



NEWSLETTER

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From Our President Murray Meisels, Ph.D.



The MPC community was stunned by the recent death of Teresa Bernardez, and a great outpouring of remembrances and grief was expressed in MPC emails. Teresa had touched the lives of many MPC members and she had a great influence on our organization. She

was one of the original certified MPC psychoanalysts, taught MPC courses for many years, and supervised and analyzed candidates in our adult program in psychoanalysis. In the early years she helped sponsor a series of speakers for a visiting lecture program with the topic of women's voices in psychoanalysis. She was an ardent psychoanalyst and feminist, forcefully outspoken, intolerant of authoritarianism, and most tolerant of human rights. She was a national and international figure, and she will be missed. I was greatly shaken by her death and kept remembering my last conversation with her. It was at the MPC retreat, and she and I had taken divergent positions about an issue during the meeting. After the meeting she was sitting and chatting with someone when I went over to join them, and we had a most pleasant conversation. Our disagreement at the Board was over and we chatted and enjoyed one another. Alas, the last time.

MPC holds a retreat every three years to take a broad look at itself in order to deal with its larger issues. We met in June at a lovely venue along Lake Erie in Ohio and the result was illuminating and important. Approximately 28 members were in attendance and an overriding, repetitive issue was the importance of attracting new members to enliven and strengthen the Council and its training programs. Laura Pierce, our Membership Committee Chair and new Member-At-Large, had

anticipated this issue and presented a strong statement of the problem in her written report, along with an action program to address the issue. Her report is included in this *Newsletter*. David Klein, our *Journal* editor and a former president, presented a graph of recent admissions to our training program, which showed a drop in new candidates. And Michael Rudy, a new candidate and MPC's new Treasurer, underlined the importance of strategic planning in developing our Council. You may read these details and other material in Lynne Tenbusch's report on the retreat in this *Newsletter*. At the subsequent Board of Directors meeting the decision was taken to establish a Committee on Strategic Planning to address this important matter.

It was impressive that many of us were on the same page about several issues, which were broached, discussed, and considered. The tone of the meeting was that of a work group addressing serious issues.

The collegiality and comradeship at retreats have always been rewarding, and this year we enjoyed ourselves at a Friday evening get-together, a Saturday evening dinner, and numerous trips along the walking trails through the nearby landscape. The socializing was abetted by a tornado warning which led to a group of colleagues visiting in a hallway for a late-night/early-morning camp-like experience.

Our thanks are due to Sonya Frieband for the effective planning that made the retreat possible and enjoyable. Thanks also to her committee members, Mary Ann Stirling-Doherty, Bruce Klein and Beth Waiss.

I would like to express appreciation to the three MPC members who are leaving the Board of Directors and welcome the three new Board members who are taking their positions. Thanks are due to Art Brickman and Sue Zager who have retired as

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The MPC Newsletter

All material for **The MPC Newsletter** should be submitted as follows: (a) through an attachment in email as a Microsoft Word document (b) text in email (c) faxed to the number below

The Editors reserve the right to edit material submitted for purposes of clarity and length.

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From the Editor

As you might have noticed, the look of our newsletter is different than past editions. Due to the loss of two of our cherished members, space has been dedicated to them, with color photographs as a special honor.

About MPC

MPC is an interdisciplinary society for training and accreditation in psychoanalysis. There are two options for formal training for qualified individuals: a program in psychoanalysis and a program in psychoanalytic psychotherapy. The programs are based on the tripartite model of psychoanalytic education and feature (1) personal analysis or therapy, (2) supervision on treatment cases, and (3) coursework in theory and technique. Courses, monthly paper presentations, and special programs are offered in Ann Arbor, East Lansing, Detroit area and elsewhere.

The Objectives of MPC are:

- The study of psychoanalysis;
- The enhancement of public and scientific interest in psychoanalysis;
- The support of education and research programs in psychoanalysis;
- The establishment of standards and the certification of individuals qualified in psychoanalysis and psychoanalytic psychotherapy;
- The establishment of educational programs to train qualified individuals in psychoanalysis and psychoanalytic psychotherapy, and to award them a certificate upon graduation;
- The establishment of collaborative relations with other organizations with similar interests;
- The maintenance of a non-discriminatory policy regarding gender, race, age, religion, sexual orientation and ethnicity in membership and training.
- And additional objectives that the Council may pursue.

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In Memoriam to Sophie L. Lovinger

Diane Gartland, Ps.Y.

The Michigan Psychoanalytic Council bids a loving and nostalgic farewell to one of its beloved and esteemed founding members as Dr. Sophie L. Lovinger, MPC certified



psychoanalyst and child psychoanalyst. She died on March 23, 2010 in Charleston, SC. It seemed that she was sick for such a short while and there was not enough time to give a really good goodbye; to let her know how much she meant to her many students and colleagues at MPC and CMU and their professional lives. I am left with an email from her waning days: "I hope you are feeling better as well and I root for you, too." So was our Sophie.

