



D S P P B U L L E T I N
Dallas Society for Psychoanalytic Psychology

Exploring and promoting the psychoanalytic perspective

4516 Lovers Lane #446 Dallas, Texas 75225-6993 * Phone: 214-890-3351 * www.dspp.com

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OCTOBER MEETING PREVIEW

Jane Walvoord, LMSW-ACP

The Contributions of Charles Brenner
to the Evolution of Psychoanalytic Theory

The theoretical innovations of Charles Brenner are grounded in his belief in process and a respect for the fundamental principles of psychoanalysis. Brenner's latest proposal is another demonstration of his ability to innovate by addressing the meaning of psychoanalytic concepts. His recognition that conflict and compromise formation are ubiquitous in mental life has led him to suggest that mental functioning cannot be explained in terms of structures or agencies. Brenner has recommended that the structural theory should be replaced.

Readings:

Richards, A. (1986). Introduction. In A. Richards & M. Willick (Eds.), *Psychoanalysis: The Science of Mental Conflict* (pp 1-27). Hillsdale, NJ: Analytic Press.

Brenner, C. (1994). The mind as conflict and compromise formation. *Journal of Clinical Psychoanalysis*, 3 (4), 473-488.

Brenner, C. (1998). Beyond the ego and the id revisited. *Journal of Clinical Psychoanalysis*, 7(1), 165-180.

FALL WORKSHOP PREVIEW

Nancy McWilliams, Ph.D.

Saturday November 3, 2001
City Place

The Person under the Problem: How Understanding
Personality Structure Empowers Psychotherapy

We are pleased to have Dr. McWilliams leading our fall workshop and exploring with us her understanding of psychoanalytically informed diagnostic formulation, with an emphasis on the implications for therapy.. In the morning, Dr. McWilliams will discuss psychoanalytic diagnosis as opposed to the use of traditional psychiatric diagnostic categories. In the afternoon, she will respond to a case presentation (presented by Steven Huprich, Ph.D), illustrating the clinical utility of psychoanalytic diagnostic formulation as used in conjunction with treatment. This program is sure to be a treat for students as well as seasoned therapists.

Dr. McWilliams is a senior psychoanalyst, teaches psychoanalytic theory and therapy at the Graduate School of Applied and Professional Psychology at Rutgers in addition to several psychoanalytic institutes throughout the country, and maintains a private practice. She is the author of two widely used texts, *Psychoanalytic Diagnosis: Understanding Personality Structure in the Clinical Process* (Guilford Press, 1994) and *Psychoanalytic Case Formulation* (Guilford Press, 1999), as well as numerous articles and book chapters on personality, psychotherapy, psychodiagnosis, sexuality, feminism, and contemporary psychopathologies.

*For additional information check the DSPP web site
www.dspp.com*

OCTOBER MONTHLY MEETING

Date: Wednesday, October 17, 2001
Social Time: 7:00 PM
Presentation: 7:30 PM
Location: Pecan Creek Office Park
8340 Meadow Road
Dallas, Texas
Speaker: Jane Walvoord, LMSW-ACP
Topic: The Contributions of Charles Brenner
to the Evolution of Psychoanalytic Theory

Inside this Issue...

September Meeting Review	2
DSPP/Fairhill Scholarship	4
Welcome New Members	4
DSPP Arts Event	5
Announcements	5

SEPTEMBER MEETING REVIEW

Robert Aberg, Ph.D.

On Wednesday, September 19th, Dr. John Herman inaugurated DSPP's 2001-2 series of monthly meetings with his presentation, "Contemporary Dream Interpretation, Freud and his Aftermath; what we have learned from psychoanalytic theory and neurobiology about the use of dreams in psychotherapy." After noting the debt that practically all dynamic psychotherapies owe to Freud for formulating such basic clinical constructs as the unconscious, the subconscious, psychic conflict, infantile sexuality, and acting out, Dr. Herman noted that contemporary psychoanalytic thought and neurobiological research had called into question one of Freud's basic assumptions regarding the interpretation of dreams, i.e., that all dreams should ultimately be understood as some variant of wish-fulfillment. That Freud's rather rigid stance in this regard can, at best, be regarded as incomplete, is strongly suggested by the fact that neurobiological research has established that there are different types of dream physiology (e.g., REM and non-REM (NREM) dreams) with corresponding differences in dream phenomenology. For example, REM dreams tend to be elaborately narrative whereas NREM dreams are typically static images without plot development. The mechanisms that Freud identified as disguising the latent content of the dream (e.g., representation, condensation, displacement, symbolization, secondary revision) to produce the manifest dream content seem to, at the least, require further development given the finding that certain areas of the brain are either aroused or shut down depending on what phase of the sleep cycle the dreamer is in. For example, it would seem reasonable to expect that different "mechanisms" would be employed depending upon which areas of the brain were more or less active.

