

F O R U M

THE ALLIANCE

THE NEWSLETTER OF THE NORTHWEST ALLIANCE FOR PSYCHOANALYTIC STUDY

APRIL 2010



Surprise!

An artist's job is to surprise himself.
Use all means possible.

—Robert Henri

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- Gina Benavides Balli (pp. 12, 15, 16, 19)
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Alliance newsletter

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Publications Committee: Ginger Harstad Glawe, Kris Wheeler, cochairs; Jeanne Castle; Joanne della Penta; Susan DeMattos; Joan Dinkelspiel; Kathy Knowlton; Rebecca Meredith; Bev Osband; Helen Palisin; Carol Poole; Marcia Robbins. Newsletter design by Dennis Martin Design, 206-363-4500.



FROM THE EDITORS

Surprise and illumination

GINGER HARSTAD GLAWE & KRIS WHEELER

*The literature of illumination reveals this
above all: although it comes to those who wait for it,
it is always, even to the most practiced and adept,
a gift and a total surprise*

*The secret of seeing is to sail on solar wind.
Hone and spread your spirit till you yourself
are a sail, whetted, translucent, broadside
to the merest puff.*

— Annie Dillard

Various theorists have written of psychoanalysis as something like an obscure path through a dark woods and have tried to elucidate those qualities and conditions which might illuminate the way. In this issue of the *Forum*, our topic is “surprise.” Surprise involves experiencing vividly the unexpected. Several of our contributors have mentioned the role of the psychotherapist as one who waits to be surprised, who is willing to be transformed. We need to be surprised because we cannot be enlightened by something we already know consciously, something expected.

We are also aware that being open to a new idea is to court catastrophe, so we need some escort who

will make the risk bearable. I think this necessity is one reason that people write, that is, to accompany each other into the catastrophic surprise of illumination. In the Alliance community, members are invited to try out their surprising, unexpected ideas on each other, with the hope that a few will be amazed into becoming the sail that is moved by solar wind.

Art can be a bridge into a state of readiness for illumination, or it can be the surprise which occasions it. We have recently welcomed a variety of artists in the pages of the *Forum*. The multiplicity of styles offers a range of perspectives, and we hope that this diversity will spark your imagination. We thank our artists, Laura Pizzuto, Gina Benavides Balli, and Susan Radant for their offerings.

As always, we also thank our authors—this time, Elizabeth Clark Stern, Ann DeMaris Davids, Susan DeMattos, Joan Dinkelspeil, Joan Fiset, Charles Levin, Jacqui Metzger, Bev Osband, Carol Poole, Marcia Robbins, and Shierry Weber Nicholsen—who tender the gift of their thoughts. We also hope that the generosity of all of our contributors will prompt you to send in your associations to our next topic, “after.” Just so you can plan ahead for your future illuminations, the topic for January 2011 is “promise” and for May 2011 “intuition.”

— *Ginger (and Kris)*

Interested in writing for the *Forum*?

We accept essays and book reviews of psychoanalytic interest. We also accept informational writing, poetry, and prose on the specified topics.

Upcoming topics are:

- September: “After” — deadline July 1, 2010
- January: “Promise” — deadline November 1, 2010
- May: “Intuition” — deadline March 1, 2011

With a heavy heart ...

BARBARA WALKOVER

Our oddly soggy and balmy winter has been a weighty time for the Alliance board. Change is challenging for any group that functions as a felt home to its members, and we are a group that strives for genuine presence as we work together. We are accustomed to the shifts in energy and passion that bring people to the board and take them away. These are mostly healthy developments, perhaps bittersweet times of transition, often simply the anticipated end of one's term. We expect to accommodate such change and encourage each other in moving into and out of our shared responsibilities to the Alliance.

Having accepted Scott Leiter's resignation at our January meeting, we were able collectively to express our appreciation to Scott for his accomplishments as our most recent Community Relations chair. His major project, the membership survey in 2008, is an invaluable point of reference as we imagine ourselves into the next decade and we will miss his thoughtful presence on the board. The good news is that since Scott's interests seem to be leading him back to a renewed involvement with community education, we are confident that we are not losing his creativity and engagement. We were not really saying goodbye.

Sadly, we have no such time with Maureen Sawyer. The severity of her sudden illness deprived us of the opportunity to speak together with her about her tremendous contribu-

tion to the Alliance. We are left with her irretrievable absence and the knowledge of what this loss means to her family, her patients, and her friends. There will be opportunities in the coming months to articulate how Maureen's unique, no-nonsense approach to life and community supported and inspired so many of us. She brought so much of herself to the tasks involved. Maureen and her partner Constance generously opened their home as a gathering place for Alliance-sponsored dinners, seminars, and celebrations. Our organization without walls was taken in and their warm welcome has held us.

How do we make room for the unexpected? What do we do when it forces its way into our lives? An earthquake, a dire diagnosis, eroding financial loss Our emergency preparedness kits are never what we wish they were when we are called upon to use them. Faced with our own helplessness it is hard to see how to go on.