During her fifty years as a psychologist since graduating from City College, NYC in 1959 and completing her Ph.D. at NYU in 1967, she has become known for her skillful application of psychoanalytic understanding and technique to therapy with children, psycho-diagnosis, learning and language disability, psychological trauma and dissociation in addition to a number of writings including the highly readable Child Psychotherapy: From Initial Therapeutic Contact to Termination (1998, Jason Aronson). The peppy, laughing, challenging but steadfast temperament, her signature shock of red hair and Lower East Side Manhattan accent, her self-effacing head tilt as she stood conversing at social gatherings are the stuff of an individual not to be forgotten. Colleagues recall the standard Sophie as assertive, opinionated in the manner of her fellow New Yorkers, playful, good-humored and, per Richard Ruth (a colleague from Division 39's section on Child and Adolescence)

(Sophie, continued on page 6)

Remembering Teresa Bernardez

Lynne Tenbusch, Ph.D.

Faced with the challenge of writing something about Teresa Bernardez, I keep coming up blank. So many things have been written, spoken and cried about her that I can only repeat some of what others



have said. She was feisty, funny, excitable, passionate and firm in her ideas, sometimes loosely and sometimes not. She was beautiful, well-traveled and pursued an array of interests that most of us would be unable to sustain. She was an unremitting proponent of feminism and a founding member of MPC. She was demanding in her friendships and generous in her love. She was quick to anger and had ready access to compassion. Her fire was easily ignited when topics touched on her areas of commitment. She was fierce in the expression of those views. No one dismissed her. No one even tried. She was too articulate. She was too adamant. Teresa Bernardez made an impact. We and those who follow us are the beneficiaries.

Part of Teresa's charm was her gift for laughter. At annual banquets or conferences, Teresa could be located by the sounds of laughter emanating from her table. She could fold into laughter at the most mundane comment or situation. When Teresa entered the giddy zone with a willing partner or partners there was no quick exit. We hyperventilated. We snorted. We doubled over. We slipped out of our seats. We literally had gut searing pleasure. Joyful laughter was a basic part of Teresa's days, as natural to her as breathing. She was not stingy with her penchant for humor. Anyone interested could participate in those glorious symphonies of laughter.

(Teresa, continued on page 5)

(President, continued)

Members-At-Large and to Mary Ann Sterling-Doherty as Treasurer. Joining the Board are David Freiband and Laura Pierce as Members-At-Large and Michael Rudy as Treasurer. I also want to express appreciation for the cadre of hard-working, dedicated Board and committee members for their numerous contributions which keep our organization humming along.

Professional and Community Development

Sonya Freiband and Julie Davies

The Professional and Community Development Committee would like to announce the start of a new Peer Study Group on Comparative Psychoanalysis. This group would have a shifting leadership, as different participating members would take turns presenting clinical case material and facilitating a discussion about their case with the other analysts/therapists involved. The goal of the group would be to explore clinical material and interventions from differing psychoanalytic perspectives, to recognize the different ways that material is heard, synthesized and responded to by clinicians of different orientations within the realm of psychoanalysis, and to give participants an opportunity to speak with one another about the ways in which they work and think. This would be a wonderful way to learn from one another, to clarify our own ways of understanding, and to utilize our organization's many talents and integrationist perspectives.

We would like to hold this study group on a monthly basis, rotating between the different locations of the participants. The group could discuss the logistics further, but it is envisioned as open-ended, to continue as long as members felt it was a valuable experience to them. The study group would begin in the Fall, 2010, with a clinical presentation to be announced. The proposed time for the first meeting of the group would be from

(Community, continued on page 5)

Upcoming Meetings

All programs meet on **Sunday, 11:00-1:00 (with the exception of the October Conference)**

Social Work CEU credits available

09-19-10 **Ferenczi's Forgotten Messenger: the Life and Work of Izette de Forest**

Billy Brennan, Th.M., M.A.

University Club, East Lansing

10-16-10 **Annual Fall Conference – Boyhoods: Rethinking Masculinities**

Ken Corbett, Ph.D.

Sheraton Detroit- Novi Hotel, Novi

11-14-10 **After a Long Pause: How to Read Dora as History**

Karin Ahbel-Rappe, Ph.D., M.S.S.W.

Women's City Club, Ann Arbor

01-16-11 **Women in Prison: "Ain't Yo Mama"**

Diane Gartland, Psy.D.

University Club, East Lansing

02-20-11 **The Collaborative Process: Psychoanalysis and Psychiatry**

Robert Hooberman, Ph.D., & Bruce

Gimble, M.D.

Women's City Club, Ann Arbor

03-20-11 **The Paradox of Safety in Development and Treatment**

David Klein, Ph.D.

