

# IPI Bulletin

*Edited by Jill Scharff, M.D.*

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*Newsletter Committee: A. Brostella, C. Gezon, C. Norman, L. Stormon*

## What You Could Learn from an Infant Observation Seminar

by Robert G. Kraft, Ph.D.

I imagine most of you have never heard of an Infant Observation Seminar. And even though you may have no interest in infants or observing them, you may have an interest in psychoanalytic psychotherapy or psychoanalysis. So if you have an interest in becoming a better practitioner, it might be worth your while to read further. You may even become involved in a seminar, once you find out how powerful the learning experience can be. It is one of the most powerful training experiences I have ever had (and I have been through a lot of training, including process groups, which are very powerful).

An Infant Observation Seminar is exactly what it says it is: a seminar focused around observing an infant. The seminar I am involved in meets for a year with an optional extension of another year. You can be in the seminar and actually observe an infant or you can be involved in the seminar and never observe an infant. You, naturally, have a fuller experience if you observe and are not just in the seminar. The students (limited to six) and the supervisor meet by a joint phone call. Actually, in my seminar, we used a conference calling system for the better part of a year, but the cost became prohibitive, so now we use Skype (for those of you who have never used Skype, it is a free software you download on your computer which allows you, when you

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## We Can't Tie It Up In a Simplified Platitude

From the graduating class of 2008  
By Ruth Manville, MSW, LCSW

Our gestation began with Esther Bick  
So much to absorb, could it all stick?  
We met our "mom" (she had no spouse)  
In a small pastel room in the Scharff's house.

What was then offered was kind of a womb.  
At times, claustrophobic, it felt like a tomb.  
We wondered if we could possibly fit her,  
Being, as we were, a rather large litter.

Tiny of frame, has Norma the girth  
All nine of us to offer birth?  
Would there be time for all to gestate?  
If not, would Anna offer rebate?

Do we have to go into that uterus  
When we don't know what the future is?  
We endlessly struggle with love and hate  
And why is it our mom does not have a mate?

Perhaps it was just our perception  
Or the IPI version of immaculate conception.  
But that puts the cart before the horse,  
We were struggling with primitive affects, of course.

. . . Poem continues page 2



Object Relations Theory and Practice program graduate Ruth Manville reads her poem on behalf of the 2008 Graduating Class at their graduation party (see next column).

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## Address to the IPI Graduates By Norma Caruso (Small group leader)



Norma Caruso (*top l*) with 2008 program grads: Charlene Tilson, Jackie Montrie, Ruth Manville, Mindy MacDougall, Program Chair Paul Keohler, Director David Scharff. *Bottom Row:* Graduates, Alicia Krier, Jane Garbose, Gerard Garcia, Marien Chamorro and Jane Blackwell

Alicia, Charlene, Gerard, Jackie, Jane B, Jane G., Marien, Mindy and Ruth -- Here you are in alphabetic order on graduation day, but I ask each of you to imagine that I put your name first. It is not an idle exercise or a frivolous fantasy. It is my way of telling you that each of you occupies a special place in my mind and heart. Thank you for what you have given me. You have touched me deeply.

From our first summer together you were aware of the challenges you faced. You conveyed this to me in many ways. But one way, in particular, stands out in my mind. The words were spoken by one member, but as you all know by now, they were spoken on behalf of the group. It was your reference to me as Mighty Mouse. To me this image reflected the smallness that you felt in the face of, what seemed like a monumental task, along with the wish that I be the hero (or heroine) who would fly in and save you from this villain as I sang "Here I come to save the day."

But let's consider the character of Mighty Mouse a bit more. This mighty, superhero is a mouse, a contradiction. And I heard in this contradiction your hope that I would be strong enough to hold you and contain your anxieties and projections, while being small and quiet enough to hear your voices, and thereby provide you with the psychic space to soar. I truly wish that I could have accomplished this task at all times. Likewise, I wish that IPI could have served as the ideal container for you. But no doubt, this has not always been the case.

So I will settle for the hope that I have been the "good enough" group leader and IPI the "good enough" institution that supported your ability to bear frustration, as well as satisfaction, failure, as well as success, and suffering, as well as joy; and that through this process you have been able to learn from your experiences over the last two years. I also hope that through your experiences at IPI you have a fuller appreciation of your own contradictions. To paraphrase Walt Whitman, though you feel small as a mouse, you contain multitudes.

I believe an appreciation of your largeness and complexity holds the possibility of being open to new ideas and diverse people, a state of mind vital to our interactions with our clients, and more globally, with the world at large. As we gather to celebrate your completion of the two year core program, I invite you to continue to bring your multitudes to the IPI community. You have much to offer and I am certain you will enrich it. Congratulations to all of you!

## We Can't Tie It Up In a Simplified Platitude Continued from page 1

Lest you assume that you can figure us,  
We existed pre-thought, in autistic contiguous.  
Jabbing and poking, it felt quite abusive,  
Logically thinking we should be more inclusive.

Longing for space, we learned that rage  
Is neither a function of intellect nor age.  
Never enough, it kept us all yearning,  
Our affects colliding, frustrations churning.

Lives left behind, our emotions did travel.  
Designed to contain, the frame was a gavel.  
Indeed it set limits, it left us all squirming.  
At the end of a small group, now what are we learning?

But we hung in there, we suffered our bareness,  
The reward for our efforts ...increased awareness.  
We've had many moments of compassionate holding,  
Our thoughts, our affects, ourselves enfolding.

If we could but hold onto them, not to regress  
Then we might emerge beyond this mess.  
Or would the paranoid schizoid rule us forever?  
Could we ever maintain a mature endeavor?

In despair and resignation, could we finally evolve?  
To the depressive position and have it resolve?  
From Vermont to Panama, East coast to West  
We'd traveled from far to give it our best.

Neurobiology from Schore, Kernberg by the ocean,  
Affect regulated by Lachman, the dizzying notion.  
That if we hung in there with Ferro, it'd all blend togetha'  
We'd have sauce from tomato bits, then we'd be beta.

