

IPI Bulletin

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Newsletter Committee: A. Brostella, R. Manville, C. Norman, L. Stormon

IPI Graduation Address (abridged)

Paul Koehler, MSW

The four years I spent in college from 1967-1971 saw as profound a change in the tenor and the sensibilities of our country as had occurred at any other time in our history. But with President Nixon's instituting of the lottery draft, which effectively eviscerated the anti-war movement, the killings of four students at Kent state, and, within the space of a month, the deaths, more pathetic than tragic, of Jimi Hendrix and Janis Joplin (all those things taking place in 1970), the 60s were decidedly over by the time we graduated.



Paul Koehler, MSW, Chair,
Two Year Object Relations Program

At my graduation, our Dean James Pickering -- whose 6-4 frame and broad shoulders suggested far more the defensive end I felt certain he must once have been than the professor of English and renowned Chaucer scholar he now surely and substantially was -- said, "My philosophy of education is very simple: nobody teaches nobody nothin'. The most any teacher can do is to create the conditions, the circumstances, under which learning can occur."

A dozen or so years later I watched on TV the NFC championship game between the San Francisco 49ers and the Chicago Bears. The Bears had the home-field advantage but the Niners with Joe Montana in his prime were playing at a level approaching perfection. They easily took the Bears, by a score of 20-0. After the game, Mike Ditka of the Bears had simply this to say, "In football, you either teach or you learn. And today, we learned."

When I ponder those statements separately--"Nobody teaches nobody nothin'" and "You either teach or you learn"--I find that I both believe and don't believe each of them. I find it more helpful to think of each statement as a separate vertex from which to consider the issues and problems inherent in teaching and learning. Following Ogden, we might say that each vertex--each position--creates, informs, and negates the other, and I think that formulation comes closer not just to what I think and believe, but also closer to how I try to live--to what I strive to become--as a student and as a teacher.

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Search Committee to Assist Board in Finding a New IPI Director


By J. Scharff with M. Stadter and C. Hill

The IPI Board has made a priority of planning for transition to a new director by May of 2010 to serve for a 3-year term, renewable once. The new director will be director-designate for some months after appointment.

The Search Committee, chaired by IPI Board Treasurer Chris Hill, is tasked with finding candidates for the position, welcoming input from all sections of the committee, and presenting a short list of candidates to go to the Board where the final selection will be made.

The members of the Search Committee were chosen so that its composition reflects a balance between youth and seniority; continuity and a fresh perspective; MD, MSW and PHD; men and women; and National and local chapters and affiliates.

The Search Committee members are: Chris Hill PhD (Chair), Nancy Bakalar MD, Sharon Dennett, MSW, Paul Koehler MSW, Vali Maduro, PhD, Colleen Sandor PhD, Mike Stadter PhD, and Chris Thomas, MSW.

The Board urgently seeks advice and input from all members of the IPI community on this priority, so please contact Chris Hill chill2@gmu.edu or any member of the Search Committee to pass on your views. 

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Graduation Weekend

Graduation weekend came around again, and alumni and faculty gathered to celebrate the new graduates at the ceremony (photo below left), like birds returning to the birdhouse that was installed by faculty to mark the 10th Anniversary of IPI (photo page 3). Paul Koehler, Chair of the Object Relations Theory and Practice Program, gave the main address (see page 1). David Scharff announced the appointment of Pat Hedegard to the faculty. Despite the rain, the traditional barbecue went on, the skit was entertaining (photo below right), and IPI looks forward to another great class beginning July 12, 2009 with the summer institute on basic object relations theory.

IPI Graduation Address, continued from page 1

I believe it is an overarching goal--we might say a guiding principle--of this institution to foster the growth of the capacity of all of us to occupy and fully inhabit the space--the sometimes paradoxical, often painful, but always alive and potentially creative space--between those two vertices.

Certainly we strive here to create and sustain the conditions under which learning can occur, but at the same time we recognize the decentring impact of that learning.

For the full version of Paul Koehler's address, please see www.theipi.org.



Two-Year Object Relations Program graduates celebrate with a skit at the graduation party, complete with costumes, video and song (below) set to the tune of *The Sound of Music*.



Above: Clinical Application Program Graduate Sheri Rosenfeld, LICSW, with CAP Program Chair Sheila Hill. Left: Fellows Program Graduate Monique Spina, MSW with Sheila Hill and Paul Koehler.



2009 Object Relations Program Graduating Class

Top row, left to right: Anabella Brostella (Group Leader), Audrey Rice, Carla Trusty-Smith, Karen Greenberg, Paul Koehler (Program Chair), Kristina Gilbertson, Sue Cebulko, Joanna Bienko, Karen Fraley (Group Leader); Bottom row, left to right: Randy Freeman, Ellen Mazer, Chris Thomas, Anne Taylor, Karen Sherwood

Sounds of Sigmund

Our days at IPI ,
Have come to an end, we know...
Our funds may run out
To say that it's time to go...
But deep in the dark green shadows
Is envy that urges to stay.
So we pause and we wait and we listen
For one more sound, or one more lovely thing
That the Scharffs or Paul might say...