University Club, East Lansing

04-17-11 **Joint Program TBA**

Providence Hospital, Southfield

05-15-11 **Child/Adolescent Program, TBA**

Women's City Club, Ann Arbor

06 -11 TBA **MPC Members Banquet**

University Club, East Lansing

(Teresa, continued)

I met Teresa when she was conducting a group process seminar on the West coast of Michigan. That weekend we were talking about this and that. The topic of dogs came up because I had a ten week old puppy. Teresa said that she had wanted a Beagle, but knew she needed to get two of them so they could be intimate any time they wanted. She laughed gleefully as she shared this dilemma: one dog would not be fair but two dogs would not be manageable. Teresa lived her life with passion and hoped others would too, including dogs.

As a founding member of MPC, she added her strong voice to the fight for bylaws that were not prejudicial toward women or people with non-traditional lifestyles. She wrote and presented and encouraged others to do likewise, often inviting someone to join her on a panel. She supervised therapists and psychoanalysts. She taught classes for candidates, she invited students and colleagues to her cabin up North.

Another of Teresa's 'trademarks' was her insistence on discussing group process. Whether in a class, group, or friendship, Teresa was adamant about exploring the prevailing dynamics. She left no pink elephants wandering around the relationship. In this she was relentless. Because of this MPC better organization.

A pre-memorial was held for Teresa on July 18th at her residence. I did not count, but suspect that the attendance numbered in the high seventy's if not more. Most people spoke about their relationship with, and experience of, Teresa. Common themes included Teresa's energy, availability to have fun, desire to see films (as in MANY film), ability to laugh, multitudinous friendships, her anger, her unremitting fight for women's rights, her accomplishments as a psychoanalyst and poet, her love for her son, Diego Bonnesatti.

In Diego's words, 'We all thought she was bullet proof.' It turns out that Teresa Bernardez, age 79, was not bullet proof. But as Diego also said, 'For all of her seventy nine years, with the exception of two weeks, my mom lived life just the way she wanted.' In 1931 Teresa Bernardez took life by storm. She raised hell. She turned us onto

ourselves and onto her. She treated us to her intense flashes of anger. She showed us her passions. She helped us feel good. She made us feel uneasy. She pissed us off. She loved us. She gave us the many gifts of her kaleidoscopic personality.

I have omitted many important aspects of the life of Teresa Bernardez. I offer the above as an incomplete reminiscence of her. It is as impossible to describe her with words as it was for her to contain her passion. For the latter, I am grateful and forever changed.

My Thoughts On Teresa

Peter Wood, M.S.W.

■ Attending Teresa's wake showed me just how vast and rich her life had been. As an MPC member, I knew her, of course, through her zeal for psychoanalysis. She and I also formed a connection around our common interest in group dynamics and the unconscious processes that influence them, for her a legacy of her year at Tavistock that she never tired of trying to bring to our MPC group experiences.

■ I had the opportunity to talk with all of her patients when she died, and again and again I heard the same thing: her very aliveness had inspired them and changed their lives forever. And at the wake it became apparent that many others, not just her patients, had been touched in the same way -- whether through connections in art and poetry, or movies, or feminist activism and thought, or political engagement, or group work, or dancing and

(Community, continued)

1:30-3:30 pm on Sunday, September 19, after the MPC monthly meeting in East Lansing at the University Club. During the first meeting, we could discuss regular dates and times.

Please respond to this notice if you are interested in being part of this group. We welcome the participation of all MPC members, and we are excited to get this new endeavor underway! We look forward to hearing from you.

(Sophie, continued)

"straight to the heart of things". Not only could she empathically intuit the psyche with conviction but grace, she was a model of restraint in the consulting room and determination in the board room.

Sophie always seemed to be there. In fact, in finding it hard to recall the time before her tenure began, a fellow member, Toni Heineman, indicated that the inveterate Sophie had been the Section 2 Treasurer "forever". Richard Ruth noted that sessions and meetings were rarely missed and "it felt like one, years-long, uninterrupted conversation, rich with ideas and inspiration, with a fair amount of Yiddish tossed in a paucity of completed sentences".

Behind it all, Sophie was a "worker bee". Bill Burns, Executive Director of the Association for Play Therapy, wrote of her long term involvement on the editorial board of the International Journal of Play Therapy, accepting another three year appointment beginning April 1, her active involvement with the E Learning Center and her participation in review of as many as 180 program proposals yearly. "She was witty, brutally candid and damned fun to conduct business with" he says of her. The South Carolina Association for Play Therapy also felt the loss and noted her substantial contributions. For many years she served as a consultant pro bono in Family Recovery Court in Charleston, assisting parents with substance abuse problems in recovery so they could get their children back while nurturing a small private practice, continuing with APT and Division 39 and taking trips with Bob or a friend in her social circle. Of course, these activities and others occurred after retirement.