No, then we'd be alphabetized, a much better stew,  
And we'd remember all over, as in Perelberg's après-coup.  
If we emerge from this womb, then who will hold us?  
It's Dark at the End of the Tunnel, says Bollas

While we'd love to offer a tidy rendition  
In the end we still suffer the human condition.  
Birth is so painful, no wonder resisted,  
Then so exposed, new defenses enlisted.

Now as the laboring has come to a close,  
We are all pondering the path that we chose.  
The months have gone by, and our memory mellows.  
Some will be finishing, some will be Fellows.

While we can't tie it up in a simplified platitude  
To all at IPI we offer our gratitude. 🌸

**Address to the International Institute for Psychoanalytic Training (IIP) Graduates**  
**Jill Scharff**

Thank you Paul for inviting me to address the IPI community at graduation on the occasion of the first graduation from the **International Institute for Psychoanalytic Training**, the new psychoanalytic training program at IPI, and thank you, Paul, for inviting us to share our work at IPI lunch-time case conferences, and for organizing all the weekend conferences which constitute an important part of the analytic training. Thank you to IPI faculty for contributing to the analytic program by teaching the infant observation segment, the family and couple requirement, and the required elective courses. I also want to thank Sharon and Doug, Bob, and David, for working with me on the Training Committee to develop a unique program. No-one could have a more supportive and inspiring group of colleagues. And thanks to all the friends and family who supported candidates and faculty to establish and complete this arduous training program.

All 6 candidates of the class that began in the summer of 2004 graduate together today. What did this program, this combination of personal analysis, working with several analytic patients, learning with supervisors, reading the analytic literature, and meeting in seminars and affective groups mean to them? I could try to tell you, but I think it is more vivid and meaningful for you to hear it from some of the candidates.

*"It saturated my mind and experience—it really took over my life and thinking for three years—and from that place, I felt a depth and breadth of learning from experience that I had not had before."* **Nancy Bakalar**

*"Even though I have studied for so many years, I felt the analytic training was an eye opener to a much different dimension."* **Lea Setton**

*"Even though it was too ego psychological for my liking especially since we are an object relations institute at our 'bones' I found the training to be an experience which helped me to integrate my thinking about psychoanalysis and broaden my skills."*

**Stan Tsigounis**

*"It is something that has changed my life, and it has changed my patients' lives. Other people knew it before me."*

**Betty Benaim**

And lastly, *"I waited ten years for this institute to form because I wanted analytic training to be the kind of challenge that it turned out to be -- not just a cookie cutter academic formula, but the chance to truly stretch and grow as a professional and a person."* **Geoff Anderson**

So now to you newly qualified analysts, I say on behalf of the Training Committee, "Thank you for all your hard work, for your contribution to teaching and learning at IPI, and for being the class that inaugurates the International Institute for Psychoanalytic Training at IPI. Many congratulations, and welcome to our psychoanalytic community at IPI."



*Top Row:* IIP Faculty Doug Dennett, Sharon Dennett, David Scharff, Jill Scharff and Bob Rovner. *Bottom Row:* IIP Graduates Stan Tsigounis, Lea Setton, Judith Rovner, Betty Benaim, Nancy Bakalar and Geoffrey Anderson



Patrizia Pallara, LCMFT, ADTR, Graduate of the Couple Child and Family Psychotherapy Program with Daivid Scharff, MD, IPI Director



Maria Eugenia Despaigne de Martin, Psychologist, and Clinical Application Program Graduate with Program Chair Sheila Hill, MSW



Christopher Paranicas, MSW, Clinical Application Program Graduate (right) with Sheila Hill, Program, Chair

## Paul Koehler describes the 2008 summer institute of the 2-year program in Object Relations Theory and Practice in Chevy Chase, Maryland

This year's IPI Summer Institute will be on the theme of infant observation. Christine Norman and Nancy Bakalar, each of whom currently lead an infant observation seminar, and several of the IPI faculty, will be teaching the theory and technique of infant observation and its significance for psychotherapists.

Chris will be making two didactic presentations; Nancy will be presenting a case, and leading the discussions of the students' infant observations in the large group. Each day will also include a case presentation by an IPI faculty member -- and one by this year's student presenter, Randy Freeman.

### **Will every participant observe an infant?**

Yes, we will ask each student to do an observation and write it up for sharing and discussion during the week.

### **Which of the IPI faculty teach?**

David Scharff, Jill Scharff, Charles Ashbach, Sheila Hill, Paul Koehler, and Chris Norman will be making didactic presentations. Karen Fraley, Anabella Brostella, Nancy Bakalar, and Colleen Sandor will present cases.

### **How much reading will there be?**

I will try to keep it manageable. We will read some of the classic papers by Esther Bick, Jeanne Magagna, and others.

### **What is the task?**

Our task is to make use of experience in learning from infant observation to recognize and make use of the non-verbal aspects of transference and countertransference and projective and introjective identification. Our goal in using infant observation is to understand early development and develop our skills in the clinical situation.

### **What are you hoping the class will learn?**

Several things. Certainly to appreciate the important contribution of infant observation to our field--to our body of knowledge and our theory. Also the usefulness of what infant observation has to offer us. I'm hoping the class will learn both to look for--and also to see-- the infant that is still inside of each patient who comes to our office.



Paul Koehler, MSW (left) Chair of the two-year program in Object Relations Theory and Practice, shares a light moment with April 2008 conference presenter Christopher Bollas and David Scharff.



The 2007-2008 Fellows Group (bottom row l-r): Bill McCreary, Ph.D., Mona Mendelson, MSW, Bonnie Eisenberg, Ph.D., Rachel Kaplan, MSW, Veronika Seles, Ph.D.(c) and Patrizia Pallaro, LCMFT, ADTR, with Program Chair Paul Koehler, MSW, Fellows Group leaders Mike Stadter, Ph.D. and Chris Hill-Melton, Ed.D. and IPI Director David Scharff, M.D.



Charles Ashbach, Ph.D. at the "Psychotherapy Terminable and Interminable" conference he organized in February 2008 (left).

IPI Faculty member Carl Banini, LCSW, BCD presents his paper, "Is There an Ending In-Sight?" at the conference, chaired by Jane Prelinaer, MSW (below).