Our thoughts are alive
With the words of Sigmund
Whose theories we've heard
For 100 years.

Fairbairn blows our minds:
Diagrams of objects
We thought that we knew.
We don't know:
We fear.

We laughed as we heard
Dorothy and the Wizard of Oz,
Cars and hooters of Paul's dreams.
Bollas, Bell, Hopper, Scharff's, Ilahi
Were so fine
And we idealized Rosine.

We don't know who'll return to IPI.
There's so much more to know.
We're truly inspired.

And our workgroup continues to grow.

It's time to go home
And we'll all be lonely.
We hope we will hear
From the friends we adore.

Our hearts have been blessed
With affective learning,
And there's always more.

IPI Update

Strategic Planning Committee

The Strategic Planning Committee (SPC) comprising Chris Hill, Christine Norman, Jill Scharff, David Scharff, ex-officio, and Mike Stadter (Chair) has been compiling information and feedback gathered in meetings and interviews conducted with all constituents of IPI - core program students, analytic program candidate, fellows, faculty, chapter directors, faculty executive committee, board, and various individual IPI members. The SPC presented a draft of its findings for discussion with the membership on February 6, 2009 to receive further input before finalizing recommendations. In March the SPC presented a late-stage draft to the Board, and a final version was approved by the Board.

The SPC report addresses three major areas: financial stability, organizational structure, and leadership and succession, and emphasizes the need for further attention to recruitment/marketing and communication. It advises that the proposed changes be gradual, intentional, and carefully planned, with a view to protecting core IPI values. Here is a summary of the top priorities.

- IPI must work to increase funding, by enlarging and energizing the development committee, maintaining annual fund-raising at a level equal to 5% of the IPI budget, and continue annual fund-raising specifically for scholarships.
- IPI needs a home separate from the Scharffs' residence, and so SPC recommends a Standing Facilities Committee to review lease or buy options and partnerships with a broad range of local institutions or university departments to help finances, space, and recruitment. Meanwhile, IPI will increase the use of videoconferencing.
- IPI must continue empowering chapters, and add value to being a chapter.
- The top priority is to plan for transition to a new director by May of 2010 to serve for a 3-year term, renewable once. The new director will be director-designate for some months after appointment.
- The Board asked the Strategic Planning Committee to solicit nominations for serving on a Search Committee to find a new director, and asked Chris Hill to appoint and chair it.

At right: Colleagues at Shanghai Mental Health Centre Workshop on Object Relations Therapy with the Scharffs, May, 2009. For more on China, See October IPI *Bulletin*.



IPI Birdhouse

New Appointments

The IPI Faculty Executive Committee announces the following appointments:

- **Mary Jo Pisano, Ph.D.**, Chair, Clinical Application Program and Supervision.
- **Janine Wanlass, Ph.D.**, Chair, Child, Couple and Family Therapy Program
- **David Scharff, M.D.** and **Janine Wanlass, Ph.D.**, Co-Chairs, Couple Therapy Video Conference Series, in collaboration with the Tavistock Marital Studies Institute (see below).

Couple Therapy Video Series

IPI is planning a new video seminar in collaboration with the Tavistock Centre for Couple Psychotherapy in London. The initial program will focus on foundation ideas and techniques of couple therapy, and will feature seven introductory seminars on analytic couple therapy, four to be presented by members of TCCR faculty and three by IPI faculty. The program is planned for Wednesdays twice a month from 9:45-11:45 am Eastern time (7:45-9:45 am in Salt Lake) from September 23 through mid-December. The program will be open to all the sites currently participating in the Friday Master Video Series, but will also be available to single or group participants in other locations. The technology of joining is fairly simple, and we would be glad to discuss it with any one who is interested. We also hope that in January or February, we will be able to offer a second program with the TCCR that will take up from this one. Tuition will be kept at an affordable level. Fees and other practicalities will be announced during the summer. Presenters for the fall tentatively include, from the TCCR: Susanna Abse, Christel Buss-Twachtmann, David Hewison and Maureen Burma; From IPI: Jim Poulton, Yolanda Varela and David Scharff. We hope you'll join in on this new venture.



