

# F O R U M

THE ALLIANCE

THE NEWSLETTER OF THE NORTHWEST ALLIANCE FOR PSYCHOANALYTIC STUDY

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**APRIL 2008**

And there is only the dance.

—T.S. Eliot



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### Alliance Newsletter

Published three times a year. To offer submissions, contact:

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E-mail submissions to Ginger or Kris, preferably as a Word attachment.

If this is not possible, send the submission as an e-mail message.

**Deadline for submissions to the next newsletter is July 1, 2008.**

Publications Committee: Ginger Harstad Glawe, Kris Wheeler, cochairs; Barbara Blackburn; Susan DeMattos; Kathy Knowlton; Rebecca Meredith; Bev Osband; Helen Palisin; Carol Poole; and Marcia Robbins. Newsletter design/layout by Dennis Martin Design, 206-363-4500. Special thanks to Bev Osband for her artwork in this newsletter.

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*We learn by practice. Whether it means to learn to dance by practicing dancing or to learn to live by practicing living, the principles are the same.... One becomes in some area an athlete of God.*

— *Martha Graham*



**FROM THE EDITORS**

## Dancing as accompaniment

GINGER HARSTAD GLAWE

*Dance me to your beauty with a  
burning violin  
Dance me through the panic 'til  
I'm gathered safely in  
Lift me like an olive branch and  
be my homeward dove  
Dance me to the end of love  
Dance me to the end of love*

— Leonard Cohen

**W**hen I was a little girl growing up in Montana with its long, cold winters, my favorite PE activity was square dancing. We could play outside until the temperature was below about 10 degrees, and then it was dodgeball or square dancing in the gym. On square dancing days, we would form our squares and then go through the steps guided by the caller: “Allemande left with your left hand; allemande right to the right and left grand!” There we were, latency kids convinced that the other gender had cooties, holding hands and swinging our partners. We had to learn to pay attention, wait until our turn, be prompt when it was our turn, follow the calls, and help those who got mixed up: in short, it was an exercise in becoming civilized, using our whole bodies. I loved that everyone was participating in a complex pattern with different roles which all added to the whole. And I loved the twangy music I never heard any other time.

Later, I danced my infant to soothing folk music, my toddler to the Beatles, my little boy to square dancing, and the grown man to the Ames Brothers at his wedding. We dance with our parents, our lovers, our friends. And, as you will read in this issue, with strangers, patients, consultants.

You will also read about transitions, both endings and beginnings. Any transition has in it, I think, some element which can grow into panic. As analytic therapists, we usually think about the act of thinking, or Bion’s alpha function, as a process of containing the panic and restoring functioning. Being accompanied by another’s mind in processing the unthinkable is deeply affecting. In this issue of the *Forum*, we are invited to imagine how being accompanied can also be seen as being danced through the panic until we are “gathered safely in.” There is something of the music, the swaying, the holding which is conveyed by *dancing* and left out by *alpha function*.

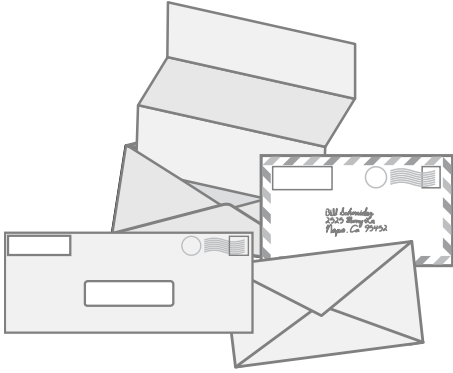
As always, the *Forum* also represents the wide variety of thoughts and thinkers we cherish in our community, those dancers whose parts are essential for the whole dance to work. In this issue, we are grateful to have Bev Osband’s drawings. Please add your steps by sending your writing and your artwork or photography.