### **2008-2009 Weekend Conference Presenters will include:**

- Miera Likierman, Ph.D., October 17-19, 2008
- David Bell, M.D., February 6-8, 2009
- Earl Hopper, Ph.D., March 6-8, 2009 in Panama
- Anthony Bass, Ph.D., April 24-26

**See the Calendar of Upcoming Events on pages 11-12**

## Memories of the Beginnings of IPI

### Sharon Dennett, Burlington, VT

My earliest memory goes back to a conversation with David Scharff and Barbara Shapard of Arlington Virginia, following a presentation by Otto Kernberg, I think, hosted by the Washington Psychoanalytic in the early to mid-80's in which we began playing with the idea of a program of study that would both invite guests from outside and allow for clinicians from outside Washington to travel to participate. At the time I had moved from DC to North Carolina and was traveling back and forth intermittently to participate in professional activities and was lamenting the loss of a closer community. I also linked it with my experience with summer camp and people from great distances traveling to be together. David, of course, took these musings and created a program that allowed for both ideas of travel. While IORT had a separate history, for me the 'origins' go back to these roots.

### Walt Ehrhardt, New Orleans, LA

I was a student in the WSP Institute for Group Therapy Training, and experiencing considerable anxiety and even some guilt that I was not part of the solution for the Object Relations Theory and Therapy Training that Jill and David were struggling to keep afloat after David left the Washington School. And then there came the information about the Fairbairn Conference in New York. I registered immediately. That experience was similar to a reunion. I felt "at home" once again.

My intent was to ask how I could be of help in the New Orleans professional mental health community. Jill and David extended to me the invitation to affiliate as Faculty person, and I was truly humbled by the support and acceptance that I have so deeply valued. I did not realize how much challenging work we were engaging ourselves in accomplishing, and I am so pleased that IPI has evolved into its current transformation. I think of all of you in my work each day, and thank you for your help in my growth.

### Judith Rovner, Chevy Chase, MD

It's been 19 years since the inauguration of the Object Relations Theory and Technique Program (ORTT) at the Washington School of Psychiatry. My first memory of walking into the great room of the Washington School of Psychiatry in July 1989 was seeing 44 other students, a faculty of 10 or so, and feeling the excitement in the air as a new program was being inaugurated. From John Steiner as the first weekend guest and continuing with Hannah Segal and Christopher Bollas came exhilaration of having a first hand experience with such distinguished analysts. Memories of conversations over meals in Dupont Circle, getting to know my fellow students including Paula Swaner, Sheila Hill and Yolanda Varela, the first annual graduation party at David and Jill's. The shape of the program was the same with two summer institutes (then each two weeks long!), and four

weekends a year for two years. In 1994, I joined the ORTT faculty and experienced a new excitement and challenge and even greater appreciation for all the work that went on behind the scenes and that enabled me as a student to have had such a containing experience.

After a break from the Washington School, the faculty founded a new institution called the International Institute of Object Relations Therapy and began a new program in Object Relations Theory and Practice. The inaugural class of 13 which began in July 2005 was half Panamanian, giving a decided Latin flavor to the experience, as reflected in the music and dancing at the graduation party. Kent Ravenscroft and I led the two small groups. I recall with warmth the many conversations we had about our experiences. I have vivid memories of the work that went on in my small group which included Betty Benaim, Karen Fraley, Anabella Brostella, and Leslie Russell.

I remember many discussions during 2003 and 2004 as to whether to change the institute's name and of the ultimate decision to become the International Psychotherapy Institute. The name changed to IPI but the heart and soul of the program remained. The original IORT faculty was designated founding faculty, satellites flourished, new participants came, the faculty grew in number and creativity as reflected in papers written, books co-authored, and innovative programs developed. Characteristic of its way of changing and responding to new potentialities, a committee was formed in 2002 to explore the possibility of offering an analytic training program. As the non-analyst member of that committee I have memories of the many discussions about the character of an analytic training program, what its requirements and curriculum would be and about the goal of having the program be an integral part of IPI. I recall the moment in time when I realized that the very program I was helping to shape was one I wanted to take! So in July 2004, I joined the inaugural class of candidates in the International Institute for Psychoanalytic Training. With my fellow candidates, Stan Tsigounis, Lea Setton, Betty Benaim, Geoff Anderson, and Nancy Bakalar, I graduated in April 2008 (see photo on page 3). For me it was the fulfillment of a dream and an important moment in my professional growth.

So, 19 years and four acronyms later I have feelings of pride and pleasure that I helped shape such a unique program, gratitude for the many deep and longstanding friendships I've made and for the many memories I carry. Nineteen years of memories and counting.....

***Ed: We'd like to hear from more of you with memories to share about IPI. Please email them to: [jillscharff@theipi.org](mailto:jillscharff@theipi.org).*** 

## IPI Update

### International Couple, Child and Family Therapy Conference, Salt Lake City, Utah March 2008. Jim Poulton

IPI held its biannual International Couple, Child and Family Therapy Conference in the beautiful environs of Salt Lake City, Utah. The conference theme - Encountering the Slippery Slope in Psychoanalytic Family Therapy – was perfectly reflected by the snow-covered ramparts of the nearby peaks, and conference participants were treated to grand displays of springtime weather in the mountain-ringed valleys of Utah.

The conference, chaired by Carl Bagnini, with help from David Scharff, Jim Poulton and Paul Koehler, drew presenters and participants from all over the world. The keynote addresses, in particular, featured American and international speakers who are on the cutting edge of analytic approaches to child, couple and family treatment. Molly Ludlam (Scotland) spoke about the interactive causes and effects of post-natal depression in couples. Mike Stadter (Washington DC) described the intersubjective aspects of madness in families. Qijia Shi (China) discussed the role of cultural factors in the treatment of psychosomatic disorders in China. Andrew Balfour (London) spoke eloquently of the losses to be faced in old age, especially in the realms of intimacy and sexuality. David and Jill Scharff (Washington DC) gave an in-depth presentation on the interpersonal unconscious. And Carl Bagnini (New York) described the wrenching adjustments a family had to make to losses related to 9/11.