Chris Hill on Science and Technology: Resonance at IPI Jill Scharff

In his important paper, The Post-Scientific Society, Christopher T. Hill, IPI Board Treasurer and Chair, IPI Search Committee, makes some insightful statements on how organizations will function in future if they are to be successful. As I read it, it occurred to me that Chris advocates ways of being that we aspire to at IPI: He talks of building an innovative system, harnessing the creative powers of individuals, importing and translating ideas from other countries, providing a niche product of interesting design to individual taste, and emphasizing integration and collaboration. To read the whole paper, see http://www.issues.org/24.1/c_hill.html. Here are some ideas that I have abstracted from his paper with permission.

Innovation leading to wealth generation and productivity growth will be based principally not on world leadership in fundamental research in the natural sciences and engineering, but on world-leading mastery of the creative powers of, and the basic sciences of, individual human beings, their societies, and their cultures.

The new science that underlies innovation in a post-scientific society will often appear in U.S. organizations not as data and theory but as knowledge embodied in devices, components, systems, and routines obtained from anywhere else in the world. ...their role will be more to serve as translators and exploiters of new science than as original contributors to the body of scientific knowledge.

In the post-scientific society, the creation of wealth and jobs based on innovation and new ideas will tend to draw less on natural sciences and engineering, and more on the organizational and social sciences, on the arts, on new business processes, and on meeting consumer needs based on niche production of specialized products and services in which interesting design and appeal to individual tastes matter more than low cost or radical new technologies.

Networks of highly creative individuals and collaborating firms will devise and produce complex new systems that meet human needs in unexpectedly new and responsive ways.

The United States has increasingly turned its attention to matters that are more complex than fundamental science. It is moving up the scale of intellectual and societal complexity by specializing in activities that require the integration of all knowledge and capabilities to better serve the needs of individuals, families, companies, communities, and society as a whole.

This is becoming a society in which cutting-edge success depends not on specialization, but on integration-on synthesis, design, creativity, and imagination. Education must emphasize making connections among ideas, people, organizations, and cultures...

Hill, C. (2007). The post-scientific society. *Issues in Science and Technology*, Fall 2007:78-84.

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What's in a Baby's Smile? By Caroline Sehon

A baby needs a mother to enter a state of primary maternal preoccupation. A baby needs to see a gleam in the mother's eyes as the psychosomatic partnership takes hold. The field of Neuropsychanalysis is in its infancy, but a fascinating study was just published this week in Pediatrics. It's hot off the Press! Entitled What's in a Smile? Maternal Brain Responses to Infant Facial Cues, authored by Peter Fonagy and others, this study sheds some new light on the neurological underpinnings of infant-mother interactions.

Researchers showed how babies' smiles "light up" or activate the mesocorticolimbic dopamine system or reward centers of their mothers' brains. Twenty-eight first-time mothers' brains were scanned with functional MRI scans as they looked at images of unknown babies and images of their own babies whose affective states ranged from "happy" to "sad" to "neutral".

As we might have predicted, the reward processing regions of mothers' brains were activated much more when they gazed at their own baby smiling happily, compared to when they looked at the image of the unknown baby's smiling face. Surprisingly, the study was unable to demonstrate significant differences in the mothers' brain activation when the mothers looked at their own versus the unknown infant images of "sad" or "neutral" baby faces. In other words, mothers did not respond more strongly to their own infant's crying face relative to the distressed affect of an unknown infant. The investigators offer various hypotheses to account for these latter MRI findings.

I find myself wondering.....so what would the data have looked like if the study population were to have included fathers as the 'mothering ones'? Or, what if the study population were to include serious-minded IPI students of infant observation? I predict our dopamine reward processing centers would light up like flashing neon signs! As participant observers, we can't help but experience profound pleasure as we marvel at the eye-to-eye dance of 'our' babies with their mothering ones, as mother-infant pairs engage with one another in such vital mind-to-mind, brain-to-brain and body-to-body interconnections.

The online version of the article is located on the Web at <http://www.pediatrics.org>. The reference is Pediatrics (2008) 122:40-51.

Intimations of Transcendence

David Goodacre, December 2008

Adapted by Jill Scharff from the January 2009 newsletter of the Scottish Institute of Human Relations, Edinburgh, Scotland (used with permission of the author).

Truth and Reality: They can both stand as alternative names for God. Religion should normally lead people into an encounter with this truth and reality – with transcendence. Faith is then not so much the ability to accept or understand certain doctrines, as is often supposed, but trust of the heart in the personhood of the Ultimate. People may lose such a trust and become despairing, but to discard certain beliefs might be a necessary part of their transformation on the pilgrimage of faith.

Spirituality has been defined as ‘that which ultimately motivates us.’ The spiritual demand, if one can put it that way, however people might try to resist it, is always towards the truth. People can use their religion, as they can use psychology, as a defense against inner truth. Troubled souls can all too easily talk religion as some speak psychobabble, to hide themselves behind a range of boring untruths in avoidance of reality. Can faith and spirituality be understood within an existing ongoing religious tradition, and are they found outside it? What is the relationship of psychology to religion (Heard 2007, Miller 2007)? What are the paths to transcendence?