— *Ginger (and Kris)*

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**FROM THE MAILBAG**

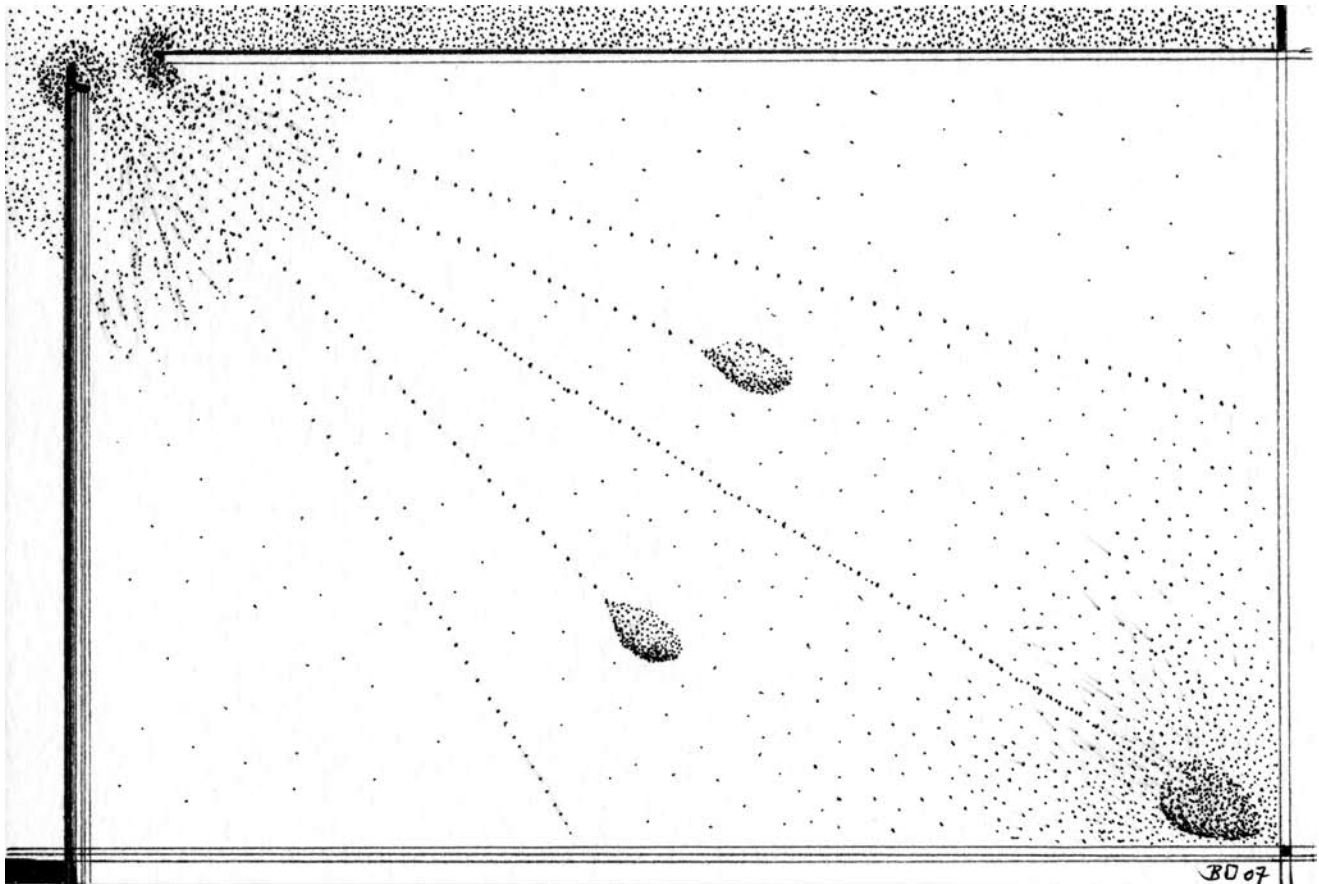


# Letter to our community

## **Poetry group**

The poetry group, while still waiting for a name to settle on us, has managed to find a regular time to meet: the second Sunday of every month from 4 to 6 pm. The group has ranged from four to six people, each bringing copies of a poem. We read the poems and let associations float around us. We meet in different homes so if you want to be kept informed, but aren't on the e-mail list, please contact me at [lainier@comcast.net](mailto:lainier@comcast.net).

— *Elena Richmond*



BEV OSBAND

## Looking at the Alliance



**W**e come together for many reasons in the Alliance: training, socialization, sharing of concerns and ideas, belonging, volunteering, and giving back. The hope is that each of us feels that we profit as professionals and as individuals from the way we are involved.

So what is it that makes an organization work? The Alliance clearly works, but why? The board is currently examining some of these issues and is, in the process, looking to what may lie ahead. Good feeling is one of the prime experiences described: inclusiveness, stimulation, variety. Easy to feel, hard to pin down. How much comes from the individuals, how much from the organization and its structure and mission? Do we come to the Alliance because of the good feeling there, or is there a good feeling because we have come together?

The theme of this issue, dancing, comes to mind. What is created when dancers come together in a shared space? How do the dancers interact with each other, the space, the structure of stage, music, tempo? We are the sum of our parts and we are more.

So this process of looking at the organization is an interesting one, especially for me as someone who has not thought much about organizations. I think of my own personal journey holding on to the concrete to help tolerate the chaos of my family;

staying out of the dream became my defense. Through my own treatments, I made friends with the unknown and unknowable, developed the capacity to move back and forth between what we think of as reality and what we think of as dream.