Aside from the keynote addresses, participants had their choice of concurrent presentations by a wide variety of speakers. These presenters spoke about such diverse topics as: the effects of internet pornography on marriages; disorganized attachment in borderline couples; a family therapy approach to Munchausen by proxy; adolescence in the context of exile, loss and trauma; advances in play therapy with children; and the use of countertransference as a way to understand resistance within the couple.

By all accounts, the conference was a great success. Thanks to all who made it possible!



IPI Director David Scharff with Salt Lake Conference Guest presenters Qijia Shi (China), Andrew Balfour (London), and Molly Ludlam (Scotland)

### IPI STRATEGIC PLANNING COMMITTEE UPDATE

Mike Stadter, PhD  
Faculty, Board Vice-Chair and SPC Chair

I wanted to give you an update on our Committee work which began in October, 2007, and is continuing. As noted in a previous newsletter, the other committee members are Chris Hill (Treasurer of the IPI Board), Christine Norman (Faculty, IPI-Salt Lake City and member of the Newsletter Committee), Jill Scharff (Secretary of the IPI Board and Chair of the Psychoanalytic Training Program, and member of the Newsletter and Development Committees). Attending ex-officio is David Scharff (Chair of the Board, Director of IPI). Our mandate is to look to the future of IPI and to help IPI intentionally develop its future. We already have spoken with a number of members of the IPI community, many of you have also approached us, and we will be talking with many more of you over the next few months. Please contact me (mikstadter@aol.com or 301-656-4778) if you have any suggestions, other input or concerns.

We are still in the data gathering stage but our work is focused on the following 3 key issues.

#### LEADERSHIP AND THE FUTURE

IPI in the future will continue to benefit from David's and Jill's active leadership, but a gradual and intentional leadership transition process needs to be developed as they reduce their involvement in the day-to-day administration of IPI. Some recent developments are noteworthy. Over the last few years, the Scharffs have distributed many responsibilities among various faculty members. Also, the Faculty Executive Committee has developed a rotation system to bring new members onto the Committee as others end their tenure. These effective processes can serve as models for the future. A very recent change is that Jill announced she is stepping down as Co-Director of IPI. This will require others taking on some of those responsibilities. Questions we are considering include: What form should the top IPI leadership take (e.g., IPI Director) in the future? How shall IPI facilitate others taking on new responsibilities throughout the Institute? What timetables will best support these processes? How can we maintain continuity with the changes?

#### FINANCIAL STABILITY

Over the past several years, with careful financial management, we have maintained the diverse programs and services of IPI with a balanced budget. While IPI continues to explore additional funding through grant-writing, this can assist with specific programmatic offerings but it does not support basic administrative

**Continued next page**

## Strategic Planning Committee Update, Continued

costs. Also, fund-raising efforts will continue but we presently do not anticipate major changes in Institute income and we will continue to be very dependent upon student fees and faculty dues. So, for the foreseeable future, we envision working within the type of budget that IPI currently has. One option to consider that can help our financial stability would be to consider various types of partnerships with other organizations. Recent examples of partnerships include IPI-Salt Lake City's partnership with Westminster College and IPI's co-sponsorship of the Prejudice Conference with the International Association for Applied Psychoanalytic Studies and the International Journal of Applied Psychoanalytic Studies. Questions being considered are: How can we continue to offer diverse and high quality programming within the current budget constraints? How to take into consideration the significant costs for students and faculty (tuition, dues, travel) for the future? How would different types of partnerships assist with financial stability? Are there any possible options to significantly change our financial picture?

### FUTURE ORGANIZATIONAL STRUCTURE

The structure of IPI has evolved throughout its existence and will continue to do so. As I noted with leadership, this process should be a gradual, realistic, and intentional one. It is clear to us that any plan for a future structure must be one that preserves and promotes the core values and distinctiveness that have made IPI the unique international learning community that it is today. During the past few years, there has been movement in the Institute toward some de-centralization with diverse programming and core program weekends being offered at the 3 Institute Chapters: IPI-Salt Lake City, IPI-Pamana, and IPI-Metro DC. Among the questions: What is the optimal de-centralized/centralized balance? With Chapters and faculty in so many different sites, what is needed to maintain the core IPI culture? How should Chapters inter-relate? What connections make the most sense among the Chapters, IPI central administration, and faculty in other sites? Should we develop more Chapters?

We will be providing updates as we continue our work.



Strategic Planning Committee Chair Mike Stadter, Ph.D. (far right) presents during the "Psychotherapy Terminable and Intermittent" conference with (from left) IPI Faculty Karen Fraley, M.S.S., Carl Bagnini, LCSW, BCD and Sharon Dennett, MSW

## Development Committee News

### IPI's First Corporate Donation: Mauri Pioppo

Thanks to a great idea by Sheri Rosenfeld, IPI Board member and Development Committee Chair, IPI Metro held its first celebrity benefit in February 2008 featuring the delicate fine gold jewelry of Mauri Pioppo displayed at an exhibition and cocktail party co-hosted by Sheri and her friend Jody Mackler, a Chevy Chase designer. Mauri's jewelry enjoys a substantial celebrity following that includes Eva Longoria, Debra Messing, Sheryl Crow and Kyra Sedgwick -- to which we can now add some IPI Metro faculty! Like the folks at IPI, Mauri believes in working towards health (in her case using yoga for balance and energy as the foundation for creativity and beauty) and in service to the community, believing that



Mauri Pioppo

giving back generates abundance for everyone. Mauri came to IPI right after contributing to a Dona Karan Foundation event. IPI Metro expresses thanks to Mauri for her gracious donation to help establish the low-fee IPI-Metro Psychotherapy Clinic in Bethesda -- and thanks to all our friends and supporters whose purchases made it possible.

