

President's Message

By Nancy Huntzinger, PsyD

For many, the psychotherapeutic experience is the sole way to escape from the compulsive quality of the age-old scenarios that can bring only pain and disappointment with each reenactment.

Joyce

McDougall, "Theaters of the Mind"

CAPP has a unique identity as it is a diverse, heterogeneous association for psychoanalytically oriented clinicians: a collection of psychologists interested in psychoanalysis, psychoanalysts (and those in training programs), clinicians with social work and counseling degrees, and some psychiatrists. As Laurel Bass Wagner, PhD, former President of Division 39, described the Division, "We are . . . an amalgamation of multiple selves, and we are all the better for it." And, as she promised, one of my first priorities also is to "to nourish all of our identities." We must welcome diversity in our membership, in our programming, and in our dialogues as a cross-fertilization of life-experiences, ideas, fantasies, and dreams in a spirit of goodwill, which enriches us all in the long run.

As President of CAPP I hope to follow the long list of CAPP leaders who have done so very well in promoting psychoanalysis and to contribute in new ways relevant to our contemporary framework and situation. In addition to fostering diversity within CAPP, the primary focus of our attention and energies is on facilitating and promoting psychoanalytic understandings about human development and healing, within the CAPP membership circle.

We are endeavoring to do that through fine programs and classes that address the ongoing dialogic educational and professional development interests and needs of our members and others. These include the excellent program and class held this fall: Frank Summers's Fall Program with a case presentation by Linda Marino, and Peter Reiner's 10-hour Couples Class. We are excited to be presenting the following programs in the next few months (see specific articles for details): Jay Einhorn's lecture on "What Therapists Need to Understand About Treating Individuals With Learning and Attention Disorders"; Linda Rudy, Ron Rosenthal, and Scott Pytluk's program on "Crossing-Over: Relational Dynamics in Cross Sexual Orientation Clinical Dyads"; and Allan Schore's day-long program "Connections, Ruptures and Repair: Integrating Attachment Research in Clinical Practice."

In May CAPP and ICSW will present a program featuring a case presentation by Bernadette Berardi-Coletta and a Discussant (to be named later), highlighting and demonstrating clinical applications of Allan Schore's work. In addition, our Peer Study Groups are on-going dynamic forums for clinical learning and collegial interactions for a growing number of our members.

A second focus of my Presidency is to explore more inter-organizational possibilities and further CAPP's relationships with other psychoanalytic and psychoanalytically oriented organizations. I am interested in helping to knit a loosely constructed alliance together in order to increase the visibility and impact of psychoanalytic ideas and treatment in the community at large. There are several ways we have begun to address enhancing our interorganizational relationships and to our mutual benefit. We have added new official *liaison* positions for two organizations. Alice Bernstein, our Immediate Past President, will serve as our first liaison with The Chicago Institute for Psychoanalysis, and Nancy Peltzman will be our first liaison with the Illinois Society for Clinical Social Work (ISCSW).

Our most important Spring Program, featuring Allan Schore, is being planned with a cosponsor, ISCSW, which enables us to achieve what neither group could probably accomplish alone. And, the CAPP Council has invited the CCP Board to meet with us for a "Getting-to-Know You Social" and to brainstorm about ways to productively interface in programming, with speakers, etc. Karen Randall will be hostess for this event and we look forward to sharing together.

CAPP and the larger psychoanalytic community needs to be more diligent in "getting out the message" about the whats, hows, and whys of psychoanalytic psychotherapy and analysis in order to promote greater understanding of the specialness of psychoanalytically informed psychotherapy and psychoanalysis in helping people understand themselves and each other, heal traumas, address early deficits, and lead more creative, fulfilling lives. The collaboration of several psychoanalytic groups will enable us to do a more effective job of this. We must actively engage in dialogue with our colleagues of other persuasions, with academics and

researchers, as well as insurance companies and the public at large about the large percentage of positive and long-lasting outcomes of our treatment cases!

How can we *not* tell the stories of what we experience—what we know and see frequently, amidst the pain and traumas—in our clinical practices. The essence of the message we need to promote, it seems to me, was expressed by one of my longer-term clients when we were talking about how she understood our work together and differences with the prevalent attitude of “quick-fix” medication and short-term therapy treatment:

The reason I tried to take my own life was because I was programmed to feel worthless . . . people are ready to buy into “chemical imbalance” because it is a quick fix with no link to life, trauma or parents. . . . Not being allowed to look back at the reality of what happened to me early on kept me from getting well—to talk about it is necessary. . . . Trying to fix the present without looking at the “why” won’t work!

(included with her permission)

(Isn’t that a promotional?) And, as we now know, there are emotional, social and physiological reasons why the successful resolution of this processing needs to be in the context of an empathic therapeutic relationship with another caring ‘holding’ other.

Managed care has dominated the mental health field for over a decade and a half! It has greatly influenced the public’s ideas about health and sickness, healing and cure, and what it means “to be human.” There is strength and influence in numbers and it is only by coming together with other organizations that support psychoanalytic thinking that we will be able to challenge the prevailing attitude and practices, which espouse and finance only short-term cognitive-behavioral therapies. We must band together to get out the message on the research that has been done regarding psychoanalytic psychotherapy—the “evidence-based” practice literature should not exclude psychoanalytic research!