



NEWSLETTER

VOLUME 12 NUMBER 23

WINTER 2012

From Our President **Elizabeth Waies, Psy. D**

You saved my life.” In four short words my older middle-aged patient from rural Michigan summarized our clinical work together, said thank you, and expressed wonder. She could have been referring to literally saving her life, as in being suicidal. However, she had never said she was suicidal, or sounded that way. More likely, she was referring to saving her life in many different ways and at many different levels. For me, that is what all the hard work is all about. In large part, I was able to help her save her life because of the many years of encouragement, discussion and learning with friends, colleagues, supervisors, and teachers in MPC. That is what MPC is capable of doing---helping professionals save lives.

MPC is a group of individuals, dedicated to teaching psychoanalysis, which is well worth the time and heroic effort to keep it moving into the future. I am first, foremost and forevermore a clinician, and have found a professional home in MPC. There is no one place where psychoanalysis resides, and our organization without walls is a living metaphor of that fact. We have members from the areas surrounding Ann Arbor, Lansing, Detroit, Grand Rapids, Saginaw and a little further north. Psychoanalysis is portable. While I like my books, they are not required to do the work. In the words of one of my supervisors, you read, think about it consciously and then you let it go into the unconscious. Doubtful at the time whether that really worked, I have found out that the really important tenets do become part of one's self.

MPC has candidates and students. That is a statement of fact. I would like to see MPC continue

to do what it does best, which is provide a quality educational experience to candidates and students. While there might be disagreement that psychoanalysis can really be “taught.” I think that there is agreement that something can be passed on through word, readings, example and personal experience. That I was able to help a patient who said I saved her life is proof enough to me of MPC's relevancy and health, and that we have a lot to pass on, i.e., teach, that is helpful. While there is much doubt about the future of psychoanalysis today (as always), there is no doubt that our group in Michigan is healthy at the core and will continue into the future. While as an organization we will continue to need to bend to external forces, I do not foresee that we will lose our soul. Our identity is set. Should external forces require us to compromise our professional ethics, then the group will need to reconsider what it can continue to do. However, that is not on the horizon.

What has been difficult for MPC to do is respect itself, like the awkward younger sister or brother. (Thank you Alfred Adler). No one is going to tell us that MPC is good enough, perhaps quite the opposite; so, we will need to turn to the proof which is in our offices. Every MPC member I know works with patients who many other professionals would not dare: dangerously suicidal, homicidal, self-destructive in every way imaginable, substance and sex addicted, schizophrenic, dissociative, traumatized. While we go our own individual ways in terms of what we think is the right theory or right form of psychoanalysis to practice, or whether it should be called psychoanalysis or psychoanalytic psychotherapy, I hold with the four components that define a treatment as psychoanalytic: an understanding of the unconscious, defenses, resistance and transference. I might call some of

(President, continued on page 4)

MPC Newsletter Committee

Sheila Wasung, L.M.S.W., B.C.D.
 Diane Drayson, A.M., B.C.D.
 Lynne Tenbusch, Ph.D.

Contributing Writers

Sander Breiner, M.D.
 Julia Davies, Ph.D.
 Sonya Freiberg, Ph.D.
 Cynthia Hockett, Ph.D.
 Laura Pierce, Ph.D.
 Ellen Toronto, Ph.D.
 Elizabeth Waless, Psy.D.

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 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.

The Editors and the MPC Board of Directors retain the absolute right to accept or refuse to publish any material submitted to **The MPC Newsletter**. Publication in no way implies MPC's endorsement of or agreement with the published material.

Advertising

Full page \$300
 Half page \$225
 Quarter page \$95
 Per Line \$7.00 per 50 character line (including all characters, spaces, punctuation, etc.), 2 line minimum.

Letters to the Editor : up to 300 words long and may be edited for brevity. Articles in Microsoft Word preferred or a compatible disc is acceptable.

Submit materials, articles, or advertisements to:

Sheila Wasung, LMSW, BCD
 411 Oak Run Ct.
 Royal Oak, MI 48073
 Phone & Fax: (248) 589.1858 (please call prior to faxing)
 E-mail: sheilamsw@sbcglobal.net

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.