### IPI Metro Clinic Fund-raiser Raises \$5000!

On Friday evening May 2, 2009, IPI Metro held its first fundraiser to benefit our low-fee psychotherapy clinic. The evening was organized around the theme of "Psychotherapy Fact and Fiction: How Therapy is Portrayed in the Media." As a stimulus for discussion, the assembled, which consisted of both therapists (faculty and supportive colleagues) and lay people (friends and interested others), watched an episode of the HBO's popularly controversial series "In Treatment." The ensuing lively conversation chaired by IPI Metro Co-Director Sheila Hill continued informally as attendees mingled over wine and cheese. The event was a big success on all fronts; it raised over \$5,000 and sparked community interest in both our clinic and our many local training programs. We plan to make the fundraiser an annual event.

The Development Committee is actively recruiting new members as we intensify our efforts at IPI headquarters.

## Bonnie Eisenberg appointed as representative to The Consortium

The Consortium for Psychoanalytic Research (CPRinc) represents 13 local analytically oriented institutions and analytic institutes, including IPI. The various organizations work collaboratively to promote psychoanalytic research by putting on an annual conference. It's an example of integrated and concerted effort that goes some way toward healing the splits among psychoanalytic factions. The collaborative effort alone is worth supporting, and the conference itself is worth attending as it provides a valuable extension of analytic thinking.

IPI's representative to the CPR is Bonnie Eisenberg PhD. Bonnie is a newly elected faculty member of IPI (of which she is a graduate of the 2-year program, the Fellows group, and the Clinical Application Program), and a past president of the Washington Society of Psychoanalytic Psychology. As a faculty member of IPI-Metro she has been active as Chair of the CDP (Contemporary Dynamic Psychotherapy Program), the 1 year training program at IPI Metro. She is Adjunct Assistant Professor in the Psychology Department of the University of Maryland. Bonnie has been in private practice in Chevy Chase, Maryland for 30 years. Like many of us at IPI, she has attended a few of these research conferences and remembers especially the ones with Clara Hill who happens to be a close friend, and Drew Westen, an impressive presenter who was proposed by IPI that year.

The next CPR conference is on February 1, 2009. Jane Tillman, Ph.D. from Austen Riggs Hospital in Stockbridge, MA will present on "The Effect of Patient Suicide on Clinicians: A Qualitative Research Perspective."

## IIPT Accreditation Process

The International Institute for Psychoanalytic Training (IIPT) at IPI is in its 5th year with a class of 6 candidates now in their second year, and 6 graduates. Geoff Anderson, Judy Rovner, and Stan Tsigounis joined the teaching faculty in the spring and summer, and Nancy Bakalar, Betty Benaim, and Lea Setton will be co-teaching in the analytic theory and technique seminar this fall. The Accreditation Council for Psychoanalytic Education made a site visit to review IIPT's progress and we await its determination of our status. Please see the August newsflash for Lynn Stormon's article on the history and importance of the accreditation process.

## Master Speakers Videoconference Series 2008-09

**September 26, 2008**

**Nancy McWilliams** in Salt Lake City  
**The Psychodynamic Diagnostic Manual and Character Disorders**

**October 24, 2008**

**Nasir Ilahi** (British Psychoanalytic) in Long Island  
**Reflections on Narcissistic States – An Object Relations Perspective Part 1**

**November 14, 2008**

**Linda Hopkins** in Chevy Chase  
**Life and Work of Masud Khan**

**December 5, 2008**

**Richard Waugaman** in Omaha  
**Dissociative Identity and Multiple Personality Disorders**

**January 16, 2009**

**Virginia Ungar** (Buenos Aires Psychoanalytic) in Long Island  
**The Work of Child Analysis**

**February 13, 2009**

**Steve Tuber** in Long Island  
**Understanding Winnicott Part II**

**March 20, 2009**

**Steve Tuber** in Omaha  
**Understanding Winnicott Part III**

**April 17, 2009**

**Judith Mitrani** in Salt Lake City  
**Psychoanalytic Process**

**May 8, 2009**

**Nasir Ilahi** in Long Island  
**Reflections on Narcissistic States – An Object Relations Perspective Part 2**

This year's video series using the latest videoconference technology connects groups in Chevy Chase, Salt Lake, Long Island, and Omaha in real time. The presenter lays out the ideas for discussion and the groups interact across the Internet Protocol to engage in a lively discussion chaired by David Scharff. The good news is that, using new bridging equipment provided by our partner Westminster College in Salt Lake City, the series can now be extended beyond the original site to individuals and groups hooking in by their own computer or telephone.

So if you or your group is interested in joining, please contact [annainnes@theipi.org](mailto:annainnes@theipi.org) or [davidscharff@theipi.org](mailto:davidscharff@theipi.org) to discuss costs and arrangements.

## Infant Observation Seminar Continued from page 1

have a headset plugged into your computer, to call other folks on computers with headsets for free—the free part is great, the technology works pretty well most of the time, but we do have to “hang up” and start the call over once or twice each time. It is getting better and it works well enough.) We talk together, the seven of us (six participants from three time zones and five cities across the U.S., one supervisor) for two hour sessions, about twice a month. We spend the first hour talking about one student’s recent observation and the next hour reviewing a second student’s observation. The chosen student reads a few paragraphs and then we discuss it. In my seminar, five of us now have an infant (or even two infants--one participant observes twins!) so each student with an infant presents about once a month.

For those doing the observations, we had to “find” an infant. We contacted those we knew who might know of an expectant woman who might be willing to have an observer come into her home for six months (all we ask for up front is a six month commitment) to “just observe” her infant. Think about that: would you allow a stranger into your home when you just had a baby?

Many new parents aren’t able to take on the task, but as you can tell from reading so far, five of us have found couples willing to allow us to do just that. You meet with the family initially, explain that you would like to come and observe the infant for an hour (or so; different participants set up different lengths of time between 45 and 60 minutes). We explained that we would act like a “fly on the wall” and that the family should just go on about its business. We want to see the infant in his/her natural environment.

