

Indiana Society for Psychoanalytic Thought

Cincinnati Psychoanalytic Institute: APP, ATP, & CATP

Since its inception in 1973, the Cincinnati Psychoanalytic Institute has been an important and vigorous psychoanalytic training facility dedicated to excellence in the learning, teaching, and application of psychoanalytic knowledge.

The Analytic Training Program (ATP), the Child Analytic Training Program (CATP) and the Advanced Psychotherapy Program (APP), are three outstanding post-graduate programs recognized locally, regionally, and nationally.

Many ISPT members have

participated in these programs beginning in 1995: Stan Osmunson APP 95-97, ATP 2001 to present, Carleen Miller APP 97-99, Sue Cebulko APP 97-99, Sydney Anderson APP 97-99, ATP 2001-2006, CATP 2003-present, David Bleeker APP 97-99, Mary Landy APP 99-01, ATP 2004-present, Ryan Moe APP 01-03, Pat Hedegard APP 01-03, Peggy Edwards APP 01-03, Amy Armstrong APP 03-05, Veronica Needler APP 03-05, Donna Singleton APP 05-present, and Aaron Whiteman APP 05-present.

Pursuing psychoanalytic knowledge is a unique undertaking of the study of human psychology and behavior. Psychoanalysis is a method of exploring the mind and how the mind works. It is an intriguing body of knowledge about why humans do what they do. Developing analytic thinking inevitably enhances the practitioner's ability to work in a variety of other treatment modalities.

ISPT recognizes and commends these individuals for their dedicated an impassioned commitment to the pursuit of excellence.

Stanley E. Osmunson, EdD

Knowing Your Patient's Mind: Beyond Mirroring— "Recognizing me in you"

**I don't ask for your pity
But just your understanding—
Not even that—no.
Just for your recognition of me in you,
And the enemy, time, in us all.**

Tennessee Williams,
Sweet Bird of Youth.

New developments in Bowlby's Attachment Theory, by Fonagy and others, expands Bowlby's "internal working models" (IWM) of the mind beyond the Self Psychologist's idea of mirroring and into a Dialectic Model of the formation of the "Soothing/Containing Object".

Attachment researchers have found that children develop relationship expectations of their caregivers based on the repeated experiences of interactional patterns with the caregivers.

"For example, the repeated experience of being non-intrusively picked up by the caregiver after falling over leads to the expectation that distress will be met by reassurance and comforting. These expectations are [then] embodied in mental representations, or internal working models (IWM)."

Parents also have IWM of relationships which influence or "at least prefigure" a child's internal working models and consequently the security of attachment.

Daniel Stern (1993) defined the components of IWM as "schemata of a way of being with," which are "temporal segments or sound bytes of mental life." Internal working models, therefore, are

overarching organizers combining several schemas "of-being-with."

Bion (1962) recognized the importance of a mother's capacity to mentally "contain" the baby, responding emotionally as well as physically to the baby's unmanageable feelings" and going beyond the concept of mirroring.

The caregiver "reflects" to the "infant her
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understanding of both the cause of the distress and her appreciation of the affective state of the child. This goes beyond mirroring as the caregiver reflects appreciation of the infant's emotional state, in combination with her own adult mastery of it. Going beyond 'mirroring', her response implies her capacity not to be overwhelmed by, but to deal with, the distress"; this is Bion's containment concept. And therefore, according to Fonagy and others, "secure attachment is the outcome of successful containment, while insecure attachment is a defensive compromise."

Another interesting way to understand containment, the transmission of secure attachment, and the mechanism that goes beyond "caregiver sensitivity" is Mary Main's (1991) idea of "metacognitive monitoring."

Metacognitive monitoring is the ability to understand the representational nature of our mind and the mind of others, to grasp the difference "between the immediate experience and the mental state that might underlie it." One might say it is the ability to be self-reflective about our mental states and those of others and as William James said "to think of ourselves as thinkers."