And now, when I am finally more comfortable in the dream, I find myself spending a great deal of time in the concrete again. Following bylaws, counting numbers, trying to concretize some of what this organization is, so that we can maintain it through growth and change. And so that we can make this structure sound enough to protect the unique feeling of the Alliance while allowing for the potential space aspect that is also so central to that feeling.

There is no way to do this other than to live with the tensions that pull in either direction: hold enough of the structure to enhance creativity. Which is really what analysis does: hold the structure so that there is room to dream. And what the parent does: set the structure so that play is safe. Secure attachment is all about this tension, held by the parent until the child can hold it too.

I think of my patient's dream of having seven children whom she lets out of the house. They crawl away into a field. She sees that there is a highway at the end of the field. She panics and starts to round up the children, when she realizes that there is a fence surrounding the field. She relaxes and wakes. Our relationship (seeing each

other now once every seven days) has given her the freedom to roam; she has internalized my seventh day fence and she is safe to explore.

This is an exciting time for the Alliance when we are able to look at who we are and who we may become. I welcome all of you, dreamers and structurers, to let us know what you find here and what you want to find here. Call me, email me, contact someone you know on the board, join a committee and bring your energy to this vibrant organization that is simultaneously established and always developing.



*For dancing is love's  
proper exercise.*

— *Sir John Davies*



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# Forum 2008

ANNUAL CONFERENCE OF THE NORTHWEST ALLIANCE FOR PSYCHOANALYTIC STUDY

## **When and where**

Saturday, May 3, 8 a.m. – 3:30 p.m.  
(lunch included)  
Shoreline Conference Center,  
18560 First Ave NE, Shoreline, WA

## **About the conference**

The Forum—the annual conference of the Northwest Alliance for Psychoanalytic Study—is dedicated to deepening our community’s ever-growing appreciation of what it means to be human, whether in the consulting room or in other parts of our lives. Once again we are planning an enriching and nourishing smorgasbord of presentations. There will be something for everyone, with topics including dreams, the language of music, adolescent therapy, telephone therapy, dance, the impact of therapists’ life-changing crises on their work, bitterness and injury, and dealing with bad boys.

We begin at 8 am with registration. The program starts at 8:30 with four concurrent presentations in the first round, followed at 10:15 by a second round.

## **Presentations**

- Robert Bergman: “Injury and Bitterness”
- Sally Bjorklund, MA: “Can You Hear Me Now? Reflections from the (T) Mobile analyst”
- Robert J. Campbell, MD: “The Adolescent Who Refuses Therapy”
- Jeanne Castle, MA, LMHC, ADTR: “It Takes Two: Dances of relationship in psychoanalysis and tango”
- Susan E. DeMattos, PhD: “Bad Boys: Some thoughts on parallel process, enactments, and projective identification”



- Gary Grenell, PhD: “Affect Integration in Dreams and Dreaming”
- Jacqui Metzger, LISCW: “When Real Life Intersects with Therapy: Exploring the impact of personal crisis on our clinical work”
- Trisha Ready: “The Language of Music”

#### Plenary session

Lunch will be provided, and after lunch the plenary session promises to be an unusual treat entitled “Alone Together: The psychoanalytic duet” with Nels Magelssen and Tom Varner. This paper/performance presentation will attempt to bridge the gap between the work we do as therapists listening for the verbal communications our patients bring to us and the work we do as therapists listening to and interacting with the “musical communication” in the intersubjective space of the therapeutic relationship.

The presentation will have three parts. First, there will be a free improvisation between French hornist and jazz musician Nels Magelssen, accompanied by French hornist, jazz musician, recording

artist, author, and composer, Tom Varner. Second, Nels Magelssen, psychologist, neuropsychologist, and psychoanalyst, will present a paper on the musical aspects of the psychotherapeutic relationship. The paper will review the integrative work of Steven Knoblauch, Daniel Levitin, Anthony Storr, and Daniel Goleman. Third, the presentation will end with a performance of the jazz classic “Alone Together,” performed by Nels and Tom.

#### Registration

Brochure and registration forms will be sent to all Alliance members soon. If you do not receive a brochure in the mail, you can request one by calling Sharon Chamberlain at 206-285-5543 or Gail Rosenberg at 425-821-2121. You can also send a check made out to NWAPS to David Allen, 12221 NE 8th St, Bellevue, WA 98005.

Before April 18:

- \$95 /\$85 Alliance members
- \$60/\$50 student members

After April 20:

- \$105/\$95 Alliance members
- \$70/60 student members

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## ALLIANCE COMMUNITY PSYCHOANALYSIS CLINIC

### ACPC news

JEFFREY EATON

#### ACPC intern program

I want to begin by acknowledging the contributions of the interns who have demonstrated their dedication to continuing education and professional development. While we understood a two-year clinically focused psychotherapy program would be a challenge, we really had no idea how much people would struggle *and* grow both personally and professionally over the course of our work together.