In This Issue

From Our President.....1
In Memory of Mary Karon.....3
Parenting Classes.....5
Training & Certification.....7
Membership News.....7
What the Patient Wants.....9

Mary K. Karon
Elizabeth Waiss, Psy. D.

Mary Katherine Karon passed away February 11, 2011 in Lansing. Mary was a kind and gentle woman who cared deeply for others. She was one of the many spouses, partners, families and friends who are witness to the work of the Michigan Psychoanalytic Council. Usually only spotted at spring banquets, these individuals know quite a bit of the workings of our group, assist in practical ways such as helping a spouse with committee work that is under pressure to get done, and can be very generous in regards to the amount of time the MPC member spends involved with the group.

Regarding being married to a psychoanalyst, Mary said that she and her sons knew that what Bert was doing was important and they supported it. She was knowledgeable herself of psychoanalysis, having had her own treatment with Editha Sterba, and attending conferences around the world, not just in psychoanalysis but the conferences of many other professional groups as well. Mary always could be seen taking notes, thought about the presentations she heard, talked about what intrigued her, what she admired and what she questioned.

Recently, Mary was honored by the International Society for Ethical Psychology and Psychiatry by their naming an annual award the Mary Karon Humanitarian Award. ISEPP recognized her helpful interventions in the lives of numerous people in distress. It was first awarded at their annual meeting October 28 in Los Angeles, and she was its first recipient. Bert was able to be there to receive it on her behalf.

Mary Karon and Bert are from that time when spouses and families were frequently known by the patients coming to see the analyst. Somehow, Mary made it work seamlessly. She willingly cleaned up after a severely disturbed patient in their home. From her viewpoint, if they could, they would act differently. One specific patient, who had cancer, indicated there were very few things he could eat but there was a juice that he could manage. She made sure that specific juice was available for him in the house in case he should want it during sessions with Bert. She took phone calls and helped track down information for students and professionals when Bert was busy elsewhere, making sure that calls were returned. There were hundreds of these fine touches that dovetailed with Bert's work with the very severely ill patients – patients no one else would work with much less allow into their home. Mary allowed it and provided a humane touch.

One student, who was taking a class with Bert, left a book at their house. Mary remembered the student mentioning where they were going next after the class, and she took it upon herself to drive the book over to the student's location. Another time, Bert was at an emergency room due to an asthmatic attack. This was a sudden event and they were expecting students at the house. Mary came back to the house to greet students so they did not encounter a locked door. This hospitality can be shocking to an American. Mary was born and raised in Canada. She became an American citizen but was proud of her Canadian heritage.

Mary always left me with a feeling of forward movement and something to think over. This could be

(Mary, continued on page 6)

(President, continued)

these concepts by different words or labels, it is essentially and in practice the same.

I appreciate that psychoanalysis does not set itself up as dogma: as Freud said, the theory has to change as new observations become available.

MPC is a volunteer organization and relies totally on the goodwill and energies of its members. We have powerhouses in the individuals who have stepped forward to serve on the board: our president-elect is a former president, David Klein, who is also our Bulletin Editor. Training and Education, which is a monumental amount of work is covered by Peter Wood. Likewise daunting in the amount of detail and time required is Programs, which Michele Rivette has taken on. Certification is covered by Sonya Freiband, who also has started the monthly Comparative Studies program. Keeping us financially on an even keel (as much as possible) is Michael Rudy, treasurer, who is also our newest candidate. Our Secretary is Marilyn Frye, a person who is just becoming active in MPC. Our six Members-at-Large are Marybeth Atwell, David Freiband, Ralph Hutchison, Richard Gottlieb, Maria Slowiaczek and Laura Pierce. Marybeth handles Elections and SW continuing education credits, Ralph handles Professional and Community Education, and Laura handles Membership. I think that the reader can see a trend and this is just the beginning. We are fortunate to have most of our former presidents serving on committees and/or teaching, such as Murray Meisels, Ellen Toronto, Bert Karon, David Klein, Robert Hooberman, Brenda Lovegrove Lepisto, and Diane Drayson.

There are many different ways to become involved in MPC, and I encourage the reader to become involved in her/his own way if not so already. Don't wait for an invitation. If there's something you have been wanting to teach or contribute, let me know – I will see what I can do to help that along.