Main hypothesized that "differences in attachment organizations during childhood are strongly linked to the quality of metacognition in the parent." That is, impaired or "absence of metacognitive capacity, the inability to 'understand the merely representational nature of their own (and others') thinking makes infants and toddlers vulnerable to the inconsistency of the caregiver's behavior."

What is fascinating is that the psychological process variously labeled as "metacognitive knowledge," "mentalization" "theory of the mind," or "reflective self-function," is an "intrapsychic and interpersonal developmental achievement that emerges *fully* only in the context of a secure attachment relationship. It is subject to the vicissitudes of conflict and anxiety and consequent defensive disruption, along with many other high-level cognitive processes."

Fonagy and others "noted how the defensive style of the parent is communicated to the child and this was most evident in the cases of children with insecure" attachments. Their research also confirmed that parents who are high in reflective capacity are more likely to promote secure attachment in the child, notwithstanding adverse experience, but also secure attachment may be a key precursor of robust reflective capacity."

Throughout these studies Fonagy's research group gathered confirmatory evidence that a "secure attachment relationship provides a congenial context, a 'secure base (Bowlby, 1969) for the child to explore the mind of the caregiver and that only through getting to know the mind of the other can the child develop full appreciation of the nature of mental states...The process is intersubjective: the child gets to know the caregiver's mind as the caregiver endeavors to understand and contain the mental state of the child."

Fonagy's "acceptance of a dialectical perspective of self-development shifts the traditional psychoanalytic emphasis from internalization of the containing object to the internalization of the thinking self from within the containing object."

"Traditional psychoanalytic theories assume that the child internalizes the image of the caregiver who is capable of emotional containment. Through this internalization, given adequate capacities within the caregiver, the child will acquire a self-structure capable of containing conflict and distress. Fonagy's view "is somewhat different (see figure 1). The child not only perceives in the caregiver's behavior her mentalizing stance, which he has to assume in (continued on page 3)

Two Psychological Absolutes

This concept has been quite useful to me for a number of years. It is offered here for your consideration. There are two absolutes in psychology that apparently no effort of analysis can modify: In our heart-of-hearts each of us perceives ourselves to be flawed. This "flawedness" is deeply personal and may move around from arena to arena as the scenario of life shifts. In other words, at one time one may see oneself as a fraud, at another time tainted with

guilt and badness, yet again maybe too stingy, etc. This sense of flaw seems to rest under the surface of awareness ready at any moment to present itself vividly to our perceptual consciousness and stir deep anguish.

The other psychological absolute dove-tails with "flawedness: and I call this dynamic the experience of "score-keeping." We are always ready to keep-score on others and believe that others keep score on us. The almost continuous striving to be approved, verified, proven "right" seems to re-

flect this "score-keeping." Also on the other side of the coin is the readiness to feel righteous and contemptuous of those who are seen as having "low scores." These twin absolutes have a profound reflection in transference and maybe at the root of most of the psychological distress we are called upon to relieve. Basically, with in the human experience, we all strive continuously for vindication.

David L. Blumenthal, PhD

A Win-Win Partnership: Theater on the Couch



“Collateral events programming between organizations often leads to some of the most successful events,”

So said the “Forward,” an American Psychoanalytic Association practice publication. The San Francisco Foundation for Psychoanalysis (SFFP) has developed a “theater discussion program, **theater on the couch** (TOTC), in collaboration with the city’s acclaimed **American Conservatory Theater (A.C.T.)**, a company renowned nationally for its commitment to community-driven events.”

“The most valuable component of

San Francisco’s successful TOTC is the dedicated **volunteers who direct the program.**”

Our current president, Mary Landy, posed this question in our last newsletter “What factors generate enough momentum and continuity to keep a group like ours (Indiana Society for Psychoanalytic) going.”

In fact we do have **Win-Win Partnerships** in CTS and the **University of Indianapolis**, but we need to expand those partnerships to include other groups, such as local theater groups, movie going enthusiasts, etc.