Dr. Herman used two examples of NREM dreams to explore different ways in which dreams may be understood and used in psychotherapy. First, he reviewed Freud's own report of a dream, "the dream of the botanical monograph," originally recounted in *The Interpretation of Dreams*. Dr. Herman reviewed how Freud used the technique of free association to the manifest dream contents to arrive at an interpretation of the latent content of the dream and its underlying unconscious infantile wish. Dr. Herman pointed to Freud's process as an example of the unparalleled wealth of unconscious material that the dream could provide given the skillful use of the method of free association. He noted that, "The pure gold of significant associations he (Freud) mined from the fragment of breccia stands as

a benchmark against which each of us may measure our powers of dream interpretation."

Dr. Herman recounted Freud's train of associations through memory traces from the previous day to anecdotes and discussions with colleagues to other recollections and thoughts, thus providing an example of the classical process of dream interpretation. Ironically, Dr. Herman noted that the ultimate "message" or interpretation of the dream material gleaned by Freud was, to say the least, open to debate. However, Dr. Herman maintained that the particular "answer" Freud derived from the use of the method of free association was of much lesser importance than the demonstration of the process of free association itself. Dr. Herman noted that,

The collection of associations to the dream...appears of far greater psychic import than the wish-fulfillment meaning he assigns it. It is clear that the real work of Freud's self-analysis in his examination of this dream resides in his painstaking construction of a network of associations dealing with current and past thoughts, conflicts, and wishes. His memories of forgetting his wife's favorite flowers, misdiagnosing his beloved father's glaucoma, of not publishing further on cocaine are poignant and moving; his wish-fulfillment interpretation is empty by comparison.

Dr. Herman continued by noting a number of suggestions for how to use and interpret dream material in ongoing psychotherapy. He began by identifying several "rules for dream interpretation" originally proposed by Freud in "The employment of dream-interpretation in psychoanalysis," 1912. Interestingly, the weight of these rules seems to be on the side of cautioning the therapist not to overvalue the dream material to the extent that an overproduction of dreams or too great concern with regard to particular dream contents can, in effect, serve the purpose of resistance by preventing the emergence of other material or otherwise impeding the patient's process of free association. And, as always, Freud advises that "...analyzing resistance always takes precedence over dream interpretation." For example, these "rules" call for the patient and therapist not to continue with a particular dream interpretation beyond a single psychotherapy session and to "guard against displaying too special an interest in dream meaning to guard against the patient believing that ceasing to offer dreams might interrupt the treatment's progress."

Dr. Herman also cited recommendations from Steven Levy's text, *Principles of Interpretation* (Aronson, 1990) for clinical use of dreams. Levy drew attention to the fact that many patients feel that dreams contain hidden meanings and that, by bringing dream material into the therapy, they are "...taking a risk, which although it may be based upon certain distorted and unnecessary fears, nonetheless indicates a degree of trust and willingness to explore new material." A corollary to this is that a therapist's failure to respond to dream material "...gives the patient a powerful indirect message about avoidance or unacceptability of unconscious material."

Levy advises that dreams not be viewed as psychic puzzlers, each with its own unique answer. Rather, he suggests that dreams may have multi-layered meanings and whatever inferences are drawn regarding the possible meaning of the dream be integrated with observations and associations from other sources. The goal is not to discover the specific meaning of the dream but to assist the patient in understanding and appreciating previously unconscious mechanisms, thoughts and the "...many different trends within himself, some more ego syntonic than others."

Dr. Herman noted a division within psychoanalytic thought regarding the importance of dream material and dream interpretation. In 1967 the New York Psychoanalytic Institute published the findings of a two-year study of the dream by the Kris Study Group under the chairmanship of Charles Brenner. Brenner's group concluded that the dream was, simply speaking, merely another communication in the course of an analysis. Dream material was not viewed as providing access to unconscious material that would not be otherwise available. They also concluded that Freud's theory that dreams were the outcome of "the interplay between primary and secondary process was not compatible with the structural theory and ought to be discarded." Ralph Greenson, however, published a paper titled "The exceptional place of the dream in psychoanalytic practice" (*Psychoanalytic Quarterly*, 1970, 39, 519-541). In it Greenson argued strongly for treating the dream material as a privileged, deeper kind of material. He noted that patient's defenses significantly constrict their free associations, slips of the tongue, and ability to examine their acting out behavior. Dreams, on the other hand, cannot be so routinely defended against or rationalized away. He writes that "...as bizarre and incomprehensible as the dream may appear, the patient recognizes the dream as his, he knows it is his creation... (H)e is quite willing to work on dreams provided his analyst has demonstrated how working

together on dreams is helpful in achieving greater awareness of the patient's unknown self." Thus, it is not only the dream material itself that is important, but also the opportunity afforded the therapist and patient to work together on material that is relatively less censored by the patient's ego defenses.