From 1989 to 1992 she was a Member-at-Large. From 1993 to 1994 she was Vice President for Certification. From 1995 until the Lovingers' relocation to Charleston, SC in the Fall of 1998, she was the Vice President for Education and Training. In fact, she was the first VP for Education and Training since her predecessor was VP for Training. In addition, she chaired, along with Teresa Bernardez, the psychoanalytic psychotherapy program.

Sophie was the industrious and involved mother of two sons, David and Mark Lovinger, both successful in their chosen careers, a beloved granddaughter Natalie and the faithful companion of Dr. Robert Lovinger, her husband of nearly 53 years, former MPC treasurer and a successful psychologist in his own right. Numerous students, friends and colleagues might recall the family graciousness and Sophie's delicious cooking as recipients of Lovinger hospitality at holidays throughout the year. Who among some of those same students can forget the summons to the upstairs rooms where the warm hominess may have buffered a summary scolding for a poorly done interview or piece of writing? On the other hand, who can forget her lovely embroidered pieces which she tirelessly worked on during conference after conference at MPC, APA, MPI, APT etc.; the lovely, elaborately clothed and coiffed Japanese figures among them? She did not forget a kindness and Johanna Tabin's recall of the lovely needlepoint given to her in remembrance of a writing mentorship matches my own recollection as I look at the beautiful Japanese embroidery on my wall. Such was Sophie's gift. She was a really tough teacher, stretching your mind in ways you didn't want, a "dragon lady" some would say, but you knew she kept thoughts of you in some safe place inside, stitching and knotting and weaving, just as she kept in mind the many little ones who followed her with awe and curiosity toward the playroom.

Sophie was a devout Jew; active in local synagogue affairs, and I recall her email musings while preparing a sermon on the 24th psalm for presentation. She thought of a poem that had inspired her in high school. "I remember the profound impact it had on me and my promise to myself to help those who could not help themselves." That famous poem, by Edwin Markham, has entered the public domain in 2010 and is reprinted in this issue of the MPC newsletter. So it is that today, despite being so unexpectedly "gone", she remains her buoyant and durable self securely tucked away in our hearts and the personas of her many former child and adult patients, students and colleagues. We will miss you, our Sophie, but we will

remember what is important to remember.

Charitable donations are currently being accepted for the advancement of Dr. Lovinger's scholarly and benevolent interests and should be sent to the Sophie L. Lovinger Memorial Fund c/o Brenda Lovegrove Lepisto, Psy.D., 4572 S. Hagadorn Rd., Ste. 2D, East Lansing, MI 48864.

Membership Report

Laura Pierce, Ph.D.

MPC's membership appears to be holding steady at about 100 members over the last few years. This is a statement of the vitality of our group, as many associations have struggled to maintain their memberships. However, we too are having a hard time with recruitment. Many people join only briefly, and then disappear. Although there are some systemic issues that contribute to this issue, it would behoove the overall health of MPC as an organization to proactively address these concerns at all possible levels of intervention. As an organization, we are fighting against both macro-level problems, such as an overall lack of analytic training in graduate programs, stereotypes, financial and sociocultural influences, and micro-level issues, including raising awareness of our organization and providing an inviting atmosphere to the newly joined.

I've generated a number of ideas and goals to address these concerns. I would greatly appreciate any and all feedback from MPC members, because the more input I receive, the more accurately MPC is represented, and it will hopefully lead to a greater feeling of group cohesiveness. If anyone is interested in helping me follow up with any of the plans, please let me know.

In-house presentations at mid-Michigan training programs: Psychology, Social Work, Medicine (both MD and DO schools). these should be simply catered; because food draws people and serves to break the ice

- Adding training programs to the listserv in order alert them to monthly meetings

- Designating a “point person” from MPC for students in these programs to help with questions, car-pooling (thinking about Detroit students), etc.
- Explore the interest of MPC to start a mentoring program. Several MPC members have generously given their time to supervise grad students, which is a component of this idea. This would be more informal and could include; meeting for coffee and being able to talk about psychoanalysis, work, starting a practice, work/life balance. This would also help getting new people to come to meetings, which can feel “cliquey” to outsiders.
- Utilize social media outlets effectively- this may be in the form of Facebook, LinkedIn, Twitter. We will need point people to get these up and rolling, as well as keep them updated.
- Develop unique content of resources on website-we need to be a resource that people return to, as well as give them information on us; pictures, or a blog?
- Discuss how psychoanalysis and CBT/BT are compatible or worked into practice together.
- Play up psychoanalytic psychotherapy, which may be less intimidating to newcomers.
- Develop early entry program for graduate students. Research MPI's program and ascertain whether we have the resources to offer this.
- Bolster the distance learning. We need to recruit from a larger populace, and Grand Rapids appears to be a relatively untapped market.
- Find ways of making candidacy possible for more people. To some extent, yes, it is always going to be commitment of time, money, and effort. However, can we streamline the curriculum?
- Is there a way of demystifying the process by giving people information about approximate costs of supervision, analysis, classes. Would current or recent candidates be willing to do a little write up about their journey towards and

(Membership, continued on page 11)

Member Interest Survey Results

Sonya Freiband, Ph.D.