Charles Taylor, in his remarkable (2007) study *A Secular Age*, argues that the modern social imaginary – an anthropological term to describe the consensus of social opinion pertaining at any one time – accepts that as disciplined, hard-working people living in a universe governed by unchanging laws, they have come to think of themselves as being in control of their lives, as men and women who can sort out any problems as they emerge. Five hundred years ago it was different. Everyone then lived in what they felt to be an enchanted world. They were afraid of the spirits and demons which they saw all around them.

In the modern age such fear has largely dissipated. People feel safe; ‘buffered’ is Taylor’s word (2007, p. 255). There are buffers between the outside, physical natural world and the inner thought world to such an extent that men and women have become liberated to feel self-sufficient. God, in such a world, feels increasingly irrelevant to many. Religion, they argue, should, and will in fact, quietly fade away. Indeed, some would go so far as to argue, that to remain religious is actually a sign of immaturity and neurosis – or perhaps, under-analysis.

And yet, Taylor shows that, while there are indeed strong pulls towards unbelief, they exist beside equally insistent cross-pressures in the opposite direction, pulling towards God in a search for meaning and transformation, towards spirituality, art and music. Even in the modern world there are people who see their lives

as a journey towards significance. Religion, in such a context provides a repository of long-gathered spiritual experience and tradition to assist people on their quest for meaning and transcendence.

Human flourishing then, Taylor suggests, is either underpinned by an immanent, this-worldly understanding, in which each is expected to pursue happiness on the basis of an assured liberty in a society of mutual benefit, or a response to an awareness of a transcendent dimension towards which people reach out and to which they can relate and by which they become transformed. One might argue that such a belief in transformation to equally fundamental to the practice of psychoanalysis and psychotherapy.

In what way might this latter understanding contribute to the psychotherapeutic task? Is religion, as so many suppose, a barrier to spiritual growth, or is it not? Is there an underlying purpose to life? And if there is, does religion illuminate it? Does a relationship with transcendence enhance the work of psychotherapy? Is there something especially significant in the nature of listening, in the nature of the person, which points us to the sacred?

One vital question, to which faith and religion offer serious reflections, is the perennial one, what is life really about? Freud commented on one occasion that his purpose was to change the ‘hysterical misery’ of one of his patients into ‘everyday unhappiness.’ Winnicott in like vein noted that ‘psychotherapists tend to think of health in terms of the state of ego defenses ... when these defenses are not rigid, etc. But, he continued, we seldom reach the point at which we can start to describe what life is like apart from illness or absence of illness. We have yet to tackle the question of *what life itself is about*. (Winnicott 1971 qtd. in Munro 2007). Everyday unhappiness might be extremely sensible as a therapeutic goal but hardly a vision for human flourishing. It begs the inevitable questions: ‘Is this all we can expect? Is there not more?’

Chris McKenna suggests that in the mystery of the listening relationship between analyst and client, there is a ‘something more’ within the encounter (Holland 2007). At the end of the 19th century, it was assumed that we could know something only if it could be seen and verified. In contrast, and paradoxically, McKenna suggests, Freud “became the architect of a spiritual revolution that preserved ... the possibility of discovering and retaining values and a sense of meaning’ through a particular way of listening” and he introduced secular people to a way of knowing that had “previously been

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the preserve of the mystics” (McKenna 2002, and 2008, p. 255). Therapists were to offer an evenly, hovering attention to the other, which would give them a capacity to listen in a meditative, focused, compassionate way to whatever the other had to say or, indeed, not say. It was an almost prayerful way of being before another, a way of coming to know and comprehend the contradictions and ambivalences – the paradox – of the other. In a way it was as if the analyst had to become God to the other.

Well, perhaps not God. Theologically counselors might describe themselves as Christ figures, who in this instance incarnate the presence of God to the other by taking on a saving role, but they could not properly claim to be God. Harry Guntrip says, “The analyst naturally does not seek to play the role of a Christ or Saviour, but it is clear that the patient needs to regard him in this light, as one without whose help he can neither face nor give up his internal bad objects” (Hazell, 1994, p76). Psychotherapists constitute such Christ figures, whatever their faults, because they take on the role of a real and truthful and loving person to their patients.

The essential point here is the concept of person. Buber once said that God also is personal. God has other attributes, but he is also personal. ‘Person’ is just as important a concept within psychodynamic care as it is in philosophy, even though it is not really a scientific term. It is a spiritual descriptor, a metaphor. It refers to the face of the individual. For every person the face of the mother particularly, of the father also, looking at and loving him or her, is what makes it possible for the child in response to become a person. If we were not to use such a spiritual metaphor, it would not be long before scientists were able to describe individuals as nothing more than neurological phenomena, organisms without special significance even though they have somehow achieved consciousness. To assert that an individual is a person is to claim far more, that the individual responding to the address of the other becomes personal. Personhood in fact might depend on an original response to transcendence. In the Christian tradition it is in the relationship to God which ultimately confers personhood.