Once the initial appointment was completed, then we began our observations. I have had the good fortune of seeing “my” infant with his father for many weeks, then his mother, many times with both, with maternal grandma, the paternal grandpa, and with an adult babysitter on one occasion. I have enjoyed it so much and learned so much that I am opting to continue for the second year, and my family is willing to have me continue for that time. Realize that once you have completed an observation, you have to record verbatim, from memory, what just happened. I go out to my car after each observation, write out a note by hand, then go home. I usually have about one full page of hand written notes when I finish my notes. I do not type up every seminar’s notes (though at times I wish I did) but only those that I present to the seminar itself. In that case, I sit down at the computer and type up my recollection (usually within a few hours or days). I email the write-up to the other participants for the upcoming seminar. So the time involved is two hours in the seminar twice a month, one hour in observation each week (we miss about once a month because of schedules), about 45

minutes each observation to drive to the infant’s home and then to my home, and an hour write-up when I am going to present my observation to the seminar.

Those are the details, but what have I learned? This is an experiential seminar, that is, it is about the experience of observation and then presenting and processing. We have some readings, but they are minimal. (There is plenty out there to read on the subject, if you are interested.) I have learned:

- The power of containment is present in infant observation and psychotherapy
- We affect people (patients, infants, mothers, fathers, etc.) even when we are not around them except for a very short time every week
- More about the role of being “abstinent”
- A great deal about parent/child interaction
- A great deal about the thinking and feeling of an infant and how that relates to patients in sessions
- That the joy from being around an infant can be tremendous at times
- That the pain in watching parental failure can be overwhelming at times
- How to tolerate crying in a new way
- That we all came from somewhere and that somewhere is important in our lives and in the therapy session
- A great deal about my feelings about this infant and his family, which, really are parallel if not the same as my countertransference in a therapy session
- That I can watch a mother and child sleep for 55 minutes and not be bored for one second of the time
- That watching people love one another is very interesting
- That people go on with their lives even when a stranger is watching their infant
- That you no longer become a stranger at some point when you are just being an observer
- It is very hard to not say more when you want to, but it has helped me grow as a therapist to do so (or rather, not do so, not speak)
- I had no idea (denial) that the infant was going to someday crawl right over and touch me, which he did recently
- I had no idea (denial again) how much I wanted to touch that infant I had been “just” observing for seven months until he physically moved toward me and touched me
- My countertransference can be extremely powerful and the more I am aware of it, the better

I could go on at length about each one of these bullet points and I could add many more. I still have about 16 months of experience to go through, and I am sure I will learn even more. But I particularly want to tell you about

Continued on page 10

**Meira Likierman, distinguished speaker for the IPI conference, October 17-19, 2008**  
**Speaking with Judy Rovner and Mary Jo Pisano, weekend conference co-chairs**

**Could you tell us something about your development as a clinician and author?**

We lived in different places in Africa, and I was an only child. I had to fall back on my own resources and did a lot of reading. My interest in writing developed in childhood. I later realized that in my reading I was focusing on human relationships. By mid-adolescence I knew that I wanted to work with people, and the rest followed on from this.

**Could you tell us about your work week?**

At the moment my week consists of a mix of clinical work, teaching and writing. I have a private practice where I see adult and adolescent patients. I also work at the Tavistock, where I do clinical training, lecturing and doctoral supervision. In addition, I co-lead the Tavistock Infant Mental health Workshop and work clinically with children under five and their families. I live very close to the Tavistock, so going to work is easy, and sometimes students walk to my house for supervision. I have been doing this mix of work in different permutations for over 25 years, and have come to value it enormously over time.

**What are the benefits and challenges you find as a clinician and teacher?**

I think that I will need a whole book to describe the interest and enrichment that I gain from my patients and students. There are some difficulties also inherent in this profession. We find it hard to produce 'evidence' to a doubting public, and our work is never witnessed except by the patient. The many small insights and meaningful moments that occur in a session accumulate over time to form a sense of the human personality.

**What is your take on research into therapeutic action?**

It is impossible to measure this directly, although I am all for evaluating the outcome of what we do, even if we have to simplify. I am not cut out for this sort of research, but I feel that there is also a place for continuing to study our own psychoanalytic literature. This is why I have started a book on Bion. Ironically, he takes us away from materialist theories into the realm of something as ineffable as 'psychical quality'. It is challenging to find a way of showing his relevance today.

**Does anything else occur to you about your practice?**

The other issue that I give a lot of thought to comes from the fact that I work with different age groups, and see very different perspectives on life from my patients. Over

the years I have come across a lot of platitudes in the public mind – infants should know 'who is in charge', adolescents are impossible because they are all hormones, elderly people are sad because they lose their friends etc. In fact, the picture is much richer and more detailed, and I think there is a lot we can do with it. So I look forward to sharing my thoughts with you. 🌸

**Ed: See more of the Likierman interview in IPI Newsflash, July/August edition**

**Infant Observation Seminar , continues**

the joy: I got to see the infant have his first Halloween costume put on him (Winnie the Pooh) and crawl over to me in a crazy, silly way (to save him from his mom who put the big, fluffy, face-covering thing on him?) and I haven't laughed that hard in a long time (Mom and I were just rolling on the floor, it was so cute and touching and silly and funny).

In summary, the hard work of "just" being an observer of an infant is an extremely rewarding and powerful way to learn about being an analytic psychotherapist (and about yourself). The parallels between infant observation and psychoanalytic psychotherapy are many. Getting an experience that allows you to learn about psychotherapy without actually being in psychotherapy has tremendous value for anyone willing to look at self and other and learn more about both. (See the June/July issue of the IPI Newsflash for more on Infant Observation.) 🌸

**IPI METRO** | The Metro Washington Center of the International Psychotherapy Institute

**IPI Metro** provides Local training in the DC area. In 2008-09 IPI Metro will offer a **Child Therapy Seminar**, a **Clinical Seminar**, a

one-year course in **Sex and Sexuality in Contemporary Psychotherapy**; a **Contemporary Dynamic Psychotherapy Training Program**; "**Special Topics in Object Relations**" (a series of five Saturday workshops) and additional one-day workshops and events. See the calendar on pages 12-13 and visit [www.ipimetro.org](http://www.ipimetro.org) for more information.

