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**Bulletin of the
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The
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PANDEMIC ISSUE

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Editorial

In this issue we have an article prompted by the times we are living in written by Irene Hyler, "Telephone as Telegraph: Psychotherapy Supervision in the Age of Covid."

The issue also features a book review by Deborah Kohloss of the recently published book, *Rage and Creativity: How Feminism Sparked Psychoanalysis*, similarly related to currently topical issues.

As I did last time, I raise this not simply to invite you into the issue, but also to encourage all of you to think about writing something for the PANY Bulletin, something that is perhaps not suited for or ready for inclusion in a journal or book, a work in progress, or an idea very well worth putting on display for your friends and colleagues in PANY, and others who come to read it. Something that can be shorter than a journal paper and perhaps less confined by the rules of scientific publications. Having tried it myself, I can tell you it can be a great deal of fun. And perhaps even a steppingstone to something more formal.

This is a relatively small issue in comparison to PANY Bulletins of the recent past. I can think of a number of reasons for that, including the atmosphere during this time of Covid and the obvious fact that we now have alternative ways of communicating with each other, especially through the PANY list serve among others. We of course have much less of one important way of communicating with each other, personal contact and casual discussion, hallway encounters, etc.

Nevertheless, I will repeat the Shakespeare-inspired quote from the last two issues of the Bulletin, "To be or not to be," whether in the era of list serves and easy methods of shouting out our ideas and questions to the world the PANY Bulletin is still needed. For now, we continue this long tradition with your help.

We have an election coming up as I write, the election for a new Director of PANY

As one of the three candidates for that position, along with Lisa Bialkin and Dionne Powell, it would be inappropriate for me to editorialize about the substance and issues. Nevertheless, I can definitely use this bully pulpit to encourage you to attend the faculty meetings concerning the election (one of which at least will be finished by the time this issue of the Bulletin hits your newstands) and above all to **Vote** for the candidate of your choice.

I'll also repeat what I suggested in the last issue in the fall: If any of you think you might be interested in starting to work on the PANY Bulletin, I'd be delighted to talk with you about it. I realize that process might be easier when the pandemic has receded enough to allow people to discuss things together in a small room, and we all are hoping that day will come soon.

Think about it and feel free to contact me.

HHS



Telephone As Telescope: Psychotherapy Supervision In the Age of Covid

By Irene G. Hylar M.D.

1) Introduction

From July 2020 to June 2021 an analytic supervision was conducted for a twelve-year-old girl. The supervision was conducted entirely by telephone.

The parties did not meet in person until a social meeting took place in June 2021. The supervisee conducted the psychotherapy by face-time so had visual contact, on a remote basis, with the patient. She was the “eyes” of the supervision. The supervisor received only auditory input of the case. She was similar to the “legally blind” member of the team because she had some inkling of how treatments usually looked, but she could not “see” this treatment. But, then, an extraordinary thing happened! Within the telephonic communication a visual panorama materialized. The supervisor, alongside the supervisee, “saw” the case unfold. Similar to the experience of bird watching with a stationary telescope, sharp visual pictures of the patient, her family, and their milieu began to emerge.

This became instrumental in allowing the patient to progress and improve.

2) Case Synopsis

The patient's family migrated from Afghanistan when she was three years old. Her extended family lives in a crowded Bronx apartment. Her father works as an Uber driver. The patient has older and younger brothers and sisters. Her mother is a homemaker. The family is Muslim and observe religious customs. Last year they brought the patient to the psychiatric emergency room because she was depressed and speaking blasphemously against Muhammad. She then had a course of cognitive behavioral therapy which improved her mood and behavior.

3) Visual Imagery

The patient presented as a bright, friendly, talkative pre-pubescent girl with a head scarf and glasses Scotch-taped at the bridge of her nose. She was proud to be going to a Gifted and Talented school. She barely brought up the obsessional thoughts to defile Muhammad's name which had brought her into treatment the year before. She, rather, discussed her anger at her parents for not caring if she wanted to do well in school and become a doctor. Her older brothers also teased her about her ambitions because “she was just a girl.”

All this was discussed in face-time sessions held in the family's living room. About twenty other occupants of this apartment came and went going about their business. Her demure mother might be cleaning wearing her hijab. Her older sister might be caring for her infant. Her brothers might be praying. It was in this chaotic, domestic environment, lacking in privacy, that the treatment was conducted.