Last year, the Professional and Community Development Committee sought MPC members' responses to a survey of their interests. One purpose of the survey was to get a picture of our membership – who we are, where our members affiliate, and what our interests are. Another purpose of the survey was to find out what MPC members would like the organization to provide for them and how they could feel they had more of a home in the organization. There were 32 surveys returned, which represented over a quarter of the membership.

MPC has always prided itself as being an organization that welcomes clinicians with varied theoretical orientations, rather than being wedded to one dominant viewpoint. This was borne out in the survey results. 19 respondents listed more than 2 theoretical orientations with which they identified, 16 respondents listed more than 3 orientations, and 9 respondents specifically called themselves “pluralistic” or “integrative” in orientation. Of the orientations listed by members, Relational and Interpersonal perspectives were the most commonly noted by members (18 respondents), with Object Relational being the second most common orientation to be listed (11). There were 9 members identifying themselves as Ego-psychological, 8 as Self-psychological, 5 as Developmental, 5 “Classical”, 4 Neurobiological or Attachment-oriented, 2 Kleinian or Neo-Kleinian, and 1 Winnicottian. The areas of interest, expertise, and specialization listed by members were extremely rich and varied. Some of the most commonly mentioned areas were Couples' Therapy or Family Work (7 respondents), Trauma (4), Child and Adolescent Psychoanalysis and Psychotherapy/Play Therapy (4), Supervision (3), Spirituality (3), Psychoanalytic psychotherapy (3), Psychoanalytic Group Therapy (3), Working With Character/Personality Disorders (2), Relational psychoanalysis (2), Reproductive Health/Infertility/Pregnancy loss/Transition to parenthood (2), Consultation with small family businesses or groups and employment issues (2), and Suicide (2).

Members who responded to the survey typically belonged to at least 3 organizations in addition to MPC (23 respondents). Many are members in the American Psychological Association (17), the Michigan Psychological Association (15), and APA's Division 39 – Psychoanalysis (12). Others are involved with the International Association for Relational Psychoanalysis and Psychotherapy (IARPP) (6), The American Academy of Psychoanalytic Clinical Social Workers (AAPCSW) (5), The National Association of Social Work (NASW) (5), The Association for Child Psychoanalysis (4), APA Division 56 – Trauma (3), The International Society for the Psychotherapy of Schizophrenia and Other Psychoses (ISPSO) (3), Michigan Society for Integrative Psychoanalytic Studies (MiSIPS) (2), and approximately 30 other professional organizations. We are hoping to be able to include this information in future membership directories, so that members can locate others in the organization with similar interests.

There was a great deal of interest in participating in peer study groups, though less interest

in leading such a group. Areas of interest were quite varied, though there were a number of votes for groups devoted to Relational psychoanalysis (3), Dissociation and Trauma (3), Theories of therapeutic action (2), and Child/Adolescent psychotherapy and psychoanalysis (2). Based on the survey responses and members' willingness to facilitate groups, we are planning to get a number of study groups started in the near future. In September, we will be offering a Comparative Psychoanalysis study group, which will have a rotating leadership. In this group, analysts and therapists will take turns presenting their own clinical case material, and the group members will explore the case from their various theoretical perspectives. Carol Levin has stepped in to replace Teresa Bernardez to lead the first meeting of the group, and will be presenting case material (this will be held after the Sunday luncheon on September 19, in East Lansing).

There will be an elective course on Trauma offered through Training and Education this coming year, which may meet the interest expressed by members for a group on this topic. After the course has ended, we would like to continue to explore this area with an ongoing study group related to Trauma. If there are other members who would like to lead study groups on other topics, we would be happy to work with you to get these started as well.

Quite a few members expressed an interest in becoming involved with peer supervision groups (11) – some feeling very strongly that they would like MPC to help arrange these groups. The challenge here is that the interested people do not necessarily live close to one another. We are still exploring ways to bring these to fruition.

While a number of members expressed interest in the idea of forming peer writing groups, most were not interested in participating at the present time. We will keep this idea in mind and may look into forming such a group at a later time.

Many wonderful suggestions were offered for ways that MPC could provide more for our members in terms of professional development, collegiality and community-building. People suggested having more ways to connect outside of the monthly meetings, finding ways to engage more of the less visible members, distributing minutes from board meetings to all members, and many more ideas. We have already begun to use some of these suggestions, such as holding informal monthly get-togethers for MPC members. The first informal lunch held in Ann Arbor was a great success, and we look forward to seeing many more members at future events. Members in locales other than Ann Arbor and East Lansing were eager for more programming and activities in their areas (i.e., Grand Rapids and Rochester). We will have to continue to look into all of the possibilities.