# IPI Calendar of Upcoming Events

## September, 2008

- 13 Metro IPI Child Therapy Seminar begins**  
One-year seminar, meets one Saturday a month, September – May, Bethesda, MD, [www.ipimetro.org](http://www.ipimetro.org)
- 13 Metro IPI Sex and Sexuality in Contemporary Psychotherapy course begins**  
One-year program, meets one Saturday a month, September – May, Bethesda, MD, [www.ipimetro.org](http://www.ipimetro.org)
- 20 Metro IPI Clinical Seminar Program begins**  
One-year program, meets weekly through May 2009. Bethesda, MD, [www.ipimetro.org](http://www.ipimetro.org)
- 26 Metro IPI Contemporary Dynamic Psychotherapy Training Program begins**  
One-year program, meets for group supervision and classes Thursdays through May 2008. Bethesda, MD  
Individual supervision and supervised work in the IPI Psychotherapy Center, [www.ipimetro.org](http://www.ipimetro.org)
- 27 “Object Relations Child Therapy” with Jill Scharff, M.D.**  
**IPI Metro Special Topics in Object Relations Series, [www.ipimetro.org](http://www.ipimetro.org)**  
3-hour seminar in Bethesda, MD. \$50 or \$200 for all five (monthly September 2008-January 2009)
- 28 “The Psychodynamic Diagnostic Manual and Character Disorders”**  
**Nancy McWilliams, presenting from Salt Lake City, UT**  
Master Teacher Seminar (meets locally in Long Island, NY, Salt Lake City, UT, Omaha, NE and Bethesda, MD  
Connected by video; participants can also join by toll-free telephone conference call. CE: 2 hours; \$90)

## October, 2008

- 11 “Object Relations Treatment of Patients with Chronic Pain”, with Mona Mendelson, MSW**  
**IPI Metro Special Topics in Object Relations Series, [www.ipimetro.org](http://www.ipimetro.org)**  
3-hour seminar in Bethesda, MD. \$50 or \$200 for all five (monthly September 2008-January 2009)
- 17-19 Through the Life Cycle:  
The development of relating, identity and thinking in Klein, Bion and Winnicott  
with Meira Likierman, Ph.D.**  
An IPI weekend conference, Rockville Hilton, Rockville, MD; 9:00 a.m. Friday – 1:00 p.m. Sunday; CE: approx. 15 hours,  
\$505, \$485 advance registration discount (21 days in advance), additional member discounts available
- 18 Lecture and discussion: “How infantile needs, wishes and suffering are manifest in  
infancy and the lives of our adult patients”**  
**Meira Likierman, Ph.D.**  
Saturday morning lecture and optional small group discussion. Rockville Hilton, Rockville, MD, 9:00 a.m.  
Free to all IPI members (with a guest); \$30 for all others. Lecture and discussion provide 2.5 hours CE.
- 19 15<sup>th</sup> Annual Psychoanalytic Symposium of the Joint Institutes’ Candidates’  
Committee: “Affect Dysregulation, Toxic Shame and the Use of the Analyst’s Body”**  
2 pm to 5 pm, Baltimore-Washington Center for Psychoanalysis, Laurel, Maryland (see ad page 14)
- 24 “Reflections on Narcissistic States – An Object Relations Perspective, Part I”**  
**Nasir Ilahi (British Psychoanalytic) presenting from Long Island**  
Master Teacher Seminar (meets locally in Long Island, NY, Salt Lake City, UT, Omaha, NE and Bethesda, MD  
Connected by video; participants can also join by toll-free telephone conference call. CE: 2 hours; \$90)

## November, 2008

- 11 “Introduction to Object Relations Therapy”, with David Scharff, M.D.**  
**IPI Metro Special Topics in Object Relations Series, [www.ipimetro.org](http://www.ipimetro.org)**  
3-hour seminar in Bethesda, MD. \$50 or \$200 for all five (monthly September 2008-January 2009)
- 14 “The Life and Work of Masud Khan”**  
**Linda Hopkins, Ph.D., presenting from Chevy Chase, MD**  
Master Teacher Seminar (meets locally in Long Island, NY, Salt Lake City, UT, Omaha, NE and Bethesda, MD  
Connected by video; participants can also join by toll-free telephone conference call. CE: 2 hours; \$90)
- 22 “Connecting with Clients:  
How Object Relations Can Help You be a More Effective Therapist”**  
**with David Scharff, MD, Pier Ferrari, Ph.D., Patrizia Pallaro, LMFT and Sheila Hill, MSW.**  
An IPI Metro one-day workshop in Bethesda, MD. CE: 4.5 hours; \$150. [www.ipimetro.org](http://www.ipimetro.org)

Continued next page

## December, 2008

- 5 **“Dissociative Identity and Multiple Personality Disorders”**  
**Richard Waugaman, M.D., presenting from Omaha, NE**  
Master Teacher Seminar (meets locally in Long Island, NY, Salt Lake City, UT, Omaha, NE and Bethesda, MD  
Connected by video; participants can also join by toll-free telephone conference call. CE: 2 hours; \$90)
- 6 **“From Intrusion to Intimacy: Working with Nasty Couples”, with Sheila Hill, M.S.W.**  
**IPI Metro Special Topics in Object Relations Series, [www.ipimetro.org](http://www.ipimetro.org)**  
3-hour seminar in Bethesda, MD. \$50 or \$200 for all five (monthly September 2008-January 2009)

## January, 2009

- 16 **“The Work of Child Analysis”**  
**Virginia Ungar (Buenos Aires Psychoanalytic) presenting from Long Island**  
Master Teacher Seminar (meets locally in Long Island, NY, Salt Lake City, UT, Omaha, NE and Bethesda, MD  
Connected by video; participants can also join by toll-free telephone conference call. CE: 2 hours; \$90)
- 24 **“Madness Runs in Families and it Runs Both Ways:  
The Impact on the Couple of Serious Psychological Disturbance in their Adolescent or  
Adult Children”, with Mike Stadter, Ph.D.**  
**IPI Metro Special Topics in Object Relations Series, [www.ipimetro.org](http://www.ipimetro.org)**  
3-hour seminar in Bethesda, MD. \$50 or \$200 for all five (monthly September 2008-January 2009)

