registration is limited
Please call to register: (248) 851-3380

Venue:

The Symposium will be held at the Inn at St. John’s, in the Conference Center Grand Ballroom from 8:15 a.m. to 3:45 p.m. Map and driving directions can be obtained from the hotel website at http://www.stjohnsgolfconference.com/.

Attendance is limited, which makes it urgent to apply early. Lower registration fees will be offered for registrations and payments received by March 26th.

Detailed information may be obtained from our website, www.mpi-mps.org or by calling Monica Simmons at (248) 851-3380.
Allen Creek Preschool: Our Psychoanalytic Perspective
Ivan Sherick, Ph.D.
Child Development Director
Allen Creek Preschool

Allen Creek Preschool was founded in 1994 by a group of mental health specialists, many of whom were psychoanalysts. This non-profit preschool has been established as a school for a normal population of children and parents, as opposed to a therapeutic preschool or a day care center. From the beginning, the founders were guided by psychoanalytic views of child development that are integrated into an early education program and focused on the whole child and his or her emotional, interpersonal, and cognitive development.

At Allen Creek we maintain that a whole child is nourished mainly in the context of his/her relationship to the parents. Our aims have always been to facilitate a child’s sense of a cohesive self in the context of a graduated separation from parent(s), to aid in the development of a sense of competence, to help a child tolerate frustration, and to accept delay of gratification. We emphasize the value of creative play in order to master internal and external conflict, to help children distinguish real from unreal, as well as to help them to neutralize aggression and sublimate libido without losing the vitality that the drives bring. Our intention is to facilitate nascent ego skills having to do with space, time, weight, quantity, and literacy. Because we accept the psychoanalytic tenants of object attachment and relationship, as well as the importance of identification through modeling and the benefits of appropriate discipline and limit setting, we work with parents to empower them to be effective, empathic, and growth-promoting adults to their children.

The parents of the junior toddler group remain in the classroom with the expectation that the parents of the senior toddlers will transition out of the room at a pace acceptable to the toddler-parent couple. With each new school year, we anticipate a graduated separation by parents from the junior and senior preschoolers. For some children, it is advisable to have their parents remain in a waiting room should their child need a temporary reunion with them. We are attentive to the attachment needs of the parent-child couples and the subsequent separation issues.

The role of “Family Consultants (FCs)” is filled by clinical practitioners. In our normal preschool, FCs do not act as therapists although some of their interventions may be therapeutic to the parents. They offer what we term psycho-educational guidance to parents. Interactions with the FC may evoke forgotten memories, leading the parents to insights about themselves. The FC might identify unlblamed feelings in the parent who will feel understood, providing a cathartic value. At the same time what is said may be articulated in the context of some information about child development that the parent might not have known and will be reassuring to the parent. The object of the interaction between the FC and the parent is to provide information and understanding about child development. These kinds of interventions are what we term “psycho-educational.”

Our FCs are experts in child development. They interact with parents and teachers in various ways. In the classroom they are reliable observers, and, most importantly, they become familiar adults to the children. Each classroom has a designated FC. In a group setting, parents meet with their FC twice a month in the evening so that fathers are able to attend these hour and a quarter sessions. There is no set agenda for the meetings unless there are external events such as Halloween that might have the potential to be frightening to children. Since the FC is an observer in a classroom, he/she might notice a pattern of interaction between a mother and a senior toddler, e.g., that a mother is too hovering and does not allow her child to become more separate and independent. The challenge in these group settings is good timing. Without singling out a particular mother, the FC might point out that it is optimal for toddler development to move from transition from doing for the child to doing with the child, and then allowing that child to function independently while being admired from a distance.

