

Viewpoints

points

in psychoanalysis

Spring 2018



Is Alcoholism a Repetition?

By Neil Wilson, PhD

Viewpoints is a publication of The New Jersey Institute For Training In Psychoanalysis; a forum for sharing, debating, and analyzing the historical, academic, political, and experimental aspects of the psychoanalytic experience.

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It has been reported that there are more than 17 million alcoholics in the United States, with many more men than women. This number is staggering. It should be noted that the usual underlying diagnosis is depression. Why men, more than women, turn to this depression alleviator is not clear. Perhaps it ties in with an unmet infantile need for the comfort of the mother and her breast milk.

Over the years, I have worked with only male alcoholics. The success rate has been pretty good. If an alcoholic starts analysis, this is obviously a step in the right direction. The final step, almost always, has been for the patient to attend Alcoholics Anonymous.

A different perspective may sometimes be gained through seeing the wife of an alcoholic. The wife aiding and abetting her alcoholic husband presents a frequent stereotype, and is almost always a huge issue. This brings to mind two recent cases of mine. The first involved the wife of a man who turned to alcohol some twenty years ago after losing his rewarding job. He worked at an important position at a famous restaurant that suddenly closed. He was devastated, and turned to drinking – a major symptom of his depression. Through her analysis, we worked on the wife's reluctance to ever take a strong stand, especially regarding her husband's alcoholism. This related to her identification with her own mother, who was the weak, obedient one in her own marriage. After some time, the wife finally put her foot down and demanded her husband stop his drinking. He subsequently went to AA, and finally quit.

The second case was of a man who drank every night after retiring from a good job. He would be up until 3 a.m., and come to bed drunk. Again, the analysis dealt with the wife's going along with the situation, not complaining, and "sucking it up," as she would say. After a substantial period of time, she overcame her detachment and convinced him to enter psychotherapy. His therapist proposed the solution of having the wife, my patient, dole out alcohol to her husband every night rather than having him drink by himself. The idea was to offer a little less each night, with the goal of his finally quitting. Frankly, the plan sounded silly. However, within a month the husband gave up alcohol. I was astounded, as was the wife.

On reflection, in each case the wife took charge and controlled the situation. On further reflection, especially regarding the- *continue to page 2 -*

second case, giving control of the alcoholic “feeding” to the wife may even have had a reparative meaning. In this second case, “weaning” was perhaps symbolically repeated under mutual, caring circumstances that countered her husband’s regressive depression.

An interesting question would be to inquire how breast-feeding and weaning have been handled by the mothers of alcoholics. Exploring the hypothesis of an underlying depression with this origin for perhaps all alcoholics might make this a valuable study. This dynamic may be at the forefront of our work with alcoholics.

So, now America has 17 million alcoholics minus two.

“Pain, Attitude, Multiplicity, Possibility”
A Presentation by Dr. Michael Eigen
October 29, 2017

Reviewed by Candace Orcutt, MA, PhD

Michael Eigen is a paradox. As he embodies his preferred figure of speech, he at first presents himself as older – slightly stooped and introspective – and then abruptly releases a spontaneous child-self who startles us into emotional interaction. Alternating reverie with lively interchange, Dr. Eigen engages his audience in a far-ranging exploration of our perplexing nature.

As the New Jersey Institute’s invited annual speaker, Dr. Eigen considered a diversity of insights – some complementary, some contradictory, in agreement or argument, but always in creative juxtaposition. And, in keeping with the topic of his presentation, many were thoughts in relation to the human experience of pain.

“No human being ever lived without pain:” Dr. Eigen interspersed his presentation with readings from his latest book, *Under the Totem: in Search of a Path*. “We ask questions about pain that cannot be answered. Yet something happens when we focus on it in therapy.” He continued, reflecting on the paradox of human experience that needs pain as well as love for healing, and even unites them, as in Bion’s “suffering joy.” To be whole, we must experience all our feelings, and the therapist must “hold the conflicting tensions” of pain and love in the patient’s psychic reality to enable the patient to own the possibilities of his or her being.