Many had suggestions as to how members could feel a greater sense of belonging within MPC. While quite a few respondents stated that they felt “quite happy” and a “good sense of belonging” in the organization (8 members – mostly candidates and those who completed their training here), others wished for more opportunities for social gatherings, small group gatherings, film discussions, and the like. Some members acknowledged ways that becoming more active within the organization (i.e., being on the board, or attending more meetings) could lead to a greater sense of belonging at MPC. A few members felt that

(Continued on page 10)

(Survey, continued)

efforts like the present one helped to create a sense of belonging, and have felt impressed with the organization's regular efforts to reach out to all the members.

We have been very encouraged by the responses we received to the survey. At a time when everyone's energy levels seem somewhat muted, when people are feeling stretched rather thin by the economy, and when our profession is fighting for its legitimacy in the wider communities of psychiatry, psychology and social work, it is clear that MPC continues to have a great deal of vitality, talent, and interest within its ranks. There is a lot we have to teach one another and learn from one another, and we will continue to explore ways of facilitating this process. We would like to thank everyone who took the time to share their interests and opinions with us.

mandate gender equality and are now considering the possibility of representation on a percentage basis to ensure that men and women are equitably represented. A cautionary note is sounded however in that gender equality in any form has only existed in the latter part of the 20th century and is a mere blip in the history of civilization. Attention must be paid to ensure its continuance, particularly within a discipline such as psychoanalysis, so heavily patriarchal in its origin.

The issue of diversity within our organization continues to be problematic. Reports indicate that visitors from ethnic and racial minorities have not felt welcome at our meetings. Again we need to attend to those of diverse backgrounds and make active efforts to recruit and welcome them. Our feminist foundation is certainly a step in that direction and has opened the doors to include diverse sexual orientations as well.

Committee Report on Gender and Diversity

Ellen Toronto, Ph.D.

The report began with a brief summary of the feminist history and beginnings of MPC. It was an exciting time in which a critical mass of feminists joined with a group who were interested in starting an institute, one that would provide psychoanalytic training. Lively and at times contentious discussion led to a unique perspective which embraced diversity. Feminist guidelines were in fact codified in the by-laws so that women would be ensured participation in supervision, curriculum and elected office.

After 20 years the organization has a different problem in that women members are now in the majority. We have dismantled the existing by-laws that

Psychological Origins of Creativity

Sander Breiner, M.D.

Certain societies have been more creative than others. They were stimulating education, particularly the doubting of previous "established concepts". When those societies stopped being so open and benign they became less creative.

Where is the beginning of creativity? It usually has the quality of looking afresh, and seeing things differently. A common example is Isaac Newton "discovering" gravity.

A small child's exploration with its fingers and hands, etc. long before speech is seeing the world afresh. This becomes more clearly evident when the child begins to talk and asks "Why?" It's struggling to understand "why, what, how?" and more.

(Membership, continued)

during candidacy?

- Hold peer consultation and writing groups; publicize among members and outside.

Three year plan: Goals for 2013

To market ourselves more effectively.

- 1) Survey membership to understand the general practice of analysis and analytic psychotherapy in real world; poll to see how analytic training went and financial and time commitments. Publicize results in newsletter, website, emails, mailings, etc.
- 2) Review current means of advertising, and determine whether they are beneficial.
- 3) Research new marketing and advertising strategies.

To increase recruitment of new members and candidates.

- 1) Do in-house catered presentations yearly at area grad training programs.
- 2) Assign a point person for each school to serve as a liaison
- 3) Continue Membership table attendance; consider making it 2 people per meeting. Go and talk to new members, candidates, visitors.
- 4) Explore ways of collaborating with other orientations in presentations
- 5) Support distance learning/ meeting attendance in other areas, like Grand Rapids

To increase cohesiveness among new and old members.

- 1) Establish peer supervision/writing groups
- 2) Establish mentoring program
- 3) Continue informal coffee/lunch hours in Ann Arbor, expand to East Lansing and elsewhere

The freer such questioning the greater the opportunity to learn something new. The more open and encouraging the responses, the more the mind and brain is encouraged to understand without preconceived notions. The more restrictive and limiting the responses, the more stunted will be this natural (and neural) creativity. Questioning and doubting by a young mind is the beginning of creativity.

Those societies that are more rigid in their

societal and intellectual structure today fewer creative products. Societies, per capita, that produce the most intellectual and creative products are those that are the least doctrinaire, least rigid, least punitive to children (and mothers), most democratic, and least religiously rigid and controlling.

Understanding these factors from a psychoanalytic/historical perspective can be invaluable in understanding such concepts as "creativity".

MPC AFTER 20: LOOKING FORWARD - ONE PERSPECTIVE ON MPC'S SEVENTH RETREAT

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Saturday morning we began by fortifying ourselves with a continental breakfast, after which Murray Meissels welcomed us and formally invited us to begin our work.