Dr. Herman then reviewed some results of neurobiological investigations of dreaming. Among other findings, it was noted that a) most dreams are "not accompanied by a recollected emotion, and in those in which some feeling tone is reported, a negative emotion is more common than a positive emotion, that b) nightmares "represent a failure of the capacity of the REM dream to allow the continuity of sleep," and that nightmare recallers typically score higher on all MMPI scales, that c) "Intense emotional experiences of the day and the thoughts one has before going to sleep appear in dream recall from awakenings of the subsequent night's sleep," that d) "one wakes up feeling more friendly and less unhappy than one felt before the night's sleep" and that, e) judges are able to sort dreams on the basis of 1) night dreamt and 2) dreamer, indicating that the thematic content of dreams differs from night to night, and that dreams of particular individuals are distinguishable from other's.

With regard to the physiology of dreaming, Dr. Herman noted the theory of Hobson and McCarley, who argue that "...all the properties of dreaming could be accounted for by assuming that cortical structures were attempting to integrate virtually random barrages of electrical excitation arriving from the brainstem." This "bottom-up" approach is in direct contrast to the psychoanalytic "top-down" explanation, which assumes the dream to be a product of the cortex. They believed this was more consistent with the fact that REM sleep is found to occur in utero and in all mammals, indicating that REM sleep could not be the complex process of "dream work" with mechanisms such as condensation, representation, and symbolization that Freud described. Dr. Herman noted, however, that Hobson had more recently acknowledged that the phenomenology of dreams might not be so purely random. He grants that dream material may well be the product of an interaction between the brain stem activating the cortex, which, in turn, influences the pattern of activity in the brain stem.

Studies of REM sleep also suggest that it is a time of consolidating procedural memories, suggesting that REM affords us an opportunity for a kind of rehearsal for procedural tasks. Other studies confirm changes in patterns of neurotransmitter levels and areas of brain activation as subjects' transition between REM and

NREM sleep. It appears clear that the brain is operating under different conditions at these points and that these conditions are reflected in different dream phenomenology. NREM sleep appears to be more conceptual and thought-like and coincides with more quiescent brain activity. REM sleep, which coincides with hyperactivity in certain areas of the brain (e.g., the limbic system, the occipital cortex, the hippocampus), appears more narrative and visual in structure. Dr. Herman likened the shift between NREM and REM states to the shift between secondary and primary process thinking.

Dr. Herman concluded his presentation by stating that Freud's technique of exploring latent meaning of dream imagery through free association has endured, though his wish fulfillment theory of dream interpretation has not. He noted that dream interpretation was rarely so dramatically useful in clinical settings so as to "make the unconscious conscious." Working on dreams does, however, present an extremely valuable opportunity for the therapist and patient to learn to work together to "establish connections between thoughts, fantasies, and emotions which had previously been disconnected, perhaps due to forces such as repression." Dreams are still viewed as providing relatively uncensored material for the patient/therapist dyad to work together to understand, thereby providing a model for other areas of analytic inquiry over the course of treatment.

Questions following Dr. Herman's presentation concerned the specific differences in brain physiology between REM and hypnagogic states. Dr. Herman noted that EEG studies had produced a fairly detailed picture of the brain during REM, but that other states were less well understood. For example, there is no neurobiological explanation for those occasions when a dreamer wakes in the midst of a narrative dream, only to resume the same dream upon re-falling asleep. Dr. Rathbun observed that perhaps the chief value of working on dream material in psychotherapy is that it gives the therapist and patient a "job," or task to share in common. The specific importance of dealing with transference dreams was also noted. Dr. Godby observed that working with dreams rarely, if ever, occurred in the course of couple's therapy, though working on dreams in ongoing group therapy (among strangers) was quite common. This seemed to point to the relatively greater sense of risk and exposure people feel when dealing with their dreams. There was some speculation that a more deliberate focus on working with dream material in couples therapy might deepen the level of understanding of their relationship.

DSPP/Fairhill Scholarship Competition

Two Cash Awards...

Undergraduate and Graduate Students

DSPP will offer cash awards of \$1,000 each to an undergraduate and graduate student submitting the scholarly papers judged best by a panel of DSPP readers. Qualifying papers must be original works by students enrolled in accredited degree programs of area universities and colleges.

Papers should incorporate psychoanalytic theory and / or application as a major thematic component. Students from all academic disciplines are encouraged to enter.

Submission deadline is March 4, 2002

Awards will be presented at the DSPP Spring Workshop, April 4, 2002.