Following his conviction that “there is no such thing as a digression,” Dr. Eigen, in his characteristic way, widened his reflections to consider the parallel realms of the individual body-mind, the sociological and the mystical. “Any place you enter has an effect on other places,” and wherever the search for being begins, our courage to persist opens us to new dimensions.

This “matter of stick-to-itiveness” relates in particular to psychotherapy, where the therapist must find a way to persistently support the patient’s whole emotional sense of being: to “work with the pain, let it develop,” is crucial to the therapeutic process. Dr. Eigen expressed concern that we are “in danger of losing emotional muscle,” that “something has gone wrong with emotional education, life and rhythm.” Psychotherapy has a responsibility to “give expression to the affect,” including the importance of maintaining our receptivity to the dynamics of psychosis.

The latter part of the day focused on a case sensitively presented by Susan Goldman, LCSW, which led to an animated exchange between Dr. Eigen, the therapist, and the attendees. The patient under discussion aptly exemplified the dilemma of love and pain in tension with each other. The patient, who longed for love, associated it with the pain of rejection, and so could only permit herself to have things she wanted symbolically, by stealing. Consequently, the patient would withdraw from treatment whenever she felt herself moving too painfully close to the therapist. Only after the therapist had steadfastly remained a “holding” presence throughout the patient’s “in-and-out” maneuvers, did the patient begin to risk the anxiety evoked by allowing herself a closer relationship.

Under the Totem states: “In addition to reconciliation, one can speak of interpenetration of opposites, an image of intense interweaving that can lead to deep growth.” In today’s presentation, Dr. Eigen eloquently argued how acknowledgment and containment of pain, however difficult for patient and therapist alike, is vital to the integration of the self.

Tribute to Joel Bernstein

By Neil Wilson, PhD

Joel Bernstein, PhD, the co-founder of NJI, passed away in February 2017, at the age of 80. I met Joel so many years ago. He was in class with me at the National Psychological Association for Psychoanalysis (NPAP). Luckily we discovered that we both lived in New Jersey and drove to Manhattan for classes. Happily, we then took turns driving each other to NPAP classes for the next few years.

Psychoanalysis in New Jersey in the 'seventies was a rare happening. There was one psychoanalytic institute in Bergen County sponsored by the Modern school. Joel came up with the idea of the two of us starting a school together. At first I thought he was "nuts". We were both about to graduate from the NPAP and were obviously raw beginners. Yet his persistence and passion slowly convinced me to do it.

We at first were a branch of the NPAP. Beginning teachers came from NYC and included Alan Roland, Art Robbins, Bob Mollinger, and Helen Goldberg. A large number of mostly female social workers signed up for classes. Stalwarts such as Art Gottdiener and Len Strahl became extremely involved faculty.

Joel and I directed NJI for so many years. I thank him for his devotion and hard work. So long, Joel .

Are Companies People?

By Charlie Rosen, PhD

Founder, R&R Professional Associates (Management Consulting)

Abstract: A company is a dynamic, complex, interactive system controlled by information generated by specialists that are more expert than their superiors, thus subject to distortion. Superiors are, thus, required to use secondary characteristics to evaluate the veracity of the information. Certain distortions in this information can lead to dysfunctional corporate behavior, that is linguistically similar to those of people, suggesting the possibility of using our knowledge of human behavior to improve our understanding of corporate behavior and vice versa.

Both companies and people are dynamic systems which are composed of various factors operating independently [e.g., for people; liver, heart, etc.; for companies; engineers, accountants, etc.] to achieve a common purpose.

Lawyers consider a company simply to be a legal fiction, helpful in conducting business, but, just as a building is more than a collection of bricks, a company is more than a legal fiction. It is a separate entity with properties of its own, different from those of its components.