4) Case Formulation

The patient felt very guilty about the rage she felt toward her parents and Muhammad. This led to self-destructive behavior and feelings. She also felt shame over her new sexual desires and changing adolescent body. It was difficult to cope with all these feelings in a repressive atmosphere which forbid and did not accept many of her burgeoning desires.

5) Psychotherapeutic Interventions

The patient had presented the year before with agitation, dysphoria, and damning the name of her God Muhammad. The treatment this year was focused on helping her to begin to “see” and understand that the guilt she felt over her anger at her family and her God did not warrant her turning on herself with mis-

Telephone as Telegraph
Hyer

behavior, self-injury or depression.

Outbursts and self-sabotage were not characteristic of the treatment this year. The patient became better able to tolerate intense affects.

It was also felt that helping to validate the patient's immigrant experience was an important goal. Although her parents might never approve of her strivings to become a modern American young woman she might be able to

make inroads into this process. Her psychotherapist also represented a welcome role model of a competent feminine person leading a fuller life,

6) Conclusion

In conclusion, this child psychotherapy supervision exemplifies how a completely auditory experience can turn into a complex visual experience for the participants leading to beneficial results for the patient.

Upcoming PANY Scientific Meetings

September 19th, 2022

Wilson Lecture:

Tom Woolridge PsyD, ABPP, FIPA, CEDS-S

Chair and Associate Professor, Department of Psychology, Golden Gate University, San Francisco, CA

Title: **Deception in Anorexia Nervosa: An Aspect of the No-Entry System of Defense**

October 1st, 2022

Faculty seminar

Presenter: Desiree Santos LCSW-R, PsyD

Candidate, Faculty Member, PANY, Adjunct Professor, Columbia University, Chair, APsA Graduate Social Work Education Committee

Discussant: Howard Levine, MD, Faculty Member BIPSI, PINE, MIP, Training and Supervising Analyst, MIP, Editorial Boards (current and past) IJP, Psychoanalytic Quarterly, JAP Founding member of the Group for the Study of the Psychoanalytic Process and Boston Group for the Psychoanalytic Studies

October 15th, 2022

Dr. Eugene Mahon, MD, Training and Supervising Analyst at Columbia

Psychoanalytic Center for Training and Research and Contemporary Freudian Society

Title: **The Exceptional Position of the Dream in Psychoanalysis: A Thing of the Past?**

November 14th, 2022

Candidate Organized Meeting

December 10th, 2022

Ira Brenner, MD, Clinical Professor of Psychiatry at Jefferson Medical College, Training and Supervising Analyst at Psychoanalytic Center of Philadelphia
Title:TBA

January 21, 2023

Glen Gabbard, MD, Brown Foundation Chair of Psychoanalysis and Professor of Psychiatry, Baylor College, Training and Supervising Analyst at Houston/Galveston Psychoanalytic Institute
Title:TBA

April 21, 2023

Rosemary H. Balsam, MD

Title:TBA

Marina Mirkin, MD

Program Chair



Book Review

Rage and Creativity: How Feminism Sparked Psychoanalysis

Edited by Lucille Spira
Reviewed by Deborah Kohloss
New York: IPBooks

This book consists of a compelling collection of essays on the subject of how feminism has affected our understanding of female psychology and the place of women in psychoanalysis. Much of it seems to have been written during the Trump presidency where the profound complexities of free speech impacting women and psychoanalysis have taken on renewed urgency.

All of the essays in the first and primary section of the book are written in response to the lead essay written by Dr. Arlene Richards and from which the book receives its title, with Dr. Richards' responses following each of them in the main section of the book. Dr. Richards argues for the continuity of feminism's influence on women and psychoanalysis from its beginnings. She sees feminism in Freud's interest in his women patients and the concept of free association, as well as in his promotion of his daughter. She describes the tools of current third wave feminism as "anger, profanity, ambition, power, violence."

Any reader potentially put off by this title has company in some of the responding psychoanalysts. In their essay detailing some conservative problems in psychoanalytic practice, Kerry and Jack Novick note that rage is "an overwhelming ego state in response to helplessness whereas anger can motivate creativity and problem solving." In a similar vein, Dorothy Holmes points out that "rage creates disorganization while the creative achievements of women in psychoanalysis are the result of careful thought." Dr. Holmes also suggests that the rage of 3rd wave feminists is a destructive identification with male rage.