The emphasis of TOTC was “conversational” and not formal presentations. Interactive discussion was the order of the day and each group benefited monetarily. The TOTC event was marketed to the members, increasing

ticket sales to the theater and the theater shared a portion of the sales with SFFP. “As a result, theater on the couch netted nearly \$10,000 to support the programs of the San Francisco Psychoanalytic Institute and Society.

A similar activity, but less involved, would entail reviewing selected movies followed by discussion. Movie discussions are very popular at local, state, and national psychoanalytic organizations. Imagine members of ISPT inviting other groups to participate, such as, English and literature departments, film groups, as well as other prospective groups.

My hope is that this article will energize members of ISPT to think of other activities that will inspire participation, fun, and social discourse.

Stanley E. Osmunson, EdD

ISPT Virtual Free Clinic: The Modern Ambulatorium

In 1922, at the end of World War I, Central Europe and Austria were steeped in militarism and religious conservatism—not unlike the United States today where political conservatism, the religious right, and military regime change is the order of the day.

War torn Vienna, however, was an exception. Lead by Social Democrats families and children were the priority of the new social welfare system. They believed that healthy children were the foundation of a healthy state, and healthy families were the foundation of healthy children. In keeping with the spirit of the post-war progressivism the Vienna Psychoanalytic Society banded

together to establish a free psychoanalytic clinic, the Vienna Ambulatorium, to which Freud gave moral and financial support.

We all know the mental health statistics: One in two Americans has a diagnosable mental disorder each year, including 44 million adults and 13.7 million children. Mental disorders are as disabling as cancer or heart disease in terms of premature death and lost productivity. Eighty percent to ninety percent of mental disorders are treatable using combinations of medication and psychotherapies. Of those with a diagnosable mental disorder fewer than half of adults get help and only one-third of

children get help.

In the spirit of Freud’s Ambulatorium the **ISPT Virtual Free Clinic** would involve members of ISPT donating between 1 and 4 hours of psychotherapy or psychoanalysis per week. There would be no need for a “brick and mortar” facility, each clinician would see the **ISPT Virtual Free Clinic** patient in their office at their specific practice location.

ISPT can be a progressive and humanitarian force in Indianapolis with hope for the future. So let us hear from those impassioned voices of compassion.

Stanley E. Osmunson, EdD

Knowing Your Patient’s Mind (continued from page 2)

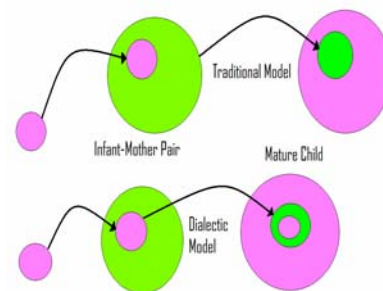
order to account for her behavior, but, in particular, perceives the caregiver’s stance vis-à-vis an image of him as mentalizing, desiring, and believing. This representation is internalized. If the caregiver’s reflective capacity enables her accurately to picture the infant’s intentional stance, the infant has the opportunity to ‘find himself in the other’ as a mentaliz-

ing individual.”

The excerpts were taken from Chapter 9 by Fonagy et al entitled *Attachment, the Reflective Self, and Borderline States*. In *Attachment Theory: Social, Developmental, and Clinical Perspectives*,

Stanley E. Osmunson, EdD

(Figure 1) →





New Child Psychotherapy

Program Proposed: The Cincinnati Psychoanalytic Institute (CPI) is developing a postgraduate training program in child and adolescent psychotherapy (CPP). Its co-organizers, Sydney Anderson, Ph.D., and Brett Clarke, LISW, are very interested in

soliciting the thoughts of area clinicians and potential CPP students as they work out the program's goals, structure, and ultimate focus. CPI wants your help in answering this central question as they plan the program: How might such a program best address the needs of child clinicians as they struggle with the special challenges of working with young people and their families? The effort is grounded in CPI's conviction that a psychoanalytically informed approach to work with children enhances both our understanding and our ability to intervene helpfully. The program will be designed for child and adolescent psychotherapists of diverse backgrounds and for other professionals who work with children and who want to deepen their understanding

of child development, the inner world of the child, and the technique of child psychoanalytic psychotherapy.