Not only are companies different from their components, they may be different from each other. They are of two types: the small company and the mammoth-sized corporation. Today's giant corporations are not just expanded versions of their smaller antecedents, but are an altogether different species of entity.

For small companies, it is easy to define the relationships among the participants [factors], but as companies become larger and larger it is harder and harder to define these understandings among the members of the company.

In principle, the leader of the old fashioned organization was the best of the lot. It was commonly accepted that one rose to be head of an organization because he was better than others. A better warrior, a better craftsman, a better something—and that something had to do with the organization's product line or function. It wasn't too many years ago that when the boss wanted his child to take over the business, he had him start at the bottom—in the mailroom—and work his way up to the top. Everyone knew this was a charade, but it was considered important to put on the show that whoever ran the organization understood the details of the operation. Today, if you want to bring someone in—you bring him in right at the top. We consider it unreasonable, if we are to have a new president of the company, he would have to know how to put the product together by himself.

As companies become larger they require highly skilled specialists of many types in order to be viable—they require administrators, lawyers, technicians, salesmen, to name a few. Increasingly, most functions are turned over to these experts who are generated by specialists that are more expert than their superiors. The problems with information flow are the root cause of dysfunctional organizational behavior. The reason is for flawed information so frequently found in the modern organization are the fact that administrators are less qualified than their subordinates to evaluate information being transferred to them. If subordinates accurately assess performance and effectively pass this information along there would be no problem—however, this not always the case. The reason for less qualified supervisors lies with the complexity and large size of the modern corporation. With complexity comes specialization. With specialization it is clear that bosses cannot be as expert as every specialist working for them. They must rely on secondary indicators to establish whether - *continue to page 4* -

- continued from page 3 - or not the staff is supplying unbiased information. This is an ubiquitous concern and is the fatal flaw in the management of giant companies. While nobody is shocked to be told that different responses might be required in dealing with different types of systems, they are surprised to be told that today's large organizations, which look so much like their antecedents, are a different species.

Systems can be divided into two types: open systems and closed systems. The next exhibit describes the characteristics of the two types of systems.

Closed systems typified by the hard sciences of chemistry, physics, and engineering are usually small self-contained systems whose outcomes are independent of the environment. The outcomes there are well understood so we can use the so-called "Scientific Method" to find the cause of an outcome by studying the effect of changing one variable at a time. Memorization of these causes and effects is needed. It is a "KNOW-THAT" environment.

Open systems typified by the soft sciences of psychology, biology, ecology are usually composed of large, complex systems whose factors are overdetermined and interactive. It is not realistic to be able to work backward from an effect to its unique cause. Problem solving in open systems requires the use of heuristic approaches and understandings. Problem solving in these complex systems is an art not a science. It is a "KNOW-HOW" rather than a know-that environment.

BEHAVIORAL CONSIDERATIONS

There are striking similarities in the language used to describe the dysfunctional behavior of both people and organizations. Let's see if we can use what we know about one system to better understand the other.

Learning

The ability to learn is characteristic of animals and humans. Similarly, for organizations, when a new factory opens its doors, its output is only a fraction of that which it achieves later, much the same way as a person. The organizational crises associated with creation [birth], growth, maturation [commoditization] and decline [aging] of a business are described in much the same terms as applied to human development.

Depressed Companies

Depressed companies are lethargic and slow to react. They almost always have voluminous books of standard operating procedures which they follow in an obsessive-compulsive manner. The cause of such corporate behavior is excessive pejorative evaluation of employee performance. When people become defensive about their actions they find it better to say no or wait, than to make a mistake. Example: GM before financial crisis, Banks, Government agencies

Aggressive Companies or Risk-Taker Companies

An aggressive company usually has a minimum of formal procedures. Everyone is expected to be proactive and learn from their mistakes. They will search out opportunities and find ways to cut through red tape. Example: Apple, Oil Exploration companies

school social workers. Attending to the lived experience of the social workers and the students and parents they serve, each chapter offers clinicians who practice in a school setting an inside look at the daily experience of the school social worker.