This brings us to what John Munro (2007) referred to as the ‘in between.’ In one of Schumann’s compositions, the composer stipulated that between the music of the treble and bass clefs the performer should note a silent space for the inner voice to be heard. It would not of course be actually heard, but in giving it expression the whole work would be deepened. I am reminded of a passage in *Burnt Norton*

Only by the form, the pattern,
Can words or music reach
The stillness, as a Chinese jar still
Moves perpetually in its stillness.

Eliot (1959) p.19, l.140-143.

It is hard to articulate clearly but the experience nonetheless lifts the listener into a deeper encounter. John Munro emphasizes that if you were to identify too precisely what all this might be, the moment would become reified and lost. Very similar then to the spaces and silences and communion that exist and grow between therapist and client!

Does the faith dimension emphasize rather better than the world of psychotherapy, a vision for the future? A great spiritual tradition engages everyone in some overarching purpose towards a future, which paradoxically persons strive for while knowing that in the end they can only receive it. ‘We are human beings’, one commented, ‘not human doings.’ We are human beings who might eventually become a community of persons. Gavin Millar in his article about Scottish psychoanalysis concentrated less on the element of sacrifice within the Holy Communion than on a “a group of persons whose lives were so bound together ... that they could be treated as parts of one common life” (Miller 2007). That is essentially a religious vision, often symbolized by a final banquet, of a society of persons transformed and living together in celebration and harmony.

According to Charles Taylor (2007), exclusive Humanism opened up new human potentialities for “modes of moral life in which the sources are radically immanentized.... It is after all one of the great realizations in the history of human development, whatever our ultimate views about its scope or limitations.” In considering faith and psychotherapy it is both salutary and refreshing to think of such humanist achievement. After all, psychotherapy itself is a product of such an immanent understanding, however much of it was derived from the moral and spiritual capital of Western Christendom. But there remains a major limitation of both humanism and an exclusively immanent view: it leaves no space for transcendence. Transcendence is essential to the balance of living.

David Goodacre is a member of the Scottish Institute of Human Relations (which provides training in psychoanalysis and psychotherapy) in Edinburgh, Scotland, and Chair, the Guntrip Trust (which helps ordained men and women who work in various faiths as leaders and ministers get training in psychotherapy). The Trust presented a conference on Faith and Psychotherapy in Dunblane, Scotland in 2007. Goodacre’s article was written in collaboration with the Guntrip Trust as a reflection on that conference. The conference papers are available from the Guntrip Trust - £1 per paper for photocopying and postage – c/o SIHR www.sihr.org.uk/.

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Teaching in Russia

Jill and David Scharff

Three years ago, IPI Fellow Patrizia Pallaro returned from Moscow where she had been teaching dance/movement therapy at the Institute of Applied Psychology and Psychoanalysis and mentioned that some of the Scharff books were about to be published in Russian – totally unknown to us. As a result of her visit, the publisher soon made contact. David and I were invited to teach in Moscow and St Petersburg, the translated books will come out this year, and we anticipate a return visit in 2010.

We met some incredible colleagues who manage to work psychotherapeutically within the state mental health system, travel for shuttle analyses, and promote values of openness and collaborative inquiry. In Moscow, we taught individual, couple and family object relations therapy for the powerhouse director of the Moscow Psychotherapy Program, Lina Spirkina and her colleagues.



Above: David Scharff with publisher Victor Belopolsky and his editor in Moscow.
Below: Master Class in Moscow



In St Petersburg we taught a master class in child therapy for Misha Yerish and his colleagues.

Lina was fascinated to learn about IPI and was particularly interested in the Prejudice conference. She will hope to attend the next couple and family weekend conference in Salt Lake City in March 2010 and learn more about IPI and get to know its membership. We are in talks with her to promote a joint collaboration between her group and IPI for a conference on living with the consequences of trauma, to be held in Moscow, March 2010, which we are planning to attend. This conference could be a wonderful opportunity for IPI to reach out into Russia to teach and learn as it changes in the post-Gorbachev era. It is a chance for IPI to share ideas on psychic structure, interpersonal dynamics, and intra- and inter-group dynamics, while listening to Russian colleagues seeking to understand the impact of the past and enhancing the possibilities for personal development in the future.



Above: Master Class in Child Therapy, St. Petersburg. Below: Jill Scharff teaching in Moscow with translator.