Six therapists will soon complete their two-year clinical internship program for the class of 2006–08. A graduation celebration will be held in August. That class includes Ann DeMaris-Davids, Linda Jenkins, Colleen Lawson, Nancy Leonardson, Meira Shupack, and Barbara Turner. Several of these participants will be starting private practices in the area, and many will also continue seeing patients through the ACPC Clinic Without Walls program. In total, nineteen interns participated in the internship program between 2004 and today. In the 2005–07 class, Susan Grant and Aleta Mattaino graduated. The

original graduates of the first class of 2004–06 are Barbara Blackburn, Donna Ellis, Joan Medved, Erica Raynor-Horn, and Carol Poole. Additionally Stacey Dunn, Connie Montgomery, Daijiro Ueda, Joanne della Penta, Mark Henderson, and Elizabeth Devine participated for some period of time in the intern program. I wish to thank each of them for their dedication to their patients, to learning as a group, and to their commitment to community service.

As has been announced in the past, this will be the last class for the ACPC intern program. I would like to thank the members of the Operations committee—David Allen, Susan DeMattos, Donna James, and Tom Saunders—for their unwavering commitment to three classes of interns. I am also grateful to the members of the steering committee—Ginger Harstad Glawe, Terry Hanson, Janice Hickey, Scott Leiter, Donna James, Marcia Robbins, and Kris Wheeler—for all their counsel and support. Finally, I am deeply appreciative of the supervisors and mentors who have made such essential personal contributions to the depth, quality, and vitality of each intern's experience.

I know there are many mixed feelings about the ending of the intern program. For most of us there is a feeling of sadness that the program will no longer continue. There is also a feeling of pride as well as a little bit of wonder at how much has been accomplished, how much has been learned, and how much has been endured by everyone in participating in such a challenging and rewarding program. And, for many of us, there is also some sense of relief. The intern program was, in some ways, unprepared for its own success. As the program grew in complexity, challenge, and richness, organizational issues were identified that indicated new needs which must be addressed.

I am grateful to Terry Hanson, past president of the Alliance, for initiating a serious study of the needs of the intern program. With several other Alliance board members, over more than a year, we engaged in a process of consultation with an organizational consultant to determine what kind of growth would best support the intern program over the long term. We realized, with some difficulty, that the intern program was not best housed by our primarily all-volunteer organization. We

determined that we needed to recruit and hire a paid executive director, raise more funds on a yearly basis, and even create a new nonprofit organization to establish a viable foundation for the long-term growth of the intern program while simultaneously preserving the other vital and valued activities of the Alliance.

Thus, a viable model for reconstituting the intern program exists should members of the community at some point wish to gather people, raise funds, and start a new organization committed to the mission of training psychodynamic clinicians through serving low-fee patients. The need for such a program in our community certainly remains. The hard work of designing such a program and testing its viability has been done. All that is needed now is the vision to take such a program the next step.

Over the next few months a process of interviews will be conducted by Kathy Knowlton and Ginger Harstad Glawe to interview participants in the intern program and to create a collective history of the experience. Excerpts of this process will be published in the *Forum* so that members can have a more detailed glimpse into the internship experience. Look for the first installment of this narrative in the fall.

### ACPC Clinic Without Walls

The Clinic Without Walls (CWW) program continues to thrive under the guidance of Janice Hickey. As chair of this program, Janice is recruiting her own operations committee to assist her with furthering the development of the Clinic Without Walls. In September Janice will become the ACPC chair on the Alliance board and the steering committee will remain in place for at least one year to help support the work of the Clinic Without Walls.

CWW sponsors regular meetings where therapists can present their work to each other and have it discussed by consultants. Recently Ed Mosshart described a particularly challenging case to a group of about twenty therapists. Rebecca Stoller offered her understanding of the dynamics of the case from her specialty, control-mastery theory, which is an evidence-based way of looking at psychodynamic themes, researched and developed in San Francisco by her mentor Joseph Weiss. This event provided an opportunity to hear about the kind of challenging work being done by ACPC therapists, and gave clinicians a chance to meet each other, dialogue, and compare different clinical theories. Such meetings represent a rich realization of the possibility of learning together and having real dialogue across points of view.

Future CWW events for ACPC therapists will include:

- Spring seminar: “Working with Narcissistic Personality Disorders,” with instructors Lynn Garvey, Marcia Robbins, and Reba Baudino.
- Spring consultation forum on May 10.
- Spring case consultation on May 17.
- “How Does Psychotherapy Work?” conference.