The entire book provides rich and well-annotated documentation of the ways in which women psychoanalysts have made and continue to make significant revisions of early psychoanalytic theory. It also recounts the history of woman's entry into the practice of psychoanalysis resulting from feminist challenges to the predominantly male status quo.

Many of the writers differ on the subject of whether the substantial body of literature on female psychology has been meaningfully integrated into the core of psychoanalysis.

Rosemary Balsam provides a rich discussion of issues of female psychology "while remaining rather less sanguine than Arlene about the profound change in psychoanalysis." She details the social and psychological barriers to achieving a psychoanalytic psychology of woman that consistently replaces Freudian comparisons with a focus on female psychology. Balsam notes the paucity of male psychoanalysts at the 1998 IPA who declared that Freud was in error about female psychosexual stages. She emphasizes the unconscious presence of disavowed mentation in both sexes, as well as the regressive potential of groups. More optimistically, she also describes the growing number of compendiums and journals that are of enormous help in supporting "thought collectives" such as JAPA's 2014 presentation of Julia Kristeva's paper on maternal erotics to an American audience.

Some of the essays in this book ground their solid intellectual perspectives with the compellingly personal. Nancy Kulish offers a richly annotated discussion of changes in psychoanalytic thinking about primary femininity while also noting that the APsAA workshop called "Problems for Women in Training" formed by Helen Meyers and run in "an energetic non-authoritarian manner with a woman in the corner nursing her baby was one of the most significant experiences" of her career. Alison Feit puts psychoanalytic voice to good use in her essay "A Letter to My Sons."

This is just a sample of the many contributions in this volume. There is a smaller second section devoted to "Narrative Voices: Feminism and Psychoanalysis" in which six authors give brief personal commentaries.

News and Notes of Members

Honors

Carmela Perez was unanimously appointed by the American Board of Psychoanalysis to be the next Chair, President and CEO which will take in effect next February 2023.

Dionne Powell was awarded the 2022 Solomon Carter Fuller Award by the American Psychiatric Association and the American Psychiatric Association Foundation. The Solomon Carter Award "honors a black citizen who has pioneered in an area that has significantly improved the quality of life for black people." The award, to be presented at the Annual Meeting of the American Psychiatric Association in New Orleans May 21-25, includes an engraved plaque, a \$500 honorarium, and an award lecture to be given at the Annual Meeting.

Patricia Winter retired from the NYC Department of Education after 25 years of service as a bilingual (Spanish) school social worker. "I brought my analytic skills to a disadvantaged community -doing play therapy with 4-12 year olds and teaching parenting skills, specializing in students with learning disabilities."

Authors

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Chu, Kimberly (2021). Can psychoanalysis save us? *The American Psychoanalyst*, 55(2), 23-24.

Lament, Claudia and Ismi, Nagma Mimi (2022) 9/11 Twenty Years On: Fractured Identities, Fear of the Other, Forging a New Path for Our Children--An Introduction to the Section *The Psychoanalytic Study of the Child* Volume 75, 2022.

Lament, Claudia Upon the Seventy-Fifth Anniversary of The Psychoanalytic Study of the Child. *The Psychoanalytic Study of the Child* Volume 75, 2022.

Perlman, Fredric T. Cronache psicoanalitiche: il dibattito critico sull'analisi didattica all'interno dell'American Psychoanalytic Association", appears in the Italian quarterly *Journal Psicoterapia e Scienze Umane*, 2021, 55 (3): 363-424. (Italian translation of Psychoanalytic Chronicles: The Debate on Training Analysis within the American Psychoanalytic Association)

Whitman, Laura
Book Essay: A View of Relationships Across Time
The Rough Patch: Marriage and the Art of Living Together
by Daphne de Marneffe,
The Peacock Feast by Lisa Gornick,
Nearing Ninety and Other Comedies of Late Life

Speakers

Dionne Powell Psychoanalysts on American Slavery: Privileges and Pleasures: Volney Gay in conversation with Dionne Powell. Podcast Thursday, April 27, 2022