The chapter I have contributed to this volume is entitled "Alternative Education Program Design". It deals with how the social work role was expanded, using psychotherapeutic skills to create a safe, supportive and thriving alternative high school in an urban school system. The writing focuses on the unique role I assumed in taking a school that operated largely in a crisis response mode, and worked to transform it into an environment where relationships took center stage. This created circumstances that led to increased self-determination, academic success and overall psychological stability within the student population. By facilitating communication, empathy and mutual respect among students, staff and school administrators, I was able to demonstrate how a school culture and climate can be transformed using psychotherapeutic skills.

Electra

By Janice Victor, LCSW, NCPsyA



School Social Work Redefined

By Eric Williams, DSW, LCSW, NCPsyA

The Social Work and K-12 Schools Casebook: Phenomenological Perspectives: Jaffe, Floersch, Longhofer and Winograd, eds., is a collection of case studies written by

The Creative Schizoid Personality

By Candace Orcutt, MA, PhD

Is it likely that a presentation on the schizoid personality – known for its detached humorlessness – would provoke an involved, even playful attendee participation? But that was my recent experience.

On January 15, 2017 I gave a talk, “Schizoid Fantasy: Refuge or Transitional Location?” sponsored by the New Jersey Institute for Training in Psychoanalysis and the New Jersey Clinical Social Workers. The lively response from an audience of over forty clinicians reaffirmed the paradoxical nature of the schizoid personality, and moved me to make this additional comment.

The schizoid individual tends to be socially evasive, yet has access to a creative inner world that (as McWilliams notes) may lead to contributions to society through innovation in the arts, science and philosophy. Consequently, as I suggested in my talk, this creativity may actually provide a potential for guarded social participation. The schizoid’s use of imagination and fantasy may represent an attempt to construct a compromise relationship between the self and others.

The British object-relationists, who put the schizoid personality on the psychic map, speak of someone caught in a dilemma of longing to relate, yet fearful of relationship. The schizoid cultivates fantasy as a compensation for loneliness, but the longing continues. In my talk I speculated that the schizoid can use creativity not only as a refuge, but as a bridge to connection with others. The receptivity of the therapist to the inventiveness of the patient’s personal world provides the opening to psychotherapy with the schizoid.

It is important to recognize the intense need for relationship in the paradoxically reserved schizoid patient. But how does this touch upon playfulness?

Winnicott, the pediatrician-analyst, relates schizoid states to the importance of play in early infantile development. He speaks of a transitional, “not-me” space, where the infant interacts with a “safe” transitional object (i.e.: Teddy Bear) in preparation for venturing into relationship with the outside world (i.e.: Mother). This playfulness is initiated in a “spontaneous gesture” by the True Self, and must be welcomed by a receptive “maternal environment” in order that transitional space be successfully established to provide an experimental approach to real relationship. Schizoid states arise from degrees of maternal inability to receive and protectively “hold” this first, critical infant activity.

In the case I presented, the patient was an energetic teenager who invited me to join with him in a fantasy world of pretend crime-fighters. The therapy was essentially a kind of play therapy that allowed the patient to test out interpersonal interaction in a game of make-believe that cautiously but steadily approached real relationship. The spontaneous gesture made by the patient, and his playful use of the transitional space provided by the therapy was so engaging, that the attending group was caught up by my description of it. We experienced together the playful energy potential in this creative location hidden or half-hidden in the schizoid personality (and, in fact, all of us).

A final thought. We comprehend the schizoid dynamic through the creative communication -- the writings -- of the British object-relationists as they struggled with their own schizoid issues as well as those of their patients (Fairbairn by inference, but Guntrip and Winnicott put it in writing). Curiously, these introspective analysts revolutionized the field by their insistence that analysis itself focus on relationship rather than inner fantasy only. We and our patients benefit from their imaginative insight and determination to understand and be understood. (This article was published in NAAP News, 40: 1, March 2017. Reprinted with kind permission of the National Association for the Advancement of Psychoanalysis.)