Following the success of our first two conferences with Christopher Bollas and Martha Stark, our third annual “How Does Psychotherapy Work?” meeting will be held on May 31 at the Northgate Community Center. Dr. George Silberschatz will be speaking on “Transformative Relationships.” Dr. Silberschatz will address practical clinical perspectives regarding therapeutic action that come from years of evidence-based research in the San Francisco-based psychotherapy research group founded by Joseph Weiss, the originator of “control-mastery” theory.

Control-mastery theory has many different interesting ideas about the nature of change in psychotherapy. A particularly important idea comes from understanding the function of *pathogenic beliefs* in individuals’ unconscious expectations





of themselves and others. The links between trauma and pathogenic belief are *tested* in the relationship with the therapist and the *fate* of these tests plays out and can be transformed. The word *belief* should not be confused with something that is merely cognitive. We understand better today that cognition and emotion are deeply interdependent and that the sense of identity is woven together by different layers or levels of emotion, feeling, and the capacity to reflect upon experience.

Dr. Silberschatz is clinical professor of psychiatry at the University of San Francisco School of Medicine and a founding member of the San Francisco Psychotherapy Research Group.

In preparation for this meeting, Dr. Rebecca Stoller will offer an orientation to control-mastery theory as well follow-up discussion meetings in the weeks following the conference for those who want to delve more deeply into this approach to clinical understanding.

Look for a brochure describing the conference in early April.

**A personal note**

In September I will be step down as chair of the Alliance Community Psychotherapy Clinic, a position I have held since the clinic was founded in

1995. I will also be leaving the Alliance board which I have served on since 1995.

I cannot recognize here, in a short note, each of the individuals whom I have worked with over these nearly fourteen years. I simply want to express my gratitude to the members of the boards I have served on, to all the members of ACPC, and to the Alliance membership for making this “experiment in generosity” a thriving success.

My life has been enriched immeasurably by these years, and I have learned much, not only about clinical work and teaching, but also about the life of organizations and how projects can grow, thrive, and transform. I sincerely feel that the Alliance will always be a vital part of my own professional and even personal identity and I want to acknowledge my gratitude for all the opportunities it has afforded me and so many people in the community who have benefited from its activities.

## Mark your calendar

- George Silberschatz, PhD
- Third annual “How Does Psychotherapy Work” conference: “Transformative Relationships”
- Saturday, May 31, 9 am – 3:30 pm
- Northgate Community Center, 10510 5th Ave NE, Seattle
- Info: Jeff Eaton, 206-548-9293

### Get involved!

Become a consultant for the ACPC Clinic Without Walls

Contact Janice Hickey at 206-633-1018

“

*I say to you: we must  
still have chaos within  
us to be able to give  
birth to a dancing star.  
I say to you: you still  
have chaos within you.*

— Friedrich Nietzsche

”

FROM THE SPECIAL EVENTS COMMITTEE

## Lord Alderdice: Fundamentalism, terrorism & roadmaps to peace

### The first annual Dorpat Lecture in Psychoanalysis and Society

- Friday, June 20, 7:30 p.m.
- Town Hall, 1119 8th Avenue, Seattle
- Attendance is free

**W**e are delighted to announce the presenter at the first annual Dorpat Lecture in Psychoanalysis and Society. John Lord Alderdice of Ireland has accepted our invitation to speak in Seattle.

Those of us who heard Lord Alderdice deliver an outstanding talk at the American Psychoanalytic Association meeting in New York in January 2004 can attest to his engaging presence and passion in speaking of his longtime involvement in electoral politics and peacemaking efforts in Northern Ireland. He is a member of the United Kingdom House of Lords for Ireland, leader of the Alliance Party, and president of Liberal International, the world federation of liberal and progressive democratic political parties.

For many years, as a member of the Northern Ireland Assembly, he devoted himself to applying psychoanalytic understanding to resolve the violent conflict destroying his society—his efforts were crucial in bringing about the Good Friday Agreement. As president of Liberal International, Lord Alderdice is actively involved in social problems on an international scale. He ascribes critical importance to the psychoanalytic principles which guide him in dealing with the complex challenges in conflict resolution work.

Lord Alderdice believes that social problems, including terrorism, cannot be explained only by economic or political arguments. He has written, “Armed only with non-analytic explanations of violence, our world community will not make sense of terrorist attacks like those of September 11, 2001.” (Covington, Coline, et al., eds. *Terrorism and War: Unconscious Dynamics of Political Violence*, Karnac Books, Ltd., 2002).

Please join us in June to welcome Lord Alderdice.

## Bringing up the next generation

STACEY MCFARLAND

**M**embers gathered during the busy month of December to compare notes on *Runaway*, a book of short stories by Alice Munro. As we discussed the book, the dissociative experience of Munro's writing was noted, as well as the ways that characters seemed to lack cohesive selves.