In team meetings, FCs meet with classroom teachers to share their observations. The FC might enhance an observation from a child analytic developmental perspective, aiding the teacher’s decisions about alternative approaches in dealing with a particular child. Common issues for parents of toddlers are gener-
ally sleep issues, weaning, and separation; with parents of junior preschoolers it is the regulation of the child’s aggression; with parents of senior preschoolers, separation from the nuclear family and entry into the community, e.g., kindergarten, is the focus of concern. Often, a parent will remember an experience from his/her own childhood that will be effective in dealing with a child undergoing a similar experience. Often recollecting an experience from the parent’s own childhood will provide understanding of these transitional periods. In such a way, the FC will introduce the idea of trans-generational transmission of emotional reactions to life cycle experiences. By working with the FC, parents will come to understand which behaviors fall within “normal” expectations for their children.

Allen Creek Preschool is not a therapeutic preschool. We do not discourage social contact between families in our school community because of concern about “acting-out.” On the contrary, we encourage contact through various school community events like community meals, fall leaf collections, and other group activities. Parents in both groups often arrange play dates for their children. At these play dates, as well as the FC-parents’ meetings, the parents of the school population and the parents from the community support each other by sharing accounts of the trials and tribulations of dealing with common developmental issues.

Psychoanalytic developmental concepts are introduced during the weekly all-staff meeting when current and (sometimes) former FCs discuss an issue or a particular class. Community professionals provide in-service education to our teachers who meet twice a month to discuss Emilia Reggio early educational concepts. Topics of in-service range from “kids and surgery,” “working mothers,” “conscience from 0-5,” “how teachers can talk to parents about strengths and challenges,” as well as other pertinent topics.

Future plans include a “Fives” class for children who are chronologically eligible to enter kindergarten but would benefit from another year of preschool because of some developmental immaturities. These children will benefit from the educational environment provided by Allen Creek Preschool.

A future challenge to our psychoanalytic perspective at Allen Creek Preschool will be to integrate it with a Reggio inspired philosophy of early education. Reggio, more than anything else, encourages discovery on the part of children. This philosophy also espouses elimination of a top-down teaching curriculum, the belief in integrated learning, and encouragement of community learning, including parents. The goal of Allen Creek Preschool is to be Reggio-inspired as opposed to being considered a Reggio school. The concepts of discovery which lead to initiative and experimentation, along with expansion of the self to include one’s surroundings and learning from others are compatible with psychoanalytic developmental concepts of self-cohesion, competence, sublimation and creative imagining. Proactive exploration is emphasized rather than a solely reactive engagement with the environment. A sense of agency is encouraged, along with learning in the presence of others and through relationships with others, particularly one’s peers and facilitative adults.

Another challenge will be the recruitment of new FCs, as well as retaining current ones. Child analysis candidates enrolled in MPI are encouraged to get clinical experience with the under-five group by serving as an FC at Allen Creek Preschool or Walnut Lake Preschool. This is especially so if they have been unable to experience an under-five in child analysis. A child/adult analyst supervises the candidate /FC weekly. This is a quid-pro-quo for our school, which benefits from this arrangement between the school and the Institute.

Allen Creek Preschool is a founding member school of The Alliance of Psychoanalytic Schools, an international consortium of schools that are inspired and informed by child analytic principles of child development. The APsaA honored Allen Creek Preschool as the first recipient of the Children and Family Service Award in 2004.

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Psychoanalysis in the 21st Century

Psychoanalysis is dead. Long live psychoanalysis!

Michael Shulman, Ph.D.

I have been talking on the phone with an undergraduate student at one of the branches of the University of California. He complains that, though he is a psychology major, his teachers tell him that they don’t teach psychoanalytic ideas either because psychoanalytic ideas are wrong, or, through interesting, that they have no research basis. When they do teach these ideas, this student, who reads a lot on his own, recognizes that they don’t seem to understand much about psychoanalysis.

He is upset that his university does not have a course about psychoanalysis. He wants to start a club to study psychoanalysis with some of his fellow undergraduates. He asks me, knowing that I am co-chair of a committee of the American Psychoanalytic Association on psychoanalysis and undergraduate education, if this organization might in some way publicly support this effort. We continue to discuss these issues and his ideas.

A researcher of the unconscious, John Kihlstrom, who used to acknowledge the importance of psychoanalytic ideas but at this point disparages them, has written “Freud’s influence on psychology has been that of a dead weight.” This is a curious, interesting statement, I find. Is it the case that “a dead weight” has no influence, I wonder? What does it mean to liken the influence of a set of bold ideas to that of “a dead weight”? Does not a “dead weight” have an influence, and a presence, albeit a silent one?