The Training and Education conversation was chaired by Pamela Orosan-Weine. Discussion began with the Psychoanalytic Psychotherapy Training Program. It was observed that we have candidates for that program. A discussion of possible outreach efforts ensued, during which Mary Beth Atwell reported that, toward the goal of better visibility for MPC, she and Peter Wood will be having lunch with an analyst at Michigan State.

Then someone posed the question: How does MPC conceive of itself and how to and present itself to the community at large. This invited a detailed and productive discourse covering advertising, curriculum, identity and world-view. Discussion included the proposition that MPC needs to be clear about how we see ourselves in order to project a coherent image and create more visibility. It was suggested that MPC suffers from ambivalence regarding authority vs. independence. MPC was founded on principles of flexibility and lack of hierarchy. Additionally, we promote and protect the independence of our candidates and analysts. These attitudes form the basis of our unique approach. On the other hand, these principles can lend themselves to a less than cohesive image which may get broadcast to the community with detrimental results. It was my experience that most people in attendance contributed to this textured exploration. It flowed on a channel of energy, involvement and respectful listening.

Discussion continued with clarification that all classes are shared by psychoanalytic and psychotherapeutic candidates with the exception of case conference. At this time, it was pointed out that when MPC began, analysis was still taught in graduate school, though it was rapidly fading. Lack of exposure to psychodynamic principles in graduate schools, creates a different kind of challenge for MPC in terms of creating interest and the knowledge that training is available. In this regard, it was suggested that we, MPC, need to think of ourselves as a business with a unique identity. We need to think of ways to advertise our unique identity with a strategic business plan. In the process we would ask ourselves, 'Where is our niche?'. This is crucial to our presence, given that all psychoanalytic training programs are competing for the same candidates. It was pointed out that MPC is not able to compete with institutes that have larger budgets, established marketing strategies and longer term visibility, so we need to distinguish ourselves in unique ways.

We continued our discussion of how we structure our case conference allowed clarification that we have changed our format from two, fifteen week sessions to three, ten week sessions per academic year. This change brings with it some other complications as well as exposure to more analytic perspectives. It was pointed out that candidates develop their identity as analysts and form group cohesion in case conference. Some people in attendance expressed concern that this will be lost in the new structure. It was clarified that the question of whether a candidate can present, in case conference, a case that is being supervised by another analyst is decided by the specifics of the analyst and the candidate. Discussion

regarding pros and cons of a candidate presenting, in case conference, for required supervision hours followed.

There is no rule precluding a candidate from having private supervision on a case that he/she is presenting in case conference. Some attendants feel that, though there is no rule, there could be complications for a candidate to be in such a position. For example, some expressed concern that it would be confusing for a candidate to present the same patient to two different analysts in consecutive case conferences, or for the candidate to present the same patient in case conference and to a private supervisor. Others felt that exposure to different views is inherent in case conference anyway. It was countered that an analyst is more influential than another candidate. Some ideas about how to mitigate this potential problem were suggested. Regarding the same question, someone offered that it is to the benefit of the patient if the candidate is exposed to a variety of approaches.

We then moved on to how we can better support teachers without depleting the coffers. Toward this goal, a teacher's forum has been started. It has met twice in past year and will continue meeting twice each year. It is felt that this group will support teachers in a variety of ways including their role of not just imparting information but dealing with group dynamics during the process. Some teachers thought the forum just felt like more work while others found it exciting.

It was pointed out that teachers not only have to prepare a syllabus far in advance of the course but also satisfy more and more detailed requirements for Continuing Education credits. One teacher described the CE requirements as loathsome. Others thought it is just too much work. No one present disagreed with the latter. Other ideas for enhancing teacher support are being considered including paying them a percentage of the course fee.

Discussion turned back to the task of attracting candidates. We explored the idea of appointing or hiring a Vice President for advertisement and recruitment. Enthusiasm for hiring someone was mitigated by the reality of our budget which our treasurer made part of the conversation.

The tension between independence and flexibility was referenced as a problem with regard to advertising and following candidates' progress. Our philosophy of independence and flexibility can instill, in candidates, a sense of being lost. On the other hand, it is felt that many of our candidates are attracted by our flexibility which allows their independence. Some have more of a need to know that we are keeping them in mind, checking in with them and supporting them. Additionally, from the perspective of analysts teaching, supervising and keeping the program together, it is important to have some way of following their progress. Hence it was proposed and passed that every candidate will complete an annual progress report. If the candidate does not, she/he will be contacted by someone at MPC. Additionally, if a candidate does not progress in the program for three years, he/she will lose candidacy status. It was felt that the above measures bridge independence and lack of clarity or undefined rules.

