Hello Fellow ISPT Members:

I hope the New Year finds you all well. Thus far 2005 has dramatically demonstrated the power of nature, the suffering that comes with loss, and the tenacity of the human spirit. In the January 7th edition of the Washington Post, reporter Neely Tucker writes about the story of one psychiatrist by the name of Ganesan, who puts the tragedy of Southeast Asia into some perspective. Ganesan is the only psychiatrist in an area of Sri Lanka that has a population of 1.3 million. Ganesan is working side-by-side with the people of his country from early morning until late into the night. He is not able to offer therapy for 50-minute sessions in a quiet office. Rather, he is providing triage services and transporting medical supplies and dead bodies, coordinating relief efforts, and burying friends while also attempting to catch some therapeutic moments with the psychotic and drug addicted patients he served before the tsunami.

While mental health crisis teams from all over the world are anxious to move into the countries affected by the tsunami, Ganesan cautions that it is too soon for mental health treatment: “To talk about psychological needs when you’ve got thousands of people using one toilet in a refugee camp—it’s absurd.” The time will come but now is the time for meeting the emergent survival needs. Remarkably, in the midst of the suffering he faces, Ganesan keeps his sense of humor and perspective:

“There are moments when life reveals itself, insight reached through periods of great suffering and hardship. In the spiritual sense, the first teaching of Buddhism, the principal religion of this nation, is that life is suffering and that this cannot be avoided. This is the lesson that Ganesan has come to understand in his time on this leeward shore: To suffer is to survive. To bear it with grace and courage is to live.”

It is consistent in every article I read and story I hear that those who are surviving the suffering in Southeast Asia are doing so side-by-side in community. As psychoanalytically oriented therapists here in Indianapolis, generally we have the luxury of having 50-minute sessions in quiet offices. While we are not working with tsunami victims, we do work with those who suffer and we are called upon to help them to bear it, to survive and live. I am personally grateful that I am not the only therapist in a population of 1.3 million and that I have a community of colleagues that I can dialogue with and receive support in this work we do.

Thanks to Elgan Baker, Scott Rose, and Joel Kanter, our fall presenters, we were fortunate to have three very interesting presentations to begin our ISPT year. Joan Vanore, Clinton McNair, and Fr. Kappas helped us start 2005 by creating a forum for lively discussion at the intersection of psychoanalysis and theology. The PBS series we viewed looks at the interesting lives and perspectives of Freud and C.S. Lewis. This fascinating series can be purchased directly from PBS. We have an exceptional lineup of presentations in the months to come, including our March 19th workshop with the University of Indianapolis, when Bert Karon presents. I hope you will all make a special effort to come to the meetings this winter and spring, and enjoy the opportunity for community.

With warmest regards,
Spring 2005 ISPT Presentations

February 7, 2005
*David Frauman, Ph.D.*  
*Van Gogh and Gaugain: The Self Psychology of Creativity*

March 19, 2005  
*Bertram Karon, Ph.D.*  
Master Clinician Workshop  
The University of Indianapolis  
School of Psychological Sciences & ISPT  
(see below for details)

April 11, 2005  
TBA

May 9, 2005  
*Ed Davis, Ph.D.*  
*Psychodynamic Psychotherapy of Patients with Bipolar Disorder*

June 13, 2005  
TBA

If you have provided a presentation in the last two years and have not been paid ($50), please send me your name, address, and the title and date of your presentation. You may email me this information at dina_varano@yahoo.com or send it to the address below:

Dina Varano, M.A., LMHC  
Meridian Psychological Associates  
4401 North Central  
Indianapolis, IN 46205

For those speakers who would prefer to have their presentation marked as an in-kind donation to ISPT, just let me know by email or phone (317-923-2333). Again, thanks for your membership!

CTS CONFERENCE

ISPT is pleased to co-sponsor with Christian Theological Seminary the spring Spirituality & Psychotherapy Conference, featuring Lionel Corbett, M.D., a psychoanalytically trained psychiatrist from England who is also a certified Jungian analyst.

Friday, April 1  7PM – 9PM  
Saturday, April 2  9AM – 3PM

Dr. Lionel Corbett is the author of *The Religious Function of the Psyche* and *The Development of a Personal Spirituality: A Depth Psychological Approach*. His is currently a professor of Depth Psychology at Pacifica Graduate Institute in Santa Barbara, CA. We should be receiving brochures to register soon.
**Being and Becoming:**

25 Years of Continuity and Change in Psychoanalytic Psychology

Division 39
American Psychological Association
25th Annual Spring Meeting

April 13 – 17, 2005
Waldorf-Astoria Hotel
New York, NY

To register, contact Johanna Beyer or Erin Claywell at 1-800-833-1354 ext. 104 or 105 or by e-mail at: division39ny@nataliepshear.com

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**Book Recommendation**
Mary Landy, M.D.

*A Primer of Transference-Focused Psychotherapy for the Borderline Patient*

Authored by Frank E. Yeomans, John F. Clarkin, & Otto F. Kernberg, this book takes Kernberg’s ideas (which I can find convoluted and mechanistic) and applies them in a very pragmatic way to the clinical encounter. It clarifies and illuminates a complex theory in a way that is quite remarkable. I would highly recommend this book for beginning and more seasoned psychotherapists.

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The Center is located at 1050 W. 42nd Street, Indianapolis, IN 46208. Directions to CTSCC can be found at:

[www.cts.edu/welcome/directions.html](http://www.cts.edu/welcome/directions.html)

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**University of Indianapolis & ISPT**

Master Clinician Conference

March 19, 2005

Dr. Bertram Karon will offer participants an integrated psychoanalytic approach to the understanding and treatment of severely disturbed and difficult patients including schizophrenic, severely depressed and borderline patients. In the morning session, he will present the case of an “incurable” schizophrenic who resolved the psychosis with intensive psychoanalytic treatment. He will also discuss the treatment of a patient with chronic recurrent depression and panic attacks who was non-responsive to medication but who was permanently cured by the insights gained in three years of psychoanalytic treatment.

Bertram P. Karon, Ph.D. is a professor at Michigan State University and is the author of *Psychotherapy of Schizophrenia: The Treatment of Choice*.

More information about the workshop and registration materials will be sent to ISPT members in the coming weeks. Stay tuned!

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ISPT meetings are held on the 3rd floor of the Christian Theological Seminary Counseling Center on the 2nd Monday of each month from 7:30 – 9:00 PM.