I am reminded of other “dead” things that had influence, for example, Marx’s remarkable “The tradition of all the dead generations weighs like a nightmare on the brain of the living.” Now there, I think, is a statement of powerful influence from beings, or things, dead. I am struck by the possibility that Kihlstrom is really protesting the power of the repressed to return, by attempting to repress psychoanalysis.

I am not sure if psychoanalysis is “endangered” in the U.S. I used to think so, but I have noticed that its death has been declared so many times that, for something dead, it certainly gets a lot of notice. I do worry that its ideas will be mined by others, who take them piecemeal, rename them, disavow their connection to a much larger “dead” body of thought called “psychoanalysis,” and use the renamed ideas as bases for careers in psychology and psychiatry departments.

It is possible to consider that psychoanalysis is “worth more dead than alive,” in that its ideas can be “salvaged” after it has been declared “deceased.” A cultural salvage operation declares analysis dead, then finds value in its parts as separable.

That idea is depressing. But then I think of the California student, that we could be on the verge of a wide-scale “rediscovery” of psychoanalysis by bright psychology students, by those who recognize the gaps it fills in areas of the mind and behavior about which they are curious. I am struck by his complaint that he feels deprived of the chance to learn about the boldest and most interesting ideas in psychology by his own psychology faculty, and I am enjoying the implications of our discussion, and his suggestion that we might together plan a “protest” of this unfortunate lack of learning opportunities in his department. (He stirs in my mind the fantasy of a sort of “Occupy Psychology Department” movement.)

The dead thing lives. 

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psi-psychoanalysis

FREE ASSOCIATIONS Newsletter of the Michigan Psychoanalytic Institute and Society

February 2012

Psi-psychoanalysis

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Psychoanalysis has become obscure, even forgotten, to most people nowadays. As an analyst, I find it really frustrating to know that psychoanalytic ideas can make a big difference to the sum of happiness and productivity in the world at large and see that richness underutilized. We are not the only discipline that suffers from this predicament: knowledge and research findings in the medical, physical, and social sciences take 20 to 30 years to appear in common parlance and affect best practices in homes, schools and agencies. A new field is arising to address this time lag. Called “translational research,” it examines the obstacles to swift application of knowledge. Obscurity of communication is one of the major problems identified in translational research. How do we convey our ideas? How can we talk about complex matters in accessible, practical, user-friendly styles that engage the interest and capacities of readers and listeners? So, here is an experimental exercise for the sophisticated readers of the MPS Newsletter. Below you will find the text of a recent blog on the website (buildemotionalmuscle.com) started by Jack Novick and me in support of our latest book, “Emotional Muscle: Strong Parents, Strong Children.” (There is a Facebook page too!) We are trying hard to convey psychoanalytic developmental concepts in a way that parents, grandparents, teachers, caregivers, pediatricians and so forth can actually use in daily life. See how many psychoanalytic concepts you can spot! My answers are in fine print at the end of the article.* The Editor invites you to send in similar examples to share with our readers in an effort to generate a dialogue among us about translation and finding better ways to talk with the world about what we can offer.

**Fighting back against fears**

Everybody gets worried sometimes. All of our lives there are things that scare us. Psychoanalysts and psychologists, as well as neurobiologists, describe a normal sequence of threats to our good feelings about ourselves in the world. Infants worry about abandonment, aloneness, and separation from the people they need to keep them safe. Toddlers worry that their feelings will overwhelm them and blast the universe. Kids fear that their parents won’t love them any more if they are naughty. Teens dread humiliation from their peers. Adults worry about security of relationships and practical life. Seniors worry about death. Everyone worries about their bodies being intact and free from debilitating or painful illness. Underlying all these worries that unfold through the life cycle is a profound fear of helplessness.