In January, Shierry Nicholson, and Bob Berley reflected on "A Psychoanalytic Perspective on Free Choice, Responsibility, and Guilt." This unique presentation incorporated thoughts on scientific theory, the story of Nazi mastermind Albert Speer, and post-apartheid truth and reconciliation work in South Africa.

Wrapping up the 2007–08 membership year, we would like to thank everyone who participated in a Thursday night meeting, seminar, or class, whether behind the lectern or as part of an active audience.

The committee met on a snowy January evening to begin to brainstorm and plan for 2008–09. The committee has been concerned with attracting the participation of a larger and wider segment of the membership to the Thursday night professional meetings. In 2006–07, attendance at meetings ranged from four to eighteen members, meaning that less than four percent of the membership attended any given meeting. Furthermore, if a core group of regulars is factored in,

less than one percent of the membership attends a Thursday night professional meeting in a given year.

Our discussion about the factors affecting participation has led us to consider whether a change in any of the following might help: a new location, a different time, a different day, offering dinner for order, offering CEU/CE credit, a different meeting length, a different meeting structure, a more or less didactic tone, and more or less discussion. We also questioned whether there may be such an expanse of offerings in the greater psychoanalytic community that the relevance of the Thursday night meetings has passed. The committee, composed of Jenny Gardon, Doug Hansen, Francie Rutherford, and Stacey McFarland, invites your feedback on this matter, as well as your ideas for topics and presenters of interest.

In response to slowly dwindling attendance, we have decided to reduce the 2008–09 professional meeting series from seven monthly meetings to four non-successive events. Three of these will be devoted to the topic of "Bringing Up the Next Generation." With this guiding theme, meetings will explore how we can support the development of new professionals and mid-career clinicians. We will also consider the role that senior clinicians can play in this process. For the fourth Thursday night event, we will continue the tradition of the annual book study, this year moving the venue to a member's home. Since this

meeting group has tended to be small, we thought that such a change would add to the physical comfort and intellectual intimacy of sharing about the chosen book. We hope that the Professional Meeting Committee may continue to benefit the learning of the Alliance membership and to facilitate familiarity and connection among its members.

“

*Common sense and a sense of humor are the same thing moving at different speeds. A sense of humor is common sense dancing.*

— William James

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## FROM THE BOARD

# Welcome to Stacey McFarland

MARCIA ROBBINS

**S**tacey McFarland joined the board of the Alliance in June of this year as chair of the Professional Meetings Committee. She is a therapist at Family Services and has a private practice downtown. Her degree is in social work, and she has been on the board of the Washington State Society of Clinical Social Workers in the past.

Stacey brought a quiet and thoughtful approach to any question I raised as if she is looking through the varied contents of her mind and carefully, clearly selecting what fits. Her sense of humor surprised me several times, starting with her reply to where would she like to have lunch. “Anywhere is fine. I guess if there was a restaurant that specialized in beets and beet dishes, I’d have to say that wasn’t my first choice.”

I left our meeting (no beets) with the sense of Stacey as a traveler gathering in impressions and experiences wherever she goes, seeing life as movement through different landscapes, picking up part of what is there to carry with her to the next place. Starting her childhood in Ellensburg, then moving to Spokane, then college on the East Coast, now Seattle, she speaks of being comfortable with truckers, fishing, rodeo, pearls, and afternoon tea. High brow and low brow, she says.

She thinks about the stories of lives. Early inspiration came when she found children’s books on Jane Adams and Dorothea Dix in the Ellensburg elementary school library. She speaks of this early awareness of social work as a profession that expanded when her mother volunteered with the AIDS quilt and in children’s services. In college she minored in religion studying the stories of belief. She spoke of a valuable course, “The Meaning of Suffering,” which still influences her current work. As did her work with the elderly, listening to their stories. She thinks in narratives, using myth and symbols in her therapeutic work. Small stories and the bigger stories, all enfolded into a developing narrative. Movies and novels pass through her mind, some of which she shares with her patients.

“I come from a liberal arts education,” she says. And she is using what she picked up on her journey. She appreciates writers who can present individual characters with traits that speak to bigger truths. She grew up with the stories of her father’s *Grapes of Wrath* struggle of his family’s journey from Iowa out west, generations of hardship and poverty. I ask her if she writes. “No, I’m too much of a perfectionist to write.” She describes herself as “poisoned by praise” in that it paralyzes her. But she listens for the stories that lead her patients to her, and the stories being formed as they evolve in treatment. “So exciting to watch some one emerge.”

