

Indiana Society for Psychoanalytic Thought

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Secretary: Mary Landy
317-844-1994 if questions

ISPT President
Carleen Miller, M.A., LMFT, LMHC

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,

Carleen Miller, M.A., LMHC, LMFT

Spring 2005 ISPT Presentations

February 7, 2005

David Frauman, Ph.D.

**Van Gogh and Gauguin:
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



Treasurer's Report

Dina Varano, M.A., LMHC

Thanks to the many of you who recently renewed your membership! As a result we have raised \$1025 in member dues this fall, bringing our current balance to \$3053.71. These monies will greatly help us to complete the website project, co-sponsor our spring conferences, and pay speakers who present at our monthly meetings.

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*. He 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

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.

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.

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

**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!