A discussion of how to generate more candidates included the downside and upside of

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analysts, trained and certified elsewhere, certify with us. Points discussed include loyalty to original certifying organization, prestige and variety for MPC. Connecting to a wider world of analysts via the American Psychological Div 39 or the American or International Psychoanalytic organizations was proposed as a possible solution to some of the above issues. In the past MPC has chosen not to apply for membership in larger organizations. It was felt that we would surrender too much autonomy.

It was proposed that we create an MPC Foundation. Advantages include generation of funds for MPC, encourage donations by creating a tax deduction, and create endowments to study specific areas. At present, MPC has no vehicle for people to make donations and get a tax deduction. Disadvantages include expense of set up and maintenance. A committee was formed to research questions like the cost of an attorney and CPA, sources of funding, the relationship between MPC and MPC Foundation and possible financial structures.

Dr. Ellen Toronto, chair of Gender and Diversity, offered some comments on gender. Her perspective is that our contemporary progress in gender equality is hard won and creates only a small blip in the history of our civilization. She urges us to attend to this fact and understand that continuing progress is not a given. A historical view of gender roles does not speak well for equality. Dr. Toronto believes that given the contemporary view of gender as a social construction, psychoanalysis can make a significant contribution to further progress in equality. She also spoke about long-term intimacy being a serious problem in contemporary society and feels this is another area where psychoanalysis can help. (See the Gender and Diversity report in this issue.)

Next we turned our attention to Cinema Talk. Included in the discussion were questions of finance and whether sponsoring cinemas is worth the work required for each event. Those who have attended Cinema Talk were enthusiastic about the event including choice of film. Closing this section was a discussion of possible venues including Michigan Theatre with discussion at a local café after the film.

We then talked about changing the directory to electronic rather than paper. Some reported that they regularly use the paper copy and would feel a loss without it. Distance learning was touched with a consensus that we need more people to make it a reality.

We discussed the survey that was sent out electronically last year. As a result of the survey, a monthly lunch is being held in Ann Arbor, a study group for analysts will start in January and a course on trauma will be offered in the fall and spring of next year.

Member's presentations and publications will be announced twice per year. It is not yet determined whether publication will be on the website or in some other way.

Candidates reported that it was a very good year. They expressed gratitude to MPC for the wonderful classes and the opportunity to create a syllabus for Sexuality and Gender class. They felt that putting together that class was a bonding experience and allowed an expansion of their sense of competency. Candidates expressed some concern about having enough candidates to fill classes so they can finish their training.

The election report showed that it has been difficult getting people to run for office. It was suggested this difficulty manifests some unresolved issues in the group and that this needs to be addressed. Others suggested that the difficulty lies in the fact that we are a small group and people are stretched to the limit. No definitive decisions were made.

The above led to a discussion about why people leave MPC with hurt feelings being the most obvious reason. An energetic exchange followed in which the question of whether it is the responsibility of MPC or the individual to resolve offended feelings. We ended with somewhat of a consensus that the individual is responsible to look at why he or she is hurt and it is also incumbent upon MPC to be aware of how we as an organization respond to members and potential members.

Saturday evening we had a tasty dinner followed by Dr. Meissel's entertaining comments on the stock market, illness and psychoanalysis. We then watched some sections of the serial 'In Treatment'. An in depth discussion of the therapist's skill continued until the waiters had cleared every table and we were either too cold or too tired to continue. Some of us were in a sound sleep while others were still reading or talking when we were ushered to the first floor hallway to sit out a tornado alarm. Our members found one another and had what can only be described as a bonding tornado experience.

In the end, much work was done toward planning MPC's future, establishing new friendships and solidifying old ones. In the end some of us felt sad to leave.

Visit our website to see upcoming events, class registration, and historical publications of the organization along with other interesting items.

www.mpcpsa.org

Member News and Notes

Jerrold Brandell, Ph.D. was a Visiting Professor at Lund University (Lund, Sweden) where he presented a half-day clinical workshop and a research colloquium. He also presented a seminar at Stockholm University. In addition, he did a full day workshop on therapeutic storytelling at University of Chicago mid-June.

Diane Burgermeister PhD, CS, RN, was the writer for the mental health component of a federally funded grant awarded to Madonna University, College of Nursing and Health and the University of Detroit Mercy, McAuley School of Nursing.

Bertram Karon, Ph.D., was granted a Lifetime Achievement Award for his distinguished contributions to psychoanalysis at the annual meeting of Division 39 in Chicago on April 23, 2010. The award was granted by Section I, Psychologist-Psychoanalyst Clinicians.

Jean Wixom, Ph.D., has written an article about the transformative effect of her analysis, entitled "Just Do It," which will appear in an upcoming issue of Psychoanalytic Inquiry. Phil Ringstrom, Ph.D., will be the discussant of her paper. On behalf of MPC, Jean Wixom presented to first-year clinical psychology interns at Eastern Michigan University's Psychology Training Clinic, on the topic of understanding and working with resistance to change in psychotherapy.

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