For more information visit the DSPP web site
<http://www.dspp.com>

or contact

Melissa Black, Ph.D.
CRC Student Outreach Coordinator
melblack@mindspring.com / 972-991-8855

or
Cheryl Martin RN, LPC
DSPP Community Relations Chair
cam@dspp.com / 214-384-2395



DSPP WELCOMES NEW MEMBERS

Shaily Bain, M.D.

Michelle Blake, B.A.
Nicole Cooper, M.D.
Jim Englebrecht, LMSW-ACP
Jack Howley
Irwin Gadol, Ph.D.
Jane Keller
Cynthia Pladziewicz, Ph.D.
Susan Roos, Ph.D.
Lynda Sorrell, Ph.D.
Cheryl Tunnell.

We extend a warm welcome to the new members who have joined this year. We look forward to sharing our organization with you and getting to know you throughout the year.

*Deann Ware, Ph.D.
DSPP President*

DSPP ARTS EVENT



Dallas Society for Psychoanalytic Psychology and the Dallas Museum of Art present Salomon Grimberg, M.D., noted psychiatrist, art critic, and author, in a scholarly presentation with slide illustration about the French artist, Jacqueline Lamba, on Sunday, October 21, at 5:00 p.m., in the Horchow Auditorium of the Dallas Museum of Art.

Jacqueline Lamba (1910-1993) is best known in artistic circles for her participation in the Surrealist Movement between 1934-1947. At the time of her death, over 400 works spanning 60 years were found in her Paris studio. These works convey an obsession with the rhythm of nature. In 1962, after an epiphany, Lamba established her personal style, expressing the need that had motivated her choices in life, the desire to fuse with another person, believing that otherwise she could not be complete. As she was giving up the idea of merging with a person, she felt she was able to do it with God, through nature.

Lamba was born in a Paris suburb, a disappointment to her parents who wanted a boy. They referred to her as 'he' and called her 'Jacko'. Her father died when she was four and her mother when she was seventeen. She reared herself thereafter.

Lamba married Andre Breton, the French Surrealist Movement's leader, and stayed with him for some ten years. During that time, Lamba made art and participated in all surrealist activities. She did, however, develop a growing sense of frustration when it became clear that Breton was more interested in her other roles as muse, ornament, lover, maid, cook, and mother. Lamba's mantra became that she had been a painter before, during, and after Breton, so why was she addressed only as his wife? Lamba was striking and when Breton wrote *Mad Love* about their meeting and affair, he described her as "scandalously beautiful". Beauty was a double-edged sword, however. She would not be taken seriously despite obvious talent and developed intellect.

During the years with Breton, Lamba befriended everyone in the Surrealist group and those on its periphery. She posed for many including Picasso, Lam, Masson, Man Ray, Dora Maar, and Rogi Andre. Her marriage with Breton was, however, at a dead end. In 1941, they escaped to the U.S. as Hitler looked for surrealists for his concentration camps, viewing them as

subversive. In the U.S., Lamba met American sculptor, David Hare, for whom she left Breton, lived with him for ten years, and then returned to France where she gradually became a recluse, only to paint.

Dr. Grimberg's talk will explore Lamba's life and sources of her creativity, and will be accompanied by many slides of her work, of Breton's's and of those of their circle, photographs of her and of the main figures in her life, and will lay out her development as person and as painter. Dr. Grimberg's scholarship about Lamba unearthed her importance as a painter. He demonstrated her great talent in his important exhibition of her work, opening this summer in Santiago de Compostela at the Fundacion Eugenio Granell. This exhibition then traveled to the Krasner Pollock House in East Hampton, the Mills College Art Museum in Oakland, California, and will open at the Salvador Dali Museum in St. Petersburg, Florida on November 8. It returns to France in February.

For further information please contact:

Judith Samson, Ph.D.
5952 Royal Lane, Suite 162
Dallas, Texas 75230
(214) 691-7434
(214) 691-3616 Fax
jgsamson@swbell.net

News Flash !!

DSPP Bulletin

Last spring the Executive Committee voted to begin transitioning to a paperless format for DSPP publications. Beginning in January, the *DSPP Bulletin* will no longer be mailed as a print publication. Announcements will be made in the DSPP electronic mailing list each month when the Bulletin is available on the web site. If you would like to continue to receive DSPP announcements and updates, please be sure we have your e-mail address and that you are subscribed to the DSPP electronic mailing list.

Membership Directory Deadline

The deadline to be included in the DSPP Print Directory has passed. Some of you may have been removed from the DSPP electronic mailing list and the web directory. Should you decide to renew your membership, we can add you to the electronic lists at anytime.

For questions contact Cheryl Martin
cam@dspp.com or phone 214-384-2395