What can we do to feel sturdier? How can we fight back against the inevitable fears so that we can live our lives with more confidence and joy? How well are we doing at that task? It doesn’t look like we are succeeding very well. There were 46 million prescriptions for Xanax in the United States last year, according to an article in the New York Times the other day. That works out to 1 in every 7 people, including children! Xanax is a strong (and addictive) anti-anxiety drug. Apparently our society’s current response to life’s difficult challenges is to sedate ourselves. We will never eradicate worries and we shouldn’t be trying to. Emotions, including anxiety, are crucial signals, alerting us that something is going on that merits our attention. A good feeling signals us, “This is nice, I like it. How can I make this continue or happen again?” Anger tells us, “I don’t like this. What can I do to change it?” Worry or fear tells us, “This feels dangerous. What do I need to do to feel safe?”

The trouble arises when feelings swamp us. That is actually the definition of trauma: when something is so intense that it overwhelms our internal capacity to cope. Often people describe trauma in terms of outside events like natural disasters, violence or misfortune, but inner helplessness is the actual trauma. The scale of the feelings and the vulnerability of our responses make something traumatic. An anxiety attack or a temper tantrum can leave a person of any age shaken and afraid. Anybody can be overwhelmed by a massive experience that truly renders us helpless. All too often, though, it’s not the outside scale that does it; it’s the inner meaning of the experience that gets to us. For instance, most 4-year-olds have quite a lot of worries, especially at night. They...
In Memoriam

A Farewell To Joe
Alvin B. Michaels, M.D.

I am honored to share my thoughts and memories of Joseph Fischhoff, M.D. I have known Joe about thirty-five years as a trusted colleague, a teacher and a mentor. As I think about him now, I recall his sweet gentleness, remarkable resiliency, indefatigability, and knowledge of the ways of the world. Joe exuded a fundamental curiosity and openness which invited others to express themselves openly. Though nationally prominent and respected, Joe remained unassuming, not at all pretentious, and very, very available. You could always trust him to listen and to be kind, and to express his opinions clearly and respectfully. He knew so much about people, psychoanalysis, psychiatry, and the various ships of state for which he had worked and led. Joe remained curious about everything—his profession, all areas of science, history and politics. Joe was very, very smart. He was the paterfamilias of child psychiatry in Michigan, and respected by all for his integrity, deep knowledge (which he generously shared), and experiences which only a seasoned veteran could accumulate.

Joe had an amazing ability to work hard—an ability he retained throughout his life. Joe had a great need to help people and to serve others. He had compassion for the downtrodden and the underdog. He was dedicated to his beloved Wayne State University Medical School and Children’s Hospital of Michigan. When regimes changed, and inevitable crises occurred, Joe was asked to take charge of the Department of Psychiatry as Interim Chair; he accepted the challenge three times. In times of political change and stress he was “...a promontory of the sea, against which, though the waves beat continually, yet it both itself stands, and about it are those swelling waves stilled and quieted.”*

Joe’s granddaughter called him the metronome of the family, the steady beat that anchored them. He was a metronome for me and many others as well. Though remarkably productive, Joe seemed to always have time for his beloved family. Tessie, Joe’s beloved wife, told me that when disappointments, hurts, and losses occurred, as they must to everyone, Joe would feel the pains deeply, and then he had the inner strength to move on, and not obsess about past disappointments and mistakes.

William Osler, an iconic figure, the great clinician, teacher and innovator of medical education and the father of modern medicine, comes to mind as I reminisce about Joe. William Osler entitled his farewell address at the University of Pennsylvania “Aequanimitas.” Aequanimitas: calmness and presence of mind under all circumstances and calmness of judgment in moments of crisis. Osler said Aequanimitas is the quintessential quality for a physician—and Joe was the quintessential physician.

Joe left behind a treasure trove of scientific insights. He did original research. He wrote seminal papers clarifying the basic mechanisms of the very serious failure to thrive syndrome. In his paper “Failure to Thrive and Maternal Deprivation,” Joe quoted Leonardo da Vinci: “He who appeals to authority when there is a difference of opinion, works with his memory rather than his reason.” Joe had a tremendous memory, but he always worked with reason.