Stacey is open about her own story. She is newly married and looking ahead to childrearing. She describes marriage as requiring one to stay still and watch it unfold, seeing what is next, which she anticipates as a pleasure similar to one she will have watching her child’s being emerge. She values what marriage and childrearing bring and will bring to her practice: the deep knowing of another person and of oneself in committed relationships.

In response to what she hopes will develop from her participation in the Alliance, she speaks to the desire to meet new people and find new models and mentors. She values the Alliance focus on arts, imagery, and metaphor as well as the concern for the larger world of social issues.

We are fortunate to have Stacey stepping up to participate in the Alliance at this time. She will become part of our story and we of hers.

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**FROM THE  
SPECIAL EVENTS COMMITTEE**

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## Jaak Panksepp presentation coming this fall

**MAUREEN SAWYER**

"The Neuroscience of Primary-  
Process Emotionality: Implications for  
psychiatry and affective well-being"

Saturday, October 11, 2008

**J**aak Panksepp is internationally renowned as a researcher and scientist in the field of affective neuroscience. The author of over two hundred articles in this field, he has devoted his career to the study and research of affective neuroscience. Dr. Panksepp wrote of his seminal findings in his book, *Affective Neuroscience: The Foundations of Human and Animal Emotions* (Oxford, 1998).

According to Dr. Panksepp, affective neuroscience poses and attempts to answer the basic question, "What is the emotional state of the organism in this particular situation?" In his research, Panksepp has identified seven discrete affective or emotional operating systems: seeking, fear, rage, lust, care, panic, and play.

Panksepp has focused much of his research on the role of opioids in the mammalian brain. All of these findings has real implications for clinical application with our patients, particularly as it relates to such issues as separation distress, loss, depression, and addictions. He is very curious about the role of seeking and play systems in mammals as they relate to social bonding, and implications for those suffering from autism and chemical addictions.

Jaak Panksepp was born in Tartu, Estonia. He received his Ph.D. in physiological psychology at the University of Massachusetts. He holds the Baily Endowed Chair of Animal Well-Being Science in the Department of VCAPP, College of Veterinary Medicine, at Washington State University. In addition to his academic work,

he has served as the director of the nonprofit Memorial Foundation for Lost Children from 1994 to 2004, providing assistance, information, and advice to parents concerning various childhood neuropsychiatric disorders, especially autism and ADHD. The Northwest Alliance for Psychoanalytic Study is extremely fortunate and privileged to have Dr. Panksepp as a presenter this coming fall. Save the date Saturday, October 11, 2008. Further details will be available closer to the time of the event.

*I have heard Jaak Panksepp lecture. He is a lively, engaging, passionate, and humane man who cares deeply about science and the quality of life and lived experience. His work is elegant, penetrating, researched based, and driven by deep questions about the nature of the very roots of our experience. I can think of few people I would rather learn from, listen to, and few people who have more to say about the nature of emotion and its place in our lives.*

— Jeff Eaton

## Arts and psychoanalysis events

### Offerings

SHIERRY NICHOLSEN

- Jeanne Castle's series of movement workshops ends this year with "The Body as Muse of Muscles and Verbs" on Saturday morning, April 12, 10 a.m. – 1:30 p.m. \$25/\$20 Alliance members. 7317 23rd Avenue NE, Seattle. (See also Kathleen Kenneally's piece in this issue on Jeanne's January workshop.) Anyone is welcome to attend. For information, contact Jeanne at 206-528-0245.
- On Saturday evening, April 12, Elizabeth Clark-Stern and Robert Bergman, along with Rikki Ricard and Roy Barsness, will do a reading of Elizabeth's new play, *Nana Sofia's Oasis*. (Those of you who were at the 2006 Potential Space heard a bit of it there.) Donna Lee will assist with the sound score. This will take place at COR Northwest Family Development Center, 1711 12th Ave, Seattle. \$10.
- Our film series "Discussants' Choice: Films That Light the Analytic Mind" ends this year on April 18 with Adam Egoyan's film *Exotica*. Maxine Nelson will lead the discussion following the film. This will take place at COR North-

west Family Development Center, 1711 12th Ave, Seattle. \$10/\$8 COR and Alliance members.

Please do not hesitate to contact any member of the committee if you would like to confer about an idea for a project in the area of the arts and psychoanalysis: Shierry NicholSEN (chair), Jeanne Castle, Kris Wheeler, Terry Hanson, Carol Poole, and Joseph Canarelli.

### Save the Date: Potential Space 2008

CAROL POOLE

- Saturday, October 4, 4:30 to 8:30 p.m.
- UW Center for Urban Horticulture

The Alliance's annual arts event and membership party is growing, with the largest attendance yet in 2007. More than twenty artists showed paintings, drawings, sculpture, and artworks in other visual media, and performances by poets, playwrights, dancers, and musicians met an appreciative—and packed—audience of about a hundred.

