



D S P P B U L L E T I N
Dallas Society for Psychoanalytic Psychology
Exploring and promoting the psychoanalytic perspective

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Volume XIX Number 1

October 2002

DSPP FALL WORKSHOP
featuring
ROBERT D. HINSELWOOD, M.D.

“REFLECTIVE SPACE”

SATURDAY
OCTOBER 12, 2002

Robert D Hinshelwood, MD

Dr. Hinshelwood is a British psychoanalyst whose work has extended the thinking of Melanie Klein and Wilfred Bion. As an individual psychoanalyst he has studied individual development and as a group and institutional consultant he has explored how the group facilitates or inhibits this development. He has worked in some of the premier institutions in Britain during the introductions of NHS, (their version of HMOs) and has actively helped institutions develop the analytic space necessary for psychotherapeutic work as well as to analytically understand themselves as an institution. He will be helping us to understand how reflective space can be developed and enhanced in our individual, group, and institutional work.

Dr. Hinshelwood is the author of numerous books and of over one hundred academic articles and book chapters. He has spoken extensively throughout Europe and North America and is the Clinical Director of the Cassel Hospital in London. Dr. Hinshelwood is a current editor of the International Journal of Psychoanalysis. He is an international authority on Kleinian theory.

Case Presentation

Carolyn M Bates, PhD

Dr. Bates is a private practice psychologist in Austin, TX. She received her doctoral degree in Counseling Psychology at the University of Texas at Austin. Dr. Bates has spoken extensively about the issue of sexual impropriety in the therapeutic relationship, and has authored a book on this subject.

Texas Scottish Rite Children's Hospital
Hay T. Clark Auditorium II
2222 Wellborn St. Dallas, Texas 75219

For additional details go to www.dspp.com

PROCEEDINGS OF THE SEPTEMBER 2002 MEETING

“COUNTERTRANSFERENCE”

PRESENTER—MYRNA LITTLE, PHD
REPORTED BY PAT WOOD, PHD

Melissa Black, Ph.D., president of DSPP, began the year by introducing the 2002-2003 program entitled: *Isolation within Intimacy*, which will explore the work of Robert D. Hinshelwood, M.D. in the fall and of Phil Ringstrom, Ph.D. Psy.D. in the spring. Dr. Hinshelwood will present the Fall Workshop and Dr. Ringstrom will present the Spring Workshop. Dr. Black also offered special thanks to Scott Nelson, Ph.D., Chairman of the Program Committee and to Cheryl Martin, R.N., LPC, Chairman of the Community Relations Committee and Editor of the DSPP Bulletin, for their contributions in preparing the program and getting the word out.

Myrna Little, Ph.D. Jungian analyst and former DSPP president, presented the first paper of DSPP's program year: *Thoughts on Countertransference* based on Robert Hinshelwood's paper: *Countertransference*. Dr. Little, who has had the opportunity to work with Dr. Hinshelwood in person, began her presentation by reflecting on the impressive array of accomplishments in Hinshelwood's long career. Dr. Hinshelwood has published in every major psychoanalytic journal, served as a journal editor-in-chief, created a dictionary, worked and written on a wide variety of topics including infancy, groups, and therapeutic communities, practiced as a psychiatrist and therapeutic community consultant, and recently published his reflections on society and ethics in *Thinking about Institutions*

Hinshelwood's paper on countertransference provides both an historical overview of the development of the construct and a cogent comparison of various perspectives on how countertransference functions and what purpose it serves. Because of her particular interests in Klein, Bion, and in infant-mother observation, Dr. Little emphasized these perspectives in her paper. Initially, for Freud, countertransference represented a problem, which interfered with the patient projecting contents of his unconscious onto the blank screen of the analyst and receiving interpretations that were objective and certain. He regarded

countertransference as the neurotic transference of the analyst to the patient, a transference, which needed to be analyzed and eliminated.

However, after years of analyzing analysts and analysts still having emotional reactions to their patients, ideas about countertransference began to change. The interactive nature of transference and countertransference came to be regarded as useful rather than automatically troublesome.

In a pivotal paper on the subject, Heimann (1950) noted that "the analyst's emotional response to the patient within the analytic situation represents one of the most important tools for his work. The analyst's countertransference is an instrument of research into the patient's unconscious."

Money-Kyrle (1956) espoused the view that all processes of interaction between persons are mediated by rapidly oscillating intrapsychic processes of projection and introjection. The patient conveys his distress and disturbance in such a way that the analyst is actually in receipt of the disturbance, introjectively identifies with the patient and understands, and then reprojects and interprets.

As Dr. Little said, "If there is objectivity at all, it is objectivity about the subjective state of one's patient and of one's self." Thus, the analyst asks, "1) What is my emotional disturbance?, 2) What is the patient's part in it?, and 3) What is the effect on the patient of my disturbance?"

Dr Little described this as the Kleinian technique in a nut-shell: Anxiety >>> Interpretation >>> Response. "The analyst is able to link the here and now with the there and then for the patient after containing it." This is analogous to a mother's ability "to receive, digest, and return the infant's projections in the form of meaning." As Hinshelwood noted, "This emotional, non-verbal interaction, characteristic of infant and mother, has become a model of the core analytic relationship. The knack is to feel the dread and still retain a balance of mind."

In Bion's view, the mother-baby relationship is the prototype of a special function, that of learning, becoming mind-ful, including all that links sense impressions and consciousness and creates the elements of thought. As Dr. Little described it, "The emphasis here is not the mother nor the baby so much as the link, what Bion called an apparatus for representation." Thus, the basis for transference/countertransference may be laid down in the structure of thinking itself. The link is recapitulated in the analytic relationship: "Linking the

here and now with the there and then after containing it."