MPC has survived extraordinarily difficult times, and has reduced some of its activities as a result. We have lost in various ways beloved members and mentors. Grieving takes its toll. In reading Helena Deutsch's short autobiography, I learned of the number of psychoanalysts who withdrew following the loss of Freud – not having the heart to continue attending meetings for example. We are going through something like that, more or less. I cannot promise to bring back vitality or volition---I certainly cannot do it on my own. But I can metaphorically stand beside you. With the coming of new members onto the board and on the committees, I think that the vitality will come back. MPC has a lot of forward momentum and will easily survive into the future. I have to think that as long as we continue to assist professionals in saving lives in the multitude of ways that we do--- we certainly can be proud of our MPC. While we usually do not get much credit for the work we do outside of our offices, it makes a great deal of difference to the individuals who get a chance to work with us.

Membership

New and Returning Members
109 members (hooray)

Marianne Balton
Barry Dauphin
Rebecca Hatton
Melanie Lutz
Alice Michael
Susan Stoneman
Lynn Jacobs
Kathy Hanke
Amy Borgeson
Suzzane Suleiman

Balancing Parenthood ***Free Parenting Classes***

January 9th and February 6th of 2012 from 7:30-9:00 pm

Ann Arbor District Library—Oak Valley Branch

Presenter: Ellen Toronto, Ph.D.

Taken from the forthcoming book, **Balancing Parenthood: Meeting your child's needs ...*while not losing your mind***, the classes will focus on principles of rearing children arrived at by clinical psychologist Dr. Ellen Toronto with her husband, organizational psychologist Dr. Robert Toronto as they parented their four sons. Dr. Toronto will address the question of how we rear children to become caring, responsible and productive adults while preserving and fostering the joy and spontaneity with which they come into this world.

Drawing from her own family experience Dr. Toronto will discuss frankly the psychological issues that parents face as they attempt to provide a positive and nurturing environment for their children. Based on her clinical training and years of family experience Dr. Toronto will propose a model that does much both to reduce family conflict and sibling rivalry as well as create an atmosphere of harmony in the home. The model focuses on the understanding and validation of the authentic self or unique essence of each family member. The underpinnings of the model--commitment, connection, balance and belief—will be presented in detail.

The material will outline the arc of parenting from:

the early years of sleep deprivation

the middle years of negotiating the demands of school

the teen years and the tricky issues of sexuality and growing autonomy

the bittersweet era of children leaving home

healing and redemption as parents and children come to terms with their imperfections

Ellen Toronto, Ph.D., is a therapist and psychoanalyst with 30 years of experience treating adults, children, relationship issues, divorce counseling and intensive psychotherapy. Publications have focused on gender issues, mothering and early non-verbal communication. **Robert Toronto, Ph.D.**, is an organizational psychologist specializing in organizational change, leadership development and training. He has worked in a variety of settings including the automotive industry, health care and high technology. For information please contact Dr. Toronto at etoronto@umich.edu or 734-761-5501.

Sponsored by The Michigan Psychoanalytic Council

(Mary, continued)

in terms of where I was heading next in my day, problems that needed to be confronted, or simply looking outward at what sort of day it was. During the gathering at the University Club following Mary's death, one of her sons said that he had discovered a way to make his mother smile as she was very physically uncomfortable the last few years of her life. He had discovered that she loved riding around on golf carts. My final little story comes from Mary herself. Imagine a little three year old girl growing up in a large house with a big wraparound porch. Envision that little girl tearing along that porch as fast as she can go in her pedal car, enjoying the speed, the warm sun, the breeze and a beautiful Canada day. That is what Mary described to me as one of her favorite childhood memories.

Mary has walked on, but she has left those who knew her with much to think about and ponder. I am fortunate to have known her and love her. I will miss her presence forever. And if she heard me say that, she would simply say "Thanks"

Training and Certification Committee Report

The Training and Certification committee would like to congratulate the following people on their recent accomplishments:

Michael Rudy, M.S.W., has been accepted as the newest candidate in MPC's training program in Psychoanalysis.