Joe knew that there are many variables and approaches used in research, and he wrote "...my predilection is for a holistic approach...multiple factors are involved" and "...clinical experience and psychoanalytic training have been influential in evolving this philosophy of research, and it is a stimulating and enriching experience."

As you perhaps have anticipated, Joe's enormous ability to love and work clearly evokes Sigmund Freud's insight that “love and work are the cornerstones of our humanness.” Joe was so human.

So, with deep sadness, we say “Farewell” to our dear and beloved friend who had an enormous capacity to love and work, and who enriched us all. He lives on in all who knew and loved him.

* Marcus Aurelius ❖

FREE ASSOCIATIONS Newsletter of the Michigan Psychoanalytic Institute and Society

February 2012

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References available upon request
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may be afraid of the dark, or monsters, or robbers. Some kids are anxious about wolves, or cows, or clowns. Each child seems to choose his or her own. Four-year-olds are dealing with a lot of strong feelings in their lives. They are working to get a handle on their wishes and emotions. Their beginning conscience development tells them that their angry wishes in particular are not good. It's uncomfortable to want to hit your brother or push your daddy away from your mommy, so you can have her all to yourself, when you know you'll get a bad feeling about it. One solution that most little kids try is to dump the feelings outside, hooking them on something external, like robbers. But then they boomerang right back! Instead of the danger coming from inside, it feels as if it's coming from outside.

We can handle physical illness or danger better if we are physically fit. The same holds true of psychological threats. Building strong emotional muscles equips us to face psychological challenges. Just as we begin to build our bodily strength from birth on, by kicking, stretching, crawling, running, playing, dancing, exercise, and good nutrition and sleep, parents can help babies, children and teens build emotional strength by exercising their own emotional muscles and teaching their children to do the same. Grownups can be more understanding of fears in children while simultaneously gently helping kids take the feelings back inside and take responsibility for their own wishes. After all, feelings and wishes are just that: they don't make anything happen. It's part of the important emotional muscle of distinguishing between thought and action that children build throughout their development. And if the main grownups in children's lives, their parents, teachers, grandparents, find that the fears are too big and won't go away, a consultation with a professional, like a child psychoanalyst, can help in finding a growth-promoting solution to the problem. Rather than sedate troubles away, adults can offer children strength, emotional muscles that they can use for the rest of their lives to master and fight back against fears.

*Old concepts “translated” above: Anxiety, epigenetic sequence of anxieties, castration anxiety, trauma, defenses, projection, ego capacities, ego strengths, signal affect, symbolization, primary process thinking, oedipal conflicts, empathy.*

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**Upcoming Continuing Education Classes**

**What's Love Got to Do With It?**  
Margaret Walsh, Ph.D. and Susan E. Cutler, Ph.D.  
February 29 - March 28

**Sadomasochism, Bullying and Violence: An Examination of “In Broad Daylight”**  
Joshua Ehrlich, Ph.D.  
March 14 - April 11

**Radical Departures: A Contemporary Reconsideration of Gratitude, Hate, Forgiveness and Other ‘Forbidden’ Psychoanalytic Topics in the Psychotherapeutic Process**  
David R. Dietrich, Ph.D.  
March 28 - May 2

**Adoption Issues and the Family: A Psychoanalytic Perspective**  
Deborah N. Tucker, L.M.S.W. and Michael Colman, M.D.  
April 3 - May 8

**Intimacy and Working with Criminal Offenders: Part II**  
Susan Flinders, Ph.D. and Robert Maloney, M.A., L.L.P.  
April 12 - May 17

**Beginning Treatment: Understanding What the Patient is Trying to Communicate and Responding Empathically**  
Lynn Kuttnauer, Ph.D. and Bernadette Kovach, Ph.D.  
May 1 - June 5

**Working with Adopted Children: How to Understand the Silence of the Adopted Child Patient**  
Victoria Schreiber, M.A., L.M.S.W.  
May 3 - 31

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

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**Suggestions**

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

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Early Childhood Program at Madonna University
Robert Cohen, Ph.D.