NJI Update

Wendy Winograd, DSW, LCSW, BCD-P

2017

• Jaffe, M., Floersch, J., Longhofer, J. and Winograd, W. (Eds.)
The Social Work and K-12 Schools Casebook: Phenomenological perspectives.
New York: Routledge.

• “Resuming the forward edge of development: psychoanalytically informed school-based intervention.” In M. Jaffe, J. Floersch, J. Longhofer & W. Winograd (Eds.), *The Social Work and K-12 Schools Casebook: Phenomenological Perspectives* (29-45). New York: Routledge.

• Review of *Nourishing the inner lives of clinicians and humanitarians: The ethical turn in psychoanalysis*, by Donna Orange and *What About Me?: The Struggle for Identity in a Market-Based Society*, by Paul Verhaeghe. *Psychoanalytic Quarterly*.

2016

• “Demeter’s compromise: Separation, loss and reconnection in mothers with daughters entering adulthood.” *Psychoanalytic Social Work*, 23 (1) 23-41.

• *Final Project for DSW - Website:*
“What’s So Important About Play?”
<https://aboutplay.org>

Maya Balakirsky Katz, Professor of Art History and Jewish Studies

Book Review: “Mary Bergstein, *In Looking Back One Learns to See: Marcel Proust and Photography*,” in *Images: A Journal of Jewish Art and Visual Culture* (2017): 17: 151-154.

Keynote speaker and program curator, “Drawing the Iron Curtain,” Jewish Film Festival, Lincoln Center, January 11, 2018.

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Grandma's Tomato Soup: Recognizing the Power of the Placebo

By Burton N. Seitler, PhD

When I was about 2 ½ years old, my mother took my older brother, Ron, and me on a long train ride to visit with her mother, sisters, brother, and other relatives who lived in Winnipeg, Manitoba. While I don't remember much of this event, there are a few things that I actually still recall sufficiently to write this story. Even now, when I think about that trip to the Midwestern part of Canada, I am reminded of a most wonderful memory of an incident involving my Grandmother and me.

As I recall the event, I had somehow hurt myself and was very upset. It wasn't anything terribly monumental. A doctor wasn't needed. Nothing as severe as that. Perhaps I skinned my knee or had fallen, or something of that sort. Nonetheless, I was a small child, in discomfort, in a strange place, and I was crying very very hard. Either I sought my grandmother out, or she found me, I'm not sure who looked for or found whom, or whether both occurred simultaneously. In any event, I was oh so terribly distraught, and was crying uncontrollably.

Was I inconsolable? Not to my grandmother. Grandma was from Ukraine and she had the savvy of the "old country." She spoke Ukrainian, Russian and Yiddish, but not English. But her lack of fluency in English was no impediment for her because she mainly spoke the language of love.

So, even though she could not speak any English, she made herself and what she was trying to communicate well known to me. It was less through verbal communication (although she did speak to me in Yiddish to try to soothe me) and much more through her overall manner. And, it was her approach, her mien, and her presence, rather than her words *per se* that helped to console me. It was her love and warmth, conveyed through the miracle of her tomato soup that transported me to safety.

I vividly remember her soft, round, full face, twinkly eyes, and warm, beaming smile, which nonverbally gestured to, and entreated me to feel better, and I can still hear the easy rhythm of her loving, soothing words, delivered to me by a voice that was as soft as a gentle whisper: "sha shtill mein kind" (hush hush, my little one); followed by her down-to-earth insightful advice which beckoned me to "ess ess, bubbaleh" (eat eat, sweetheart). If food really is (a form of) love, then she fully intended and was successfully able to fill me up with her largesse.

To those who might say that grandma's tomato soup merely served as a distraction from my woes, I will readily admit that this is true, but there is more to it than that. Much more. After all this time, I can now finally reveal a long-held secret, grandma's tomato soup contained magical cure-all ingredients: love, warmth, acceptance, understanding, wisdom and patience. Imagine, all that in just one bowlful of tomato soup, filled with white rice.