Building a Psychoanalytic Evidence Base

Caroline M. Sehon, MD

Historically, empirical data supporting the efficacy of psychoanalytic psychotherapy has lagged behind the scientific research of psychopharmacology and cognitive-behavioral therapy, usually funded by the pharmaceutical industry. Now, a research team at the Massachusetts General Hospital is working hard to contribute evidence in support of long-term psychoanalytic psychotherapy. For a good read on this subject, I recommend a January 11, 2009 Boston Globe article authored by Carey Goldberg and entitled "*Researchers Fight for Psychotherapy's Survival.*" It describes this research, outlines the controversy in the field, and delineates some of the forces threatening the survival of psychoanalytic psychotherapy and psychoanalysis.

Raymond Levy, clinical director of the Massachusetts General Hospital's Psychotherapy Research Program, is quoted in this article as saying that "*we need to establish a new evidence base and we'd better do it soon.*" Levy co-edited a new book, Handbook of Evidence-Based Psychodynamic Psychotherapy with J. Stuart Ablon, also directing Mass. General's Psychotherapy Research Program. Quoting Ablon, "*Just as the therapy lasts longer, it appears that its beneficial effects may often last longer.*"

Not surprisingly, this article quotes Jonathan Engel, author of the new book, American Therapy: The Rise of Therapy in the United States. One of the most commonly cited opponents of psychodynamic psychotherapy and psychoanalysis, Engel says, "*Of 650,000 therapists in the country, probably fewer than 200 make their living practicing traditional psychoanalysis.*" Arguably, Engel's attack lacks substance. In a self-serving way, Engel narrows his group of practitioners to those "*who make their living practicing traditional psychoanalysis*". What about the much larger community of psychoanalytic psychotherapists? The IPI community and friends of the IPI would quickly outnumber Engel's meager statistic. Asserting that analytically minded clinicians are a minority group conveys nothing about treatment efficacy, despite what Engel would like the public to believe. Unfortunately, the absence of sufficient evidence only perpetuates this state of affairs in which dynamically practicing clinicians are underrepresented and only fuels such attacks on our way of working.

This article also summarizes promising research findings that were published last year. In March, 2008, the American Journal of Psychiatry published a study of 41 patients with borderline personality disorder, who showed enduring and impressive benefits of intensive psychodynamic therapy five years after treatment ended. Treatment duration was 3 years, comprising an initial 18-month phase of individual intensive psychodynamic therapy followed by a later 18-month phase of weekly

group therapy. Treatment end points included the frequency of suicidality, patients' functioning level and their need for psychiatric medications and/or hospitalization. A similarly favorable outcome study was published in the Journal of the American Medical Association in October 2008. This journal review pooled 23 separate studies to study the findings of as many as 1,000 patients with complex mental disorders. Long-term psychodynamic psychotherapy, defined as lasting a minimum of 50 sessions or at least a year, was demonstrated to be significantly superior over shorter-term therapy.

A growing international cadre of clinically informed researchers is fighting for the survival of therapy and analysis. This article inspires in my mind a fantasy of the IPI community beginning to think about mounting an efficacy study of its own to add to the very much needed base of positive efficacy studies. Perhaps this is a dream that some might regard as unrealistic, but maybe such a dream is the *royal road* to psychotherapy and psychoanalysis not just surviving, but also thriving brilliantly. 🌸

Intimations of Transcendence

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IPI Calendar of Upcoming Events

June, 2009

20-26

International Institute for Psychoanalytic Training

Week-long Institute for IIPT Analytic Candidates Third Year Class, Chevy Chase, MD

July, 2009

6-11

**“Footprints and Phantasies: Intergenerational Influences on Couples and Families”
Couple, Child and Family Institute, Salt Lake City, UT**

Hosted by IPI Salt Lake. For more information, visit www.theipi.org

12-18

Object Relations Theory and Practice

Week-long Institute beginning the 2009-2010 Two-Year Program in Object Relations Theory and Practice
Chevy Chase, MD

September, 2009

The IPI Master Speaker Seminar series will begin this month. Series features one Friday morning presentation per month, September – May. Guest speaker presents from one of the sites by video to local meetings in Chevy Chase, Indianapolis, Long Island, Omaha and Salt Lake City. Participants in other locations may join from their own computers and/or by telephone conference. Committed speakers include: from the Tavistock Center for Couple Relationships: Andrew Balfour, David Hewison and Mary Morgan; Jerold Post, Washington, on The Psychology of Terrorists; Lynn Hugger, PhD, on Mourning the Loss of the Idealized Child; Ron Aviram, Long Island, on The Social Object and the Nature of Prejudice; and Richard Billow, Long Island on Bion. Tentative speaker: David Scharff on Rene Kaes and Linking in Family Therapy. The speaker schedule, dates and additional information will be posted on the IPI website, www.theipi.org. Or contact info@theipi.org (301-215-7377) to be placed on an e-mail list for further information.