The Madonna University Psychological Services clinic is happy to announce the addition of our new early childhood program, FamilyCARE (Cultivating A Reflective Environment) for parents and babies (0-3). The program promotes healthy attachment and development by providing support and education, as well as helping the parent to accurately interpret, understand, and attend to the child’s needs, as well as helping parents understand how their own history and early experiences may interfere with that process. FamilyCARE is available to any parent and baby in the Tri-County area. The low fee clinic offers a sliding fee scale, and does not accept insurance. For more information or to make an appointment, you can email the FamilyCARE director, Amy Halstead at aehalstead@madonna.edu or call 734-432-5766. Madonna’s Clinic is a training facility for the university’s psychoanalytically oriented masters program in clinical psychology. Sliding scale services are offered to all members of the community. Many trainees are under the supervision of MPI analysts.
New Society Member

In 1964, I received a B.A. in English Literature and a Secondary Teaching Certificate from University of Michigan, Ann Arbor. During the next 11 years, I held several jobs: as a counselor in the Poverty Program, as a tutor and teacher, and as a hospital medical social worker. In 1975, I went to work for the Michigan Department of Social Services as a social worker. For many years, I worked in Employment and Training at D.S.S., running job clubs and doing job development for welfare recipients while also presenting workshops in job development for D.S.S. social workers and their supervisors.

In 1986, I received an M.S.W. from the University of Michigan School of Social Work, and shortly after leaving D.S.S. in 1989, I began doing career and job search counseling and then, psychotherapy. In 1995, I completed the MPI Adult Psychoanalytic Psychotherapy program. Currently, I have a private practice in Birmingham, Michigan, and am a psychotherapist at the Guidance Center, Adult and Family Services, in Southgate, Michigan. I specialize in problems of late adolescence, and also enjoy working with couples and lower functioning clients.

Besides psychotherapy and psychoanalysis, I have a lifelong interest in language and writing. This led me to co-author a how-to book on writing called, “Unstuck for Words: How to Start and Finish Any Writing Project,” now in the second edition. In my free time I enjoy reading, movies, watching sports, walking, swimming, and playing with my beautiful rescued dog and cat.

Leon Linderman, LMSW, ACSW

Michigan Psychoanalytic Institute Chapter
A Community Outreach Program

Strategic Outreach to Families of All Reservists

Hotline: (248) 904-6776

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At Walnut Lake Preschool & Developmental Kindergarten, there have been many changes and much growth as we begin our fourth February. Our enrollment has expanded to six children in the morning preschool class, four in the afternoon developmental kindergarten, and already new families have signed up for the summer programs!

During the week of Valentine’s Day, our eyes and hearts turn to the important and worthwhile topic of friendship. Again we look for instruction in the classic relationships, including - Frog and Toad (Lobel), Amos and Boris (William Steig), The Lion and the Mouse (Aesop), Say Hello to Zorro (Goodrich), Wilbur, Chester, and Lily (Henkes), and Wilfrid Gordon McDonald Partridge (Mem Fox). Our discussions will raise questions related to how to be a good friend and to consider the feelings of others.

This year we have instituted monthly parent workshops which are open to the community. Our most recent monthly Parent Workshop, led by Don Spivak, was Wednesday evening, February 15th at 7:00 p.m. The topic was Aggression. (I didn’t hit her! I punched her!) Please check our website for upcoming events and R.S.V.P. to the school at 248-339-6263.

We have just welcomed three new family consultants to our staff: Allison Cardew, M.A., L.L.P, Barbara Friedman, M.S.W, and Maxine Grumet, Ph.D., who are donating their time and expertise to serve as liaisons between our WLP families and the school. Tracy Naftaly, O.T.R./L, is another invaluable resource, donating her time, expertise and materials to our students. We have also recently welcomed two additions to our Advisory Board: Jane Miller, advanced MPI academic candidate and financial adviser at the Cambridge Connection as well as Joan Horwitz, past Educational Director of the Hanna Perkins School in Cleveland. Manjula Kaza, M.S.W., our new administrative assistant, brings her organizational skills and expertise with special needs children to our staff.