Afterward, cleaning up the food tables—which had a satisfyingly sacked and pillaged appearance by the end of the evening—those of us who helped organize the evening were happy. Throughout the evening people kept telling me what a good time they were having, and it showed in the hum of conversation, and the warm, enthusiastic responses to performances.

Personally, I think the Potential Space is fun because it's the result of so many people's care, talent, generosity, and bravery. There is something infectious about creative daring and play. It's a great way to get to know people, seeing their artwork and responding to it. I hope even more people come next year!

But this past year we organizers, and our helpers in the Alliance's Arts and Psychoanalysis committee, recognized that we need to respond to the Potential Space's growth proactively. The one piece of critical feedback heard from several sources in 2007 was, "It's a bit overwhelming!" And as those who were there know, we've really outgrown the current performance-space setup—it's gotten crowded.

Here's what we plan to do in 2008:

- We're holding the event earlier in the year and a bit earlier in the day, to allow some daylight in which to take advantage of the Center for Urban Horticulture's lovely outdoor areas—courtyard, gardens, walking trails—as refuge for the overstimulated.

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- We are also dividing the schedule up somewhat differently to allow a longer period for everyone to enjoy the visual artwork and socializing, with wine and hors d'oeuvres, before shifting to the performances. And we are going to look at ways of increasing the area for seating in the performance space.

Watch your mailbox this spring for the “Call for Artists,” which will have a new look—and details such as submission deadlines.

I would also love to add some surprises in the refreshments. One terrific addition we had in 2007 was a sommelier who helped us choose affordable but inspired wines, and I'm glad to say he will return next year too. In 2008 I'd like to see a “slow and local” food theme develop, and am working on that (and would welcome help from anyone interested).

If you have other thoughts or ideas for the Potential Space this year or would like to get involved in organizing it, please contact anyone on the 2008 organizing crew: Carol Poole ([cpoole@speakeasy.net](mailto:cpoole@speakeasy.net), 206-390-7875), Rebecca Meredith, Constance Jones, or Joseph Canarelli.

Finally, I'd like to thank everyone who helped bring the Potential Space to life in 2007—the artists, performers, helpers, old-timers, newcomers, and those who first got the ball rolling on this very fun annual event, now going into its fifth year!

## Fir floors full of knots

KATHLEEN KENNEALLY

On Saturday, January 26, at her studio Jeanne Castle hosted an Authentic Movement class entitled “Dreaming Awake: The Dream between Psyche and Soma” (sponsored by the Alliance). Three movers attended, and Jeanne witnessed the movers during sets of five to thirty minutes. Jeanne held the frame of time keeper and kept a kind of process note on each of us as we each found a space in the studio and began to explore our inner worlds through movement.

In Authentic Movement, when the movers and observer speak after a movement set, it is in the presence tense. The effect is to make the experience more immediate and so I will write this short piece, too, as if it were happening now.

The environment is a beautiful studio with fir wood floors full of knots that look like freckles to me. I am reminded of my own freckled body. My ambivalences about my “spots” melt into acceptance since I see the obvious beauty of this smooth, shiny demarcated surface. The floor feels solid under me; the room feels spacious and comfortable. Light-filled and large with windows looking out into holly and bamboo, the room nestles me like a tree house.

As in dreams, I allow my action to arise of its own accord. My body moves, directed from within. My eyes are closed to assist me in focusing on the sensate instead of on thought-generating sequences. My other senses heighten, waking up my sonar and proprioceptive radar so I feel securely placed in the mélange. My inner

observer is keen to notice what is happening. I am excited by the arising of an inclination to move my hands to my head or to rock or pivot on my feet. I explore with my breath, yawning, my eyes tearing up. I explore with my arms and hands, palms exposed at my cheeks or collapsed by my sides. I stand and fold over, dropping to the ground to allow the floor to receive me as I rest. I feel a rainbow of emotions, from an exquisite inner joy to anxiousness about having enough time.

The observer, Jeanne, gathers impressions of the movers—she says it's like putting eggs in a basket. She is drawn to watching one or the other of us, noting what is happening within her as she sees us move. We create a collective consciousness. Later, after the moving session, we speak of our experiences. Themes emerge. Two of the movers speak of the image of a tree influencing them as they moved: two others, of a village. I am struck by the importance of the oral storytelling aspect of the work. The movers are putting life experience into a narrative and the observer is offering her story of the same from her vantage point. Winnicott's concept of *personalization* as opposed to *depersonalization* is enacted here. The movers have an opportunity consciously to bring something of themselves heretofore unknown into the Psyche-Soma, and this is personalizing, a soul retrieval of a sort: sacred movement, conscious awareness of the mystery that is a human being.