At our November 13, 2006, ISPT meeting, Dr. Anderson will present a child psychoanalytic case. She is also inviting ISPT members and interested parties to participate in a Child Psychotherapy Program focus group. Dr. Anderson will use the focus group to gather input from potential CPP candidates about their training needs and preferences. The focus group will start at 6:15pm and end at 7:15pm. Her presentation, **Psychoanalysis with Children Who Present with Symptoms of Asperger's: Searching for Affect**, will follow shortly after the focus group.

This is your chance to make a difference in shaping the course of your future training, and to help CPI address the needs of what they consider to be an underserved group of clinicians doing enormously important work. It is an outstanding opportunity to have an impact.

Brett Clarke, LCSW

For Questions and Concerns Please Contact the Editor

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Concept Corner

Fragmentation describes a state of the self that is the opposite of cohesion. It is a diagnostic sign.

This notion appeared in Heinz Kohut's 1968 "The Psychoanalytic Treatment of Narcissistic Personality Disorders." A sign of the narcissistic personality as compared with the neuroses, fragmentation triggers disintegration anxiety, a counterpart of castration anxiety. The fragmentation corresponding to the autoerotic stage is total in psychosis, in contrast to the narcissistic personality, in which the self is cohesive. In narcissism, transient fragmentation is seen during analysis and during certain periods when the self is vulnerable, such as adolescence.

This notion was developed

throughout Kohut's work, becoming one of the four fundamental concepts of self psychology set forth in "Remarks about the formation of the Self." To Kohut, narcissistic pathology tends to be progressively reduced to variations in the state of the self, which is fragmented at the preoedipal and oedipal levels. Fragmentation of the self triggers an intensification of the drives, which are redefined as products of the disintegration of the self in the service of its restoration.

Fluctuations in the state of the self are important clinical data for diagnosis and treatment, but the drives become secondary to the self.

For more information see

Calendar of Events

Indiana Society of Psychoanalytic Thought
www.ispt-news.org

**November 13, 2006 Sidney Anderson—
Psychoanalysis with children who present with
symptoms of Asperger: Searching for Affect**

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American Psychological Association Div 39
www.apa.org

**April 18-22, 2007 Division of Psychoanalysis (39)
27th Annual Spring Meeting, Royal York Hotel
Toronto, Ontario**

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American Psychoanalytic Association
www.apsa.org

**January 13, 2007 APSaA Winter Meeting Waldorf-
Astoria, New York**

**June 20, 2007 APSaA 96th Annual Meeting
Denver Marriott City Center**

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Chicago Psychoanalytic Society
www.3b.com/cps

November 28, 2006 Therapeutic action in Self Psychology

**January 23, 2007 Psychoanalysis, Terror, and the
Theatre of Cruelty**

February 20, 2007 The Telescoping of Generations

March 27, 2007 Event-Based Psychoanalysis: Psychoanalysis Session by Session

**May 1, 2007 Gender as Soft Assembly: Reflections
on Postmodern Gender Theory**

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International Psychoanalytic Association
www.ipa.org

**December 8-10, 2006 Sigmund Freud Today The
British Psychoanalytic Society, London**

**March 3-4, 2007 8th Joseph Sandler Conference,
London**

July 25-28, 2007 45th IPA Congress, Berlin

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International Psychoanalytic Studies Organization
July 25-28, 2007 45th IPSO/IPA Congress, Berlin
www.ipsocandidates.org

Agnes Openheimer. International Dictionary of Psychoanalysis. 2002

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