PANY Members

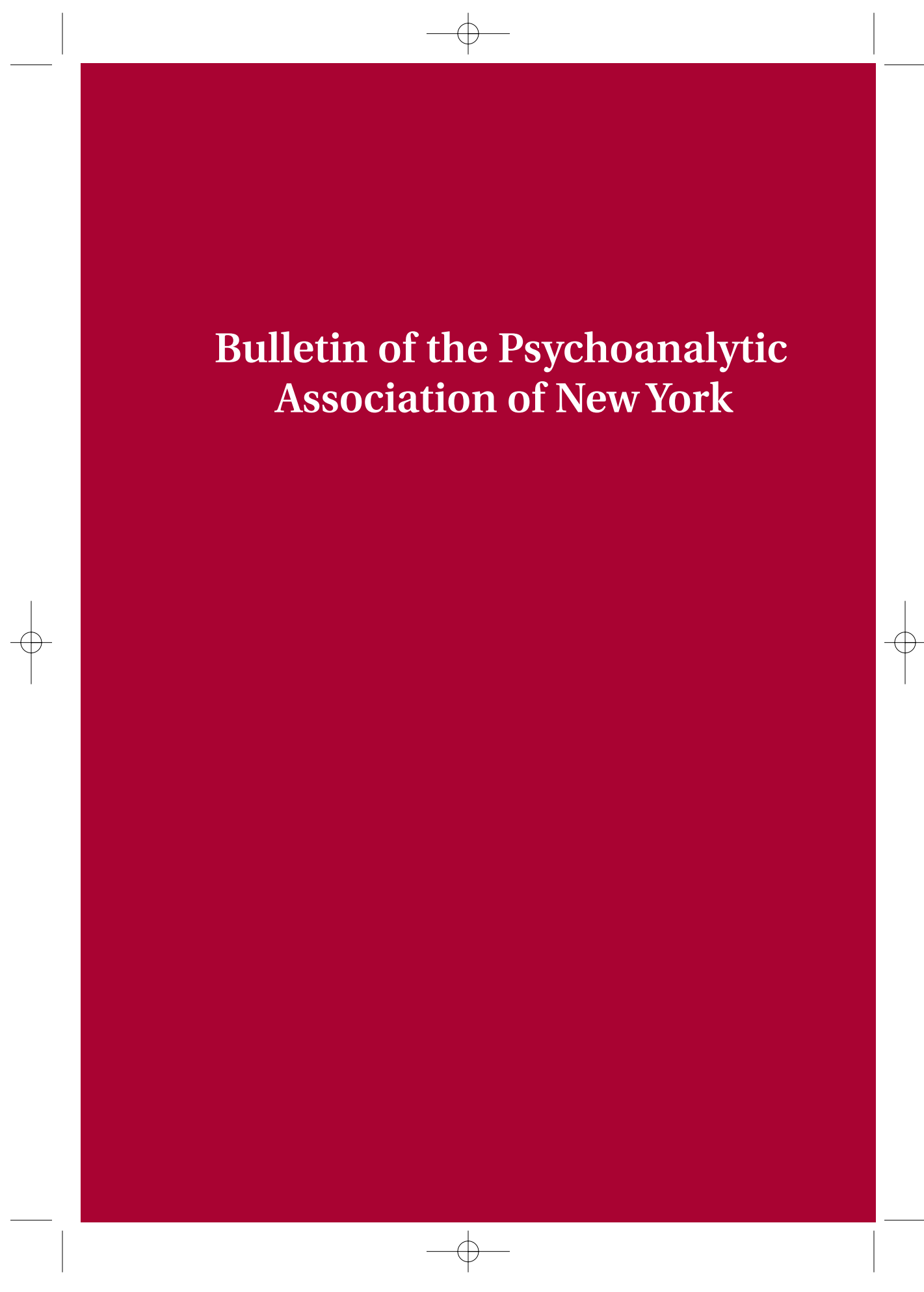
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PANY Members

If you have something to say, this may be the place to do it. Send in articles about interesting work you are doing with your psychoanalytic skills, insights and psychoanalytically inspired commentaries on a variety of subjects. Send us poetry you've written. This is your Bulletin, to read and to write.

Authors continued

by Judith Viorst.
Journal of the American Psychoanalytic Association
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