I can still taste it, even now. After all these years, I still remember my grandma's deliciously enchanted elixir: tomato soup. And all this time you thought it was chicken soup that was the curative source of penicillin?

As you can see by now, I believe that what we have to offer as psychoanalysts is very much like what my Grandma gave me. It's not prefrontal lobotomies, nor is it shock therapy or medication, it is what many have said in their own ways—the relationship. And, now the evidence is in that even where medication is dispensed, it often acts as a placebo, much like my Grandma's delicious tomato soup.

NJI Winter Symposium: Looking for Love in All the Right Places - A New Strategy

Reviewed by Jack Schwartz, LCSW, PsyD, NCPsyA

On January 14th, Dr. Les Barbanell brought decades of experience, along with his easy charm and intellect, to a sold-out audience at Teaneck's Ethical Culture Society. He presented a strategy for couples (and others) to help them navigate what he referenced as the "Lovecycle". The hypothetical "Lovecycle" consists of three phases: Romantic, Discovery, and Recovery. Dr. Barbanell discussed that the Romantic Phase has been described by many theorists and researchers, and highlighted Freud's idea that "falling in love" is very different than the state of "being in love." In this connection he also cited Relational analyst pioneer, Steven Mitchell, who described this phase as analogous to Fourth of July fireworks, that are explosive in ascendancy until they fizzle-out and come down to earth. The Discovery Phase provides a contrast to the early blissful state as couples discover their emotional communication style and their mutual capacity for conflict resolution. The Recovery Phase (Relapse Prevention) entails the "reincarnation" of former faulty communication and action patterns in addition to unexpected challenges that threaten the attainment of Future Love; the endpoint of the Lovecycle. - *next page* -

Dr. Barbanell emphasized two major components of his strategy: The Mutual Learning Mindset—the antidote to the ubiquitous blame mentality, and “Tools of Engagement”—developed to help couples with conflict management. The target of his strategy is the “usual suspects” (communication impasses, acting-out, power play), in addition to lesser known saboteurs such as indirect communication, unconscious forces, “pretend mode” and imbalanced giving and receiving. He provided the symposium participants with examples of indirect communication including the misuse of technology, metaphors, cliches and hypotheticals in order to win an argument. He underscored that it is more important for intimates (and therapists) to be empathic and authentic rather than to be smart. In this connection, Dr. Barbanell referred to past and current research that supports the notion that the working alliance is the pre-eminent variable accounting for counseling and therapy success.

The informal tone of the presentation yielded an interactive approach that Dr. Barbanell encouraged. He telegraphed and demonstrated that going “off script” with our patients as well, promotes a spirit of equal participation and learning. He added a humorous touch when discussing one of the handouts to participants on the subject of “Love is...and Love is Not”. A disproportion of the exchange between Dr. Barbanell and the audience was on the subject of unconscious processes. He mentioned that the literature not his subject is sparse and suggested that counselors might be at a loss as to help couples address hidden forces, a major factor in couple schisms.

During the final segment, Dr. Barbanell distributed a research instrument that incorporates most of the concepts that were covered throughout the day. The self-administered Relate-Ability Scale that he proposed measures the specific components of “Relationship Communication Intelligence (RCq).” It is an original formation that is distinguishable from traditional forms of intelligence, emotional and social intelligence. Many of those in attendance lingered after the presentation and, according to Dr. Barbanell, wished to know more about RCq.

Relationship Communication Intelligence (RCq): Mature Love: A New Strategy to Preserve it, is scheduled for publication before the Summer. Dr. Barbanell’s previous publications are referenced on his website, psychologistdynam.com. His e-mail address is: empathman@aol.com.

Jack Schwartz, PsyD, LCSW, NCPsyA

“Freud in Paris,” *Clio’s Psyche*, Winter 2018

Candace Orcutt, MA, Ph.D.