## February, 2009

- 6-8 **Thinking, Loss and Negation  
with David Bell, M.D.**  
An IPI weekend conference, Rockville Hilton, Rockville, MD; 9:00 a.m. Friday – 1:00 p.m. Sunday; CE: approx. 15 hours,  
\$505, \$485 advance registration discount (21 days in advance), additional member discounts available
- 7 **Lecture and discussion: “Nothing Matters and Everything is Permitted; Hannah Arendt  
and the Evil of Mindlessness”**  
**David Bell, M.D.**  
Saturday morning lecture and optional small group discussion. Rockville Hilton, Rockville, MD, 9:00 a.m.  
Free to all IPI members (with a guest); \$30 for all others. Lecture and discussion provide 2.5 hours CE.
- 16 **“Understanding Winnicott, Part II”**  
**Steve Tuber presenting from Long Island**  
Master Teacher Seminar (meets locally in Long Island, NY, Salt Lake City, UT, Omaha, NE and Bethesda, MD  
Connected by video; participants can also join by toll-free telephone conference call. CE: 2 hours; \$90)
- 28 **“Introduction to Psychodynamic Psychotherapy”**  
**with David Scharff, M.D. and Jill Scharff, M.D.**  
**A one-day Conference for Graduate Students in the Mental Health Field**  
Co-Sponsored by IPI Metro, the Howard University School of Social Work and the Howard Medical School  
Department of Psychiatry. [www.ipimetro.org](http://www.ipimetro.org)  
At Howard University, 10:00 a.m. – 4:00 p.m. Free of charge to students and graduate program faculty.

## March, 2009

- 6-8 **Group Analysis: Theory and Practice in Small and Large “Groups”**  
**with Earl Hopper, Ph.D.**  
**Held in Panama City, Panama**  
An IPI weekend conference in Bethesda, MD; 9:00 a.m. Friday – 1:00 p.m. Sunday; CE: approx. 15 hours,  
\$505, \$485 advance registration discount (21 days in advance), additional member discounts available
- 7 **Lecture and discussion: “The Social Unconscious in Persons and Groups”**  
**Earl Hopper, Ph.D.**  
Saturday morning lecture and optional small group discussion. **IN PANAMA CITY, PANAMA (see conference  
information above)**. Free to all IPI members (with a guest); \$30 for all others. Lecture and discussion, 2.5 hours CE.
- 16 **“Understanding Winnicott, Part III”**  
**Steve Tuber presenting from Omaha, NE**  
Master Teacher Seminar (meets locally in Long Island, NY, Salt Lake City, UT, Omaha, NE and Bethesda, MD  
Connected by video; participants can also join by toll-free telephone conference call. CE: 2 hours; \$90)

Continued next page

March, 2009, continued

- 28           **“Psychotherapy with Couples: An Object Relations Approach to Understanding and Working with common Clinical Situations”**  
**with David Scharff, MD, Rachel Kaplan, M.S.W., Sheila Hill, MSW., and Kate Scharff, M.S.W.**  
An IPI Metro one-day workshop in Bethesda, MD. CE: 4.5 hours; \$150. [www.ipimetro.org](http://www.ipimetro.org)

April, 2009

- 17           **“Psychoanalytic Process”**  
**Judith Mitrani presenting from Salt Lake City, UT**  
Master Teacher Seminar (meets locally in Long Island, NY, Salt Lake City, UT, Omaha, NE and Bethesda, MD  
Connected by video; participants can also join by toll-free telephone conference call. CE: 2 hours; \$90)
- 24-26       **The Therapeutic Relationship and the Dialogue of Unconsciousness:  
A Weekend Clinical Workshop  
with Anthony Bass, Ph.D.**  
An IPI weekend conference, Rockville Hilton, Rockville, MD; 9:00 a.m. Friday – 1:00 p.m. Sunday; CE: approx. 15 hours,  
\$505, \$485 advance registration discount (21 days in advance), additional member discounts available
- 25           **Lecture and discussion: “Psychoanalysis as Mutual Analysis:  
Ferenczi’s Mutual Analysis Updated”**  
**Anthony Bass, Ph.D.**  
Saturday morning lecture and optional small group discussion. Rockville Hilton, Rockville, MD, 9:00 a.m.  
Free to all IPI members (with a guest); \$30 for all others. Lecture and discussion provide 2.5 hours CE.

May, 2009

- 16           **“Reflections on Narcissistic States – An Object Relations Perspective, Part II”**  
**Nasir Ilahi presenting from Long Island**  
Master Teacher Seminar (meets locally in Long Island, NY, Salt Lake City, UT, Omaha, NE and Bethesda, MD  
Connected by video; participants can also join by toll-free telephone conference call. CE: 2 hours; \$90)

**15<sup>th</sup> Annual Psychoanalytic Symposium  
of the Joint Institutes’ Candidates’ Committee**

**"Affect Dysregulation, Toxic Shame and the Use of the Analyst's Body"**

Case presentation by Janet Dante, MA, MSW, LCSW-C

Discussion by supervising faculty  
Washington, Freudian, and Baltimore Psychoanalytic Institutes,  
and the Institute for Contemporary Psychotherapy and Psychoanalysis

IPI faculty member Sharon Dennett, LCSW, FIPA, Dean, will be the discussant for  
International Institute for Psychoanalytic Training at IPI

Sunday afternoon, October 19, 2008, 2 pm to 5 pm.  
Baltimore-Washington Center for Psychoanalysis Laurel, Maryland

\$20.00 for full-time students; \$45 for advance non-student registration; \$50 for walk-in registration  
Write check to JICC and mail check to " JICC, c/o Lindsay B. Brancato, 5480 Wisconsin Avenue,  
Suite #204, Chevy Chase, MD 20815

*Ed. I like to attend this lively inter-group event where analysts and therapists at all levels  
from various institutes get together in respectful collaboration to consider all points of view.*

**FOR INFORMATION ON ALL IPI PROGRAMS CONTACT IPI • 301-215-7377**  
**[info@theipi.org](mailto:info@theipi.org) [WWW.THEIPI.ORG](http://WWW.THEIPI.ORG)**