Look for our fund-raising campaign to begin this spring. Please volunteer and experience for yourself the enthusiasm and dedication of our WLP team. Check out our Walnut Lake Preschool Facebook page for the latest news and don’t be surprised when you are pumping gas this month to see a “high octane” child scoot across the gas station TV screen to remind you that Walnut Lake Preschool is filling the gap for parents who are on empty after exhausting so many resources to find help for their youngsters. Please call us at 248-352-5999 with referrals, offers to volunteer, or a wish to visit and donate.

News

WLP's Hotline: (248) 904-6776

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Strategic Outreach to Families of All Reservists

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Michigan Psychoanalytic Institute Chapter
A Community Outreach Program
Member News

Thomas Kane, D.O. did a Grand Rounds presentation at SUNY, Upstate Medical University, Department of Psychiatry in Syracuse, NY on March 24, 2011. His presentation was entitled, "Overview/Definition of Substance Abuse Disorders and Addictive Vulnerability."

Lena Ehrlich, Psy.D. served as visiting faculty at the Psychoanalytic Institute of New England on December 2, 3 and 4, 2011. During the three-day visit, Dr. Ehrlich discussed a case with the faculty, presented at a scientific meeting and served as a consultant at a case conference with the candidates. At the scientific meeting, moderated by Axel Hoffer, M.D., Dr. Ehrlich presented a paper entitled “The Analyst’s Mindset and its Role in Facilitating the Patient’s Engagement.” Steven Bernstein, M.D. served as the discussant.

Dr. Ehrlich, with Aisha Abbasi, M.D. as co-chair, launched a new discussion group at the winter meetings of the American Psychoanalytic Association, in January 2012. The group, entitled, “The Birth of the Analysis in the Mind of the Analyst: From Evaluation to Recommendation and Beyond,” explores the challenges and opportunities of the initial sessions and the beginning of treatment. Lynn Kuttnauer, Ph.D. presented compelling clinical material. The discussion group was extremely well attended and the participants engaged in a meaningful exchange of ideas and experiences.


Julie Jaffee Nagel, Ph.D. chaired and gave comments at three programs at the winter meetings of the American Psychoanalytic Association in New York.

On Thursday, January 13, her Discussion Group, "Psychoanalytic Perspectives on Music," welcomed Janet Eilber, Artistic Director of the Martha Graham Dance Company, who talked about their program opening in New York in March titled "Inner Landscapes." Janet discussed and demonstrated how the body conveys emotion and inner life through gesture and dance. She showed rarely seen video clips of Martha Graham. Dr. Nagel has been invited to judge the video competition for Martha Graham Dance Company titled "On the Couch."

On Friday, January 13, a symposium titled "El Sistema Abreu Fellows and Psychoanalysis: Beyond the Concert Hall and Consulting Room," welcomed two Abreu fellows and Patrick Slevin and Marie Montilla in collaboration with Michael Slevin, APsaA member who chaired the session. They discussed how the El Sistema program began with 11 music students from the poorest areas in Venezuela and grew into a vibrant international program to help children develop self-esteem through learning music.

On Saturday, January 14 at the Special Symposium, "Freud’s Last Session," playwright Mark St. Germain talked about his creative process in writing his award-winning play. St. Germain showed some video clips from the show and was joined by Phillip Freeman and Daniel Prezant for a lively discussion.

At all of these programs, Dr. Nagel emphasized how the arts invite collaboration outside the consulting room and concert hall and creative opportunities for interdisciplinary outreach.

Jack Novick, Ph.D. was recently approved as a Geographic Rule Child and Adolescent Supervising Analyst at the St. Louis Psychoanalytic Institute. Dr. Novick has similar appointments at the Los Angeles Psychoanalytic Center, the San Diego Psychoanalytic Institute, and the Seattle Psychoanalytic Institute. He is also a Supervising Analyst at the Institute for Psychoanalytic Education at New York University and a Training and Supervising Analyst of the IPA and the New York Freudian Society. Recent presentations include a keynote address at the quadrennial meeting of the International Society for Adolescent Psychiatry and Psychology in Berlin. He was the discussant at the Research Symposium on Defenses at the APsaA meetings in New York in January.