2017

“Schizoid Fantasy: Refuge or Transitional Location?” *Clinical Social Work Journal*, 46 (1), 42-47.

Online: <http://rdcu.be/tcW9>

“Schizoid Personality and Fantasy,” NJI Winter Symposium, January 15.

“Trauma in Personality Disorder,” Sage Day School, October 23.

2018

“Schizoid Personality and Fantasy,” Rockland Chapter of The New York State Society for Clinical Social Work, March 18.

“The Schizoid Analysts Who Brought Relationship to Psychoanalysis,” *Clio’s Psyche*, 24 (2), Winter 2018.

“The False Memory Inquisition,” *Clio’s Psyche*, Spring 2018.

Neil Wilson, PhD

“Psychoanalytic Free Associations on Trump,” *Clio’s Psyche*, Summer 2017

Periodicals

We are proud to inform our readers that two psychologists involved in NJI have started periodicals. **Paul Elovitz, PhD**, initiated *Clio’s Psyche* some years ago and **Burt Seidler, PhD**, has recently started *J.A.S.P.E.R.*

Winnicott and Dylan

Reviewed by Eric Williams, DSW, LCSW, NCPsyA

On Saturday, March 4th, 2017, NJI hosted an evening of wine, cheese and Bob Dylan with a workshop entitled “Portrait of the Therapist as Artist: Creativity, Love and Wisdom throughout the Lifecycle,” presented by Dr. Elizabeth Wolfson, LCSW. Dr. Wolfson is something of a Dylan scholar; she is the chair of the Master of Arts in clinical psychology program at Antioch University, Santa Barbara, California and has over 30 years experience as a psychotherapist. Her talk focused on the long and prolific career of Bob Dylan with a specific focus on the messages of hope, love, creativity, loss, despair and ultimately, the notion of redemption that often permeated Dylan’s music. The concept of creativity was expanded through the pairing of Dylan’s work with the theories of D.W. Winnicott, who as Wolfson noted, “believed playing serves as the basis for creativity and the discovery of the self. All human culture, including not only the arts, but science and religion as well, are not diminished but more fruitfully understood and cherished and cultivated when understood as what they are: highly developed forms of playing.” Taking the participants on a musical journey through time, Wolfson methodically chronicled Dylan’s evolution as not only a musician, but as a creative spirit full of complexity and emotion. Themes of the internal struggle for identity, to seeking love and community, to the inevitability of disappointment and loss, to the eventual arrival at acceptance, redemption and emotional freedom were explored through the many songs in Dylan’s canon. Throughout the talk, Wolfson highlighted the notion that psychoanalysis provides an opportunity and space for both patient and analyst to explore their creative potential.

Following the talk, those attending were treated to an intimate concert featuring local musician Peter Agnoli, who performed a number of Dylan songs to perfection. Agnoli, who also is the front man for the Bob Dylan tribute band *Bottle of Bread*, strummed and crooned in classic Dylan style, even taking a number of requests from the audience. Agnoli shared his passion not only for Dylan’s music, but also for his message which Agnoli believes continues to resonate strongly today. “This music is about tapping deep into the wellspring of life, creating something but also pursuing deeper truths about what it means to be alive”.

Resistance Exchange

By Kaitlin Vanderhoff, MSW, LCSW

I’m a room, too nervous to speak,
Thinking “maybe I ought to do this next week”,
A pressure to perform, prognosis so bleak,
“Is she going to think I’m a freak?”

Mistrust in the air,
So few words to share,
“I wonder when it was that she cut all her hair”,

Rejected truths, lies and pain all written on her face,
But none can be accessed with any such grace,
It pains me today to see us in such a place,
But I have to remember “it’s not a race,”

Small moments of light,
A smile exchanged,
Now I feel like I’m back in the game.

A right brain connection,
And feelings so true,
Give me faith that one day you’ll let me see you.

Survival of a Dichotomy

By Elena Williams, age 17