The New Couple Therapy Video Series co-sponsored with the Tavistock Centre for Couple Psychotherapy also begins this month, registration fee is \$295 for the seven session series, September – December, 2009. See entry below and description page 3.

11

“Bion for the Practitioner, I” with Richard Billow, Ph.D., from Long Island

Master Teacher Seminar (meets locally in Long Island, NY, Salt Lake City, UT, Omaha, NE and Bethesda, MD Connected by video; participants can also join by computer and toll-free telephone conference call. CE: 2 hours; \$90). Speaker TBA – for more information go to www.theipi.org.

12

Metro IPI Sex and Sexuality in Contemporary Psychotherapy course begins

One-year program, meets one Saturday a month, September – May, Bethesda, MD, www.ipimetro.org

12

Metro IPI Clinical Seminar Program begins

One-year program, meets monthly through May 2010. Bethesda, MD, www.ipimetro.org

17

Metro IPI Contemporary Dynamic Psychotherapy Training Program begins

One-year program, meets Thursdays through May 2010. Bethesda, MD, www.ipimetro.org

23

Couple Therapy Video Series co-sponsored with the Tavistock Centre for Couple Psychotherapy begins with presentation by David Scharff, M.D.: “Introduction to Psychodynamic Couple Therapy” Series focus is on foundation ideas and techniques of couple therapy, featuring seven introductory seminars on analytic couple therapy by members of the Tavistock and IPI faculty.

Wednesdays twice monthly from 9:45-11:45 am Eastern time. Connected by videoconference to existing IPI sites, individuals may also join. Contact info@theipi.org for details.

October, 2009

2

“The Social Object and the Nature of Prejudice” with Ron Aviram, Ph.D., from Long Island

Master Teacher Seminar (meets locally in Long Island, NY, Salt Lake City, UT, Omaha, NE and Bethesda, MD Connected by video; participants can also join by computer and toll-free telephone conference call. CE: 2 hours; \$90). Speaker TBA – for more information go to www.theipi.org.

7

Couple Therapy Video Series co-sponsored with the Tavistock Centre for Couple Psychotherapy: “Introduction II to Psychoanalytic Couple Therapy” with Christel Buss-Twachtman

16-18

Individuality in Depth:

How Psychodynamic Diagnosis Shapes and Is Shaped by the Therapeutic Relationship with Nancy McWilliams, Ph.D.

An IPI weekend conference, Rockville Hilton, Rockville, MD; 9:00 a.m. Friday – 1:00 p.m. Sunday; CE: approx. 15 hours, \$505. \$485 advance registration discount (21 days in advance), additional member discounts available

17

Lecture and discussion: “Working with Clients with Paranoid Trends”

Nancy McWilliams, Ph.D.

Saturday morning lecture and optional small group discussion. Rockville Hilton, Rockville, MD, 9:00 a.m. Free to all IPI members (with a guest); \$30 for all others. Lecture and discussion provide 2.5 hours CE.

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Calendar of Upcoming Events, continued

October, 2009, continued

- 18 **16th Annual Psychoanalytic Symposium of the Joint Institutes' Candidates' Committee: "Creating an Opening for Thinking Through Psychoanalysis"**
Presenter: Yolanda Varela, Ph.D.; Discussant: Bob Rovner, Ph.D.
2 pm to 5 pm, Baltimore-Washington Center for Psychoanalysis, Laurel, Maryland
- 21 **Couple Therapy Video Series co-sponsored with the Tavistock Centre for Couple Psychotherapy continues.**

November, 2009

- 4 **Couple Therapy Video Series co-sponsored with the Tavistock Centre for Couple Psychotherapy continues.**
- 13 **"When Hatred is Bred in the Bone" with Jerrold Post, M.D., from Washington, DC Master Teacher Seminar** (meets locally in Long Island, NY, Salt Lake City, UT, Omaha, NE and Bethesda, MD Connected by video; participants can also join by computer and toll-free telephone conference call. CE: 2 hours; \$90). Speaker TBA – for more information go to www.theipi.org.
- 18 **Couple Therapy Video Series co-sponsored with the Tavistock Centre for Couple Psychotherapy continues.**

December, 2009

- 2 **Couple Therapy Video Series co-sponsored with the Tavistock Centre for Couple Psychotherapy continues.**
- 11 **"When the Good 'Other' Turns Bad: Reflections on difficulties in Relating Across Difference" with David Hewison, Tavistock Centre for Human Relationships in London Master Teacher Seminar** (meets locally in Long Island, NY, Salt Lake City, UT, Omaha, NE and Bethesda, MD Connected by video; participants can also join by computer and toll-free telephone conference call. CE: 2 hours; \$90). Speaker TBA – for more information go to www.theipi.org.
- 16 **Couple Therapy Video Series co-sponsored with the Tavistock Centre for Couple Psychotherapy concludes.**