Dr. Little included two quite wonderful case examples from her own experience of this kind of linking. In the first example, Dr. Little noticed herself filling the patient's silences with questions, something that was very uncharacteristic of her. She told the patient that she noticed she was asking a lot of questions, and the patient seemed immediately to feel more at ease and to talk more freely. Eventually, this led to the patient revealing her anxiety concerning the silences she had endured in childhood, which had been reflected in the analyst's anxiety-induced barrage of questions.

In the second case example, Dr. Little found herself experiencing an overpowering sense of a mindless incapacity to function, a physical sense of somnolence. Eventually she learned that the patient had experienced similar sensations under traumatic circumstances in her childhood. After working through those traumatic circumstances, Dr. Little as well as the patient experienced relief, and Dr. Little was fully awake and alert once again.

Dr. Little also described using the transference-countertransference, mother-baby model in helping psychiatric residents deal empathetically with psychotic patients on an in-patient ward rather than anxiously distancing from them. She helped them to be able to take the psychoanalytic stance of tolerating the anxiety produced by the patients' projections, to have the experience and to be able to think about it at the same time, and then to respond empathetically.

Finally, in the context of transference-countertransference, Dr. Little made an interesting observation about "informed consent" by patients in psychoanalytic treatment, certainly a hot topic in current discussions among clinicians. From a psychoanalytic perspective, as Dr. Little noted, "The problem is, "informed consent" neglects everything that is not conscious. Our task as keepers of psychoanalytic thought and reflective space becomes one of treatment of the very mechanisms by which the patient abdicates choices."

Following Dr. Little's presentation, the discussion focused on transference/countertransference configurations where the patient projects into the analyst very negative, highly charged material and then disavows it. Sometimes, the material might even represent a serious present threat to the welfare of the patient or others in the therapist view. Yet, the threat is not owned or even acknowledged by the patient. The complexities related to intervention at those times were discussed.



DSPP PUBLIC FORUM

“HARRY POTTER AND THE WIZARD WITHIN”

BY PAT WOOD, PHD

The phenomenal Harry Potter phenomenon was explored in an intriguing panel discussion at the public forum presented by the Community Relations Committee of DSPP at SMU's Smith Auditorium in the Meadows Museum on Saturday morning, September 14, 2002. The presentation was well attended by DSPP members and the larger community. As the Harry Potter film played silently on the screen behind the panelists, tales of mythology, fairy stories, alchemy, heroes, and wizardry were intricately interwoven with psychoanalytic themes by the panelists.

In fact, the panelists might have been a microcosm of Hogwarts School of Witchcraft and Wizardry itself. Student panelists, ranging in age from first years to seniors, included: Amy Hendricks, 5th grade, Jordan Tunnell, 8th grade, Kristin Hendricks, 9th grade, Kyle Tunnell, 10th grade, and Brittany Hendricks, 12th grade. The professor panel included: Drs. Robert Aberg, Myrna Little, Scott Nelson, and Judith Samson. The panel was expertly moderated by Dr. William Gordon, our Dumbledore. Meanwhile, Cheryl Martin, our McGonagall, the organizer of the event and Chair of the Community Relations Committee, stood in the wings overseeing all the proceedings.

Yet, there was not a single dragon, unicorn, troll, or transparent ghost in the house. Nevertheless, there was magic there... The students talked about their Harry Potter experiences in very personal, poignant ways, developing the themes that were meaningful to them, themes that reflected their varying ages, stages of development, and current concerns. Being adults, the professor types initially placed Harry Potter in a slightly more intellectualized context but quickly evolved into talking about their own sense of wonder and enchantment with Rowling's complex creation. Harry Potter just seems to have that effect on people. Dr. Gordon skillfully kept the discussion moving back and forth between the adult and youth panelists. All in all, it was a delightful morning!

Deadline for submissions for the November Bulletin is October 31st

DSPP ARTS COMMITTEE

FILM FORUM 2002



“Before the Rain”
Directed by Atom Egoyan

Saturday
November 9, 2002
7:00 pm

Panel Discussants:

- **Ricardo Ainslie, PhD**, Associate Professor, Educational Psychology, University of Texas at Austin
- **Joan Berger, PhD**, Clinical Psychologist, Psychoanalyst
- **Dennis Foster, PhD**, Chairman, English Department
Southern Methodist University
- **Dale Godby, PhD**, Clinical Psychologist
- **Jennifer Unterberg**, Clinical Psychology
Doctoral Student
- **Alice VanHuss, BSN, RN**, Moderator

The 2002 Film Forum is funded by Harris Methodist Springwood Additional funding has been provided by the DSPP Community Relations Committee

**Southern Methodist University
Hughes-Trigg Theatre**

Free Admission

LOCATION and PARKING DIRECTIONS

NOTE: The Hughes Trigg theatre is DOWNSTAIRS (basement or underground floor) in the Hughes-Trigg Student Center

The Hughes Trigg Theatre at SMU is located inside the Hughes-Trigg Student Center, at Airline Extension and Dyer Street. Film Forum participants may park in the Airline Parking Garage at the corner of Airline Road and Daniel Avenue. Exit the garage facing South. Walk to the left. Travel on foot down Airline Road. Go past the Fondren Library. The Hughes Trigg Student Center will be the first building on your left after you pass the Fondren Library. Please refer to the SMU campus map at www.smu.edu/maps

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2002-2003**

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