At the June, 2011, Banquet, the following people received certificates from MPC:

Michele Rivette, M.S.W., received a certificate for completion of her training in Psychoanalysis.

Sheila Wasung, M.S.W., received a certificate for completion of her training in Psychoanalytic Psychotherapy.

Maria Slowiaczek, Ph., and **Jane Hassinger, L.C.S.W.**, were both certified as analysts with MPC.

Upcoming Meetings Winter 2012

All programs meet on **Sunday, 11:00-1:00 P.M.**
Social Work CEU credits available

Pre-Verbal Realities: Artistic Primacy in the Contemporary Psychoanalytic Treatment of Psychosis

Patricia L. Gibbs, Ph. D.
1/15/12

Ann Arbor City Club, Ann Arbor

Title to be announced *Child/Adolescent Program*

Brenda Lovegrove Lepisto, Psy.D.
2/19/12

University Club, East Lansing

Title to be announced

Maria Slowiaczek, Ph.D.
3/18/12

Ann Arbor City Club, Ann Arbor

Title and presenter to be announced 4/15/12

Providence Hospital, Southfield

Title to be announced

Elizabeth Waiess, Psy.D. and Bertram Karon, Ph.D.
5/20/12

University Club, E. Lansing

MPC Members Banquet

June 3, 2012
Ann Arbor

MPC Study Group **Sonya Freiberg, Ph.D.**

In April, 2010, Theresa Bernardez, M.D. proposed that we create a study group designed to discuss the different ways that MPC analysts work with their patients and the different orientations that serve as backdrops for our clinical work. From this idea, we created the Comparative Psychoanalysis Study Group, which would be an ongoing group meeting with a revolving leadership. Theresa agreed to be the first person to present clinical material at this group, which was to begin in September of 2010. Her sudden death, just months before the group was to start, came as a shock and was a terribly sad loss for all of us. We decided to go ahead with the group, in part to follow through with her creative idea, and as a tribute to Theresa. The first group was facilitated by Carol Levin, M.D., and was very well attended by MPC members. We continued meeting throughout the academic year and into this new year, after each monthly meeting, alternating between East Lansing and Ann Arbor. While the membership varied throughout this time, the group was consistently well-attended, and the discussions continued to be stimulating. Many people volunteered to take turns presenting their clinical work, including Anne Eisen, M.D., Peter Wood, L.M.S.W., Jean Apperson, Ph.D., Barbara Gamble, M.A., and Sonya Freiband, Ph.D. We hope to continue meeting and sharing our work and ideas for as long as people are interested in doing so.

If any members are interested in joining this group and taking a turn presenting case material, please contact Sonya Freiband, Ph.D., at smfreiband@gmail.com. All are welcome!

If anyone would like a copy of the resource booklet for the aging LGBTQI or the article, please let Janet know. If you would like a copy of the article email: Janet Boyer:
jmarie51405@yahoo.com

Membership News and Notes

Janet Boyer, M. A. and Anne Hughes, Ph. D., published an article in the *Journal of Gerontological Social Work*, "Awareness of LGBT: Aging Issues Among Aging Services Network Providers." October, 2011.

Julia Davies, Psy.D., published (2011) "Cultural Dimensions of Intersubjectivity: Negotiating 'Sameness' and 'Otherness' in the Analytic Relationship," *Psychoanalytic Psychology*, Vol. 28, No. 4, 549-559.

Beyond Selfish and Selfless: the Dialectics of Generative Desire, paper presented at the International Association for Relational Psychoanalysis and Psychotherapy (IARPP), Madrid, Spain, June 2011. This paper was also translated into Spanish and published in *Clinica e Investigacion Relacional*, Volumen 5 (2) Junio, 2011.

Taught Transference/Countertransference weekend course to advanced psychoanalytic candidates at the National Training Program in Contemporary Psychoanalysis, National Institute of the Psychotherapies, NYC, Sept

Evangeline J. Spindler, M.D., Alvin C. Spindler, M.D. and Robert El Weinstein, M.D. co-presented a paper titled "Trauma and Mastery Through Music: Beethoven, His Deafness and his Symphonies" at MPC in September, at the Ann Arbor City Club.