January, 2010

- 22 **"Bion for the Practitioner, II" with Richard Billow, Ph.D., from Salt Lake City, UT Master Teacher Seminar** (meets locally in Long Island, NY, Salt Lake City, UT, Omaha, NE and Bethesda, MD Connected by video; participants can also join by computer and toll-free telephone conference call. CE: 2 hours; \$90). Speaker TBA – for more information go to www.theipi.org.
- 29-31 **Being Human: Psychoanalytic Approaches to Children and Adults with Julio Moreno, MD, and Virginia Ungar, MD**
An IPI weekend conference, Rockville Hilton, Rockville, MD; 9:00 a.m. Friday – 1:00 p.m. Sunday; CE: approx. 15 hours, \$505, \$485 advance registration discount (21 days in advance), additional member discounts available
- 30 **Lecture and discussion: "The theory of link: association and connection" Dr. Julio Moreno**
Saturday morning lecture and optional small group discussion. Rockville Hilton, Rockville, MD, 9:00 a.m. Free to all IPI members (with a guest); \$30 for all others. Lecture and discussion provide 2.5 hours CE.

February, 2010

- 19 **"Mourning the Loss of the Idealized Child" with Lynn Hugger, Ph.D., from Long Island Master Teacher Seminar** (meets locally in Long Island, NY, Salt Lake City, UT, Omaha, NE and Bethesda, MD Connected by video; participants can also join by computer and toll-free telephone conference call. CE: 2 hours; \$90). Speaker TBA – for more information go to www.theipi.org.

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Calendar of Upcoming Events, continued

March, 2010

12-14

A special Family, Couple and Child Psychotherapy weekend in Salt Lake City, Utah, hosted by IPI Salt Lake
Shifting Internal Objects: The Use of Couple and Family Treatment In the Development of Self

University Park Marriott, Salt Lake City, Utah. 9:00 a.m. Friday – 1:00 p.m. Sunday; CE: approx. 15 hours, \$505, \$485 advance registration discount (21 days in advance), additional member discounts available

19

“Internal Dislocation and Displacement in Old Age with Andrew Balfour, from the Tavistock Centre for Couple Relationships in London

Master Teacher Seminar (meets locally in Long Island, NY, Salt Lake City, UT, Omaha, NE and Bethesda, MD Connected by video; participants can also join by computer and toll-free telephone conference call. CE: 2 hours; \$90). Speaker TBA – for more information go to www.theipi.org.

April, 2010

16

“Transitional Objects, Transitional Phenomenon and Transitional Space: Pathways to Relational Unconscious” with Elgan Baker, Ph.D., from Indianapolis, IN

Master Teacher Seminar (meets locally in Long Island, NY, Salt Lake City, UT, Omaha, NE and Bethesda, MD Connected by video; participants can also join by computer and toll-free telephone conference call. CE: 2 hours; \$90). Speaker TBA – for more information go to www.theipi.org.

23-25

Psychoanalytic Empathy and Interpsychic Relationship with Stefano Bolognini, MD

An IPI weekend conference, Rockville Hilton, Rockville, MD; 9:00 a.m. Friday – 1:00 p.m. Sunday; CE: approx. 15 hours, \$505, \$485 advance registration discount (21 days in advance), additional member discounts available

24

Lecture and discussion: “Notes from the Deep: On Unconscious Communication” Dr. Stefano Bolognini, MD

Saturday morning lecture and optional small group discussion. Rockville Hilton, Rockville, MD, 9:00 a.m. Free to all IPI members (with a guest); \$30 for all others. Lecture and discussion provide 2.5 hours CE.

May, 2010

14

“The impact of unconscious beliefs about the other and a relationship on the couple” with Mary Morgan, from the Tavistock Centre for Couple Relationships in London

Master Teacher Seminar (meets locally in Long Island, NY, Salt Lake City, UT, Omaha, NE and Bethesda, MD Connected by video; participants can also join by computer and toll-free telephone conference call. CE: 2 hours; \$90). Speaker TBA – for more information go to www.theipi.org.

June, 2010

Annual Couple, Child and Family Week-Long Institute

July, 2010

International Institute for Psychoanalytic Training – New First Year Class Begins
Week-long Institute for IIPT Analytic Candidates, Chevy Chase, MD

13-19

Infant Observation and Research Contributions to Object Relations Theory and Practice
Institute beginning the 2010-2011 Two-Year Program in Object Relations Theory and Practice, Chevy Chase, MD

FOR INFORMATION ON ALL IPI PROGRAMS

CONTACT IPI • 301-215-7377

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