Kerry Kelly Novick was recently elected to a 4-year term on the Executive Council of the American Psychoanalytic Association as a Councilor-at-Large. Recent presentations include a keynote address at the quadrennial meeting of the International Society for Adolescent Psychiatry and Psychology in Berlin.

Michael Shulman, Ph.D. has been invited to present his paper, “The unspoken pleasures of psychoanalyt and the question: Why are they unspeakable?” to the Southeast Florida Association for Psychoanalysis and Psychotherapy.
John Porcerelli, Ph.D. has been promoted to professor by the Wayne State University School of Medicine.


Robert Cohen, Ph.D. was promoted to full professor at Madonna University, where he continues to be director of supervision and training in the Masters of Science Program in Clinical Psychology. He was also approved for a sabbatical in 2011-2012 for his proposal to investigate integration of diverse theories of psychotherapy with psychoanalysis. Dr. Cohen’s book review essay, “Paul Wachtel’s Integrative Psychoanalysis,” was published in the Bulletin of the Michigan Psychoanalytic Council. That review was also published on the book review web site, “Metapsychology,” where Dr. Cohen also published his reviews of “Psychotherapy Is Worth It: A Comprehensive Review of Its Effectiveness,” edited by Susan Lazar, and “Alone Together: Why We Expect More from Technology and Less from Each Other,” by Sherry Turkle. Dr. Cohen has been named book review editor of the Bulletin of the Michigan Psychoanalytic Council.

Aisha Abbasi, M.D. and Lena Ehrlich Psy.D. launched a new Discussion Group at the Winter meetings of the American Psychoanalytic Association in New York in January 2012. The group, "The Birth of an Analysis in the Mind of the Analyst: From Evaluation to Recommendation, and Beyond," got off to a lively and spirited beginning, with Lynn Kuttnauer, Ph.D presenting clinical material. This discussion group will be offered each January at the APsaA meetings.

At the same meeting, Dr. Abbasi presented clinical material at a two day clinical workshop chaired by Richard Zimmer, M.D., with Jay Greenberg, Ph.D. as the discussant. This clinical material is being published in the upcoming International Journal of Psychoanalysis, in the section, "The Analyst at Work," with commentaries by Catherine Chabert (France) and Laura Verissimo de Posadas (Uruguay).

The Minnesota Psychoanalytic Society and Institute has invited Dr. Abbasi to teach Psychiatry residents at Hennepin County Medical Center in Minneapolis, meet with candidates at MPSI, and present a paper to the Minnesota Psychoanalytic Society in May 2012.

In June 2012, Dr. Abbasi will be a speaker at a panel, “Analyzing the children of immigrants,” to be held at the APsaA Spring meetings in Chicago.

Publications


CALENDAR

February 26  Bloomfield Township
Reel Deal III - “Catfish and The Social Network”
Diane Geiger, M.A., Carol Levin, M.D.

March 10  Farmington Hills
“Psychodynamic Considerations in the Treatment of a Young Person with Autistic Spectrum Disorder”
Leon Hoffman, M.D. (New York)
Mary Adams, L.M.S.W.

March 19-24  Various locations
Visiting Professor of Psychoanalysis
Rosemary Balsam, M.D.

March 25  Bloomfield Township
Reel Deal: “Never Let Me Go”
Diane Geiger, M.A.
Kathy Moore, Ph.D.
Bruce Russell, Ph.D.

April 14  Plymouth
“Clinical Approaches to Trauma: From Dissociation to Integration”
37th Annual Michigan Psychoanalytic Society Symposium
Ira Brenner, M.D. (Philadelphia)
Joseph Fernando, M.D. (Toronto)

April 28  Farmington Hills
“Psychoanalysis and Symptoms: A Conundrum?”
Robert Hooberman, Ph.D. (Ann Arbor)
Discussant: Barry M. Miller, M.D.