Evangeline J. Spindler, M.D. co-chaired and co-moderated the conference "Professionalism in Crisis: Challenge and Opportunity" at the annual bioethics conference of the Michigan State Medical Society on September 23-24 at the Great Wolf Lodge, Traverse City.

Alvin C. Spindler, M.D. and Evangeline J. Spindler, M.D. co-directed and co-moderated a course "On Their Own Terms: Life and Death Issues in Terminal Illness" at the Annual Scientific Meeting of the Michigan State Medical Society in October, 2011 at the Troy Somerset Inn

Candidates' Update Cynthia Hockett, Ph.D

The candidates continue to meet each month following the scientific meeting. These meetings are an important source of support and networking during the training program, and provide opportunities for course planning and discussion of activities of the Training Committee and the Board that are relevant to the candidates. In addition, several candidates make significant contributions to MPC and their activities are reported and discussed. Candidates are active as members of the Board, Professional and Community Development Committee, and Training Committee. In addition, MPC's treasurer, website developer, and Elections Chair are candidates. The biennial Candidate Forum was held on October 16. Each candidate gave a report of their progress in the training program and in the development of an analytic identity, their needs to complete the training, and plans for their final paper/project.

What the Patient Wants Sander Breiner, M.D.

It is very common to hear patients say, "All I want is to be happy." This invariably refers to their having a sense of unhappiness. The underlying depression may be marked or mild; but, it is still depression. Those patients who are openly depressed have often tried a variety of techniques to relieve their depression. Often this involves an "antidepressant." Caffeine and nicotine have extensively been legally used, and until recently, cocaine was widely used internationally. The legal prescription antidepressants and the illegal drugs such as "speed" etc are all neurological stimulants. The problem is that all those with depression are defending against anxiety. The anxiety can be mild or more marked. It can be consciously observed, or only seen as a sense of restlessness with their depression. All anxiety has a neurological element. All the "antidepressants" just referred to function as neurological stimulants. Therefore, all the depressed patients who receive such drug stimulation are in danger of marked neurological toxicity. This may well explain why the suicide rate increases markedly for psychiatric patients that are prescribed antidepressants.

What about the search for happiness? Isn't that a reasonable goal? The answer lies in

understanding the words. The patients who were searching for happiness are trying to escape unhappiness. Many individuals when involved in some very stimulating activity, that takes a great deal of their interest and time, experienced some relief from their depression. One might say they are distracted from their depression and therefore feel better. However, it is much more likely that they are finding fulfillment in their activities, and therefore feel better about themselves. The hurt, self-esteem, and self depreciation so common in depression is somewhat relieved by doing something that is fulfilling, particularly when others concur in this judgment.

Therefore, as a direct and indirect expression of "kind curiosity" we can encourage patients who are depressed to be kind in all manner of observation of themselves and their world. They should be in the process of searching for fulfilling life activities. In addition to the feeling

of guilt that is commonly seen in depressed and anxious individuals, there is an attempt to achieve relief by some form of "punishment". Therefore, working hard at some fulfilling activity may serve in two ways in dealing with defensive needs. First, it will improve their self-esteem; and second it can relieve their guilty feelings without inappropriate expressions of self injury.

Not a bad trade-off. With kindness the patient works towards fulfillment. Hopefully, along the way psychological "kind curiosity" will lead to insight. Hopefully, the insight will lead to hard fulfilling analytic work.

The Michigan Psychoanalytic Council

Board of Directors, 2008-2009

President	Elizabeth Wailess, Psy. D.
Past President	Murray Meisels, Ph.D.
President Elect	David Klein, Ph.D.
Vice President, Certification	Sony Freiberg, Ph.D.
Vice President, Education and Training	Peter Wood, L.M.S.W.
Vice President Programs	Michele Rivette, M.S.W.
Recording Secretary	Marilyn Frye, Ph.D.
Treasurer	Michael Rudy, M.S.W.
Members-At-Large	Marybeth Atwell, M.S.W.
	David Freiband, PhD.
	Sonya Freiband, Ph.D.
	Richard Gottlieb, M.S.W.
	Ralph Hutchinson, Ph.D.
	Maria Slowiaczek, Ph.D.
	Laura Pierce, Ph.D.