While living with heartbreak, the surprise is that we do go on. We chop the wood and carry water, doing what we can and what we must. We visit, we give what we can, we pray for peaceful passage. But we are also thrown back on our private sufferings, bracing for the next blow, dreading the storm on the horizon, cursing cancer and the purveyors of pain. Managing our terror we wonder, what good can come of this? That familiar and unwelcome guest arrives and plants himself by the door, draining the cupboards, blocking the exit. We

feel trapped with our inadequacy and our helplessness.

Mercifully, my sorrow ebbs for a while but even now I notice that the early harbingers of spring seem premature and worrisome this year. I try to imagine how this will seem when this *Forum* issue appears in print. Maureen's community will have gathered and shared memories together. The board will be struggling with our budget planning. We will be preparing to elect new officers, shifting roles, taking on new challenges, and gathering at the Forum. Certainly the mood will shift as the wheel of life keeps turning.

But at this moment in early February, as we are still taking in the tragic dimensions of a loss none of us was prepared for, the deepest comfort comes from waking up to the preciousness of life itself. Maureen has had some time, however brief, to take in how deeply she is loved and to experience all that she could be and has been to so many of us. We have so much to thank her for.

A refrain of Leonard Cohen's keeps coming to mind:

Ring the bells that still can ring,

Forget your perfect offering.

There is a crack in everything

It's how the light gets in.

FROM THE ALLIANCE COMMUNITY PSYCHOTHERAPY CLINIC

Nancy McWilliams, Ph.D., to present at fifth annual "How Does Psychotherapy Work?" conference

We are very excited to have Nancy McWilliams come help us grapple with this very basic, yet tremendously complex question about how psychotherapy works. Nancy McWilliams' career has been marked by a consistent interest in individual differences (personality type, developmental experience, gender, ethnicity, sexual orientation, religion, and other areas) and their implications for psychotherapy. Drawing on both clinical literature and empirical findings, she has written extensively about how to orient therapy toward particular persons and problems. In her teaching and clinical

work, she integrates various perspectives mostly, but not exclusively, from within the contemporary psychoanalytic tradition.

Psychotherapy, which was once conceptualized in terms of an intimate healing relationship, has become increasingly characterized in the larger health care scene as the application of specific techniques to specific disorders. Dr. McWilliams will argue that this shift represents the interests of insurance and pharmaceutical companies, confuses the necessary conditions of good short-term research with the conditions of effective treatment, ignores extensive research supporting the experience of seasoned clinicians, and has profound unintended negative consequences for therapists and their patients.

In this context she will reflect on her own evolution as a therapist, present relevant clinical material, and describe ways of thinking about psychotherapy which increases the probability that therapists can help their clients, even in the short-term and limited contexts in which many practitioners must currently work.

Nancy McWilliams teaches at Rutgers University's Graduate School of Applied and Professional Psychology and has a private practice in Flemington, New Jersey. She is author of *Psychoanalytic Diagnosis: Understanding Personality Structure in the Clinical Process* (1994), *Psychoanalytic Case Formulation* (1999), and *Psychoanalytic Psychotherapy: A Practitioner's Guide* (2004), all with Guilford Press, and is associate editor of the *Psycho-*

dynamic Diagnostic Manual (2006). She is past president of the Division of Psychoanalysis (39) of the American Psychological Association, and on the editorial board of *Psychoanalytic Psychology*.

Dr. McWilliams's books have been translated into thirteen languages, and she has lectured widely both nationally and internationally. Her book on case formulation received the Gradiva Award for best psychoanalytic clinical book of 1999; in 2004 she was given the Rosalee Weiss Award for contributions to practice by the Division of Independent Practitioners of the American Psychological Association; in 2006 she was made an honorary member of the American Psychoanalytic Association; and in 2007 she was awarded the Robert S. Wallerstein Visiting Lectureship in Psychotherapy and Psychoanalysis. A graduate of the National Psychological Association for Psychoanalysis, she is also affiliated with the Center for Psychoanalysis and Psychotherapy of New Jersey and the National Training Program of the National Institute for the Psychotherapies in New York City.

Mark your calendar

How Does Psychotherapy Work?

- Saturday, June 5, 9 am – 3:30 pm
- Mars Hill Graduate School, 2501 Elliot Avenue, Seattle
- Before May 10: \$95 members; \$105 nonmembers; \$50 students
- After May 10: \$110 members; \$130 nonmembers; \$70 students
- Info: David Allen, david.b.allen@comcast.net, 425-454-7321; Lola Richards, lolarich@comcast.net

FROM THE EDUCATION COMMITTEE/COURSES

Alliance educational offerings

FALL SEMINARS

Reading the Stories that Read Us

- Instructors: Mel Knight, 206-282-5100; Jay French, 206-438-4673
- Date: TBA
- 3140 W Viewmont Way W, Seattle
- No fee for Alliance members

Psychotherapy was conceived in story and story is its natural element. In this seminar, we propose to take a break from patients and theory and use the stories that have moved us to think and play about our work. This is an open-ended, exploratory seminar, but some themes that might emerge are: the transference of reading, fate and motivation, narrative as a controlling metaphor for psychotherapy, the logic of the unconscious and the logic of the story. We will be reading less well-known stories from such writers as Chekhov, Tolstoy, O'Connor, Borges, Kafka, Lydia Davis, Kawabata, as well as various folktales from here and there. Warning: Wine will likely be served.

Theatres of the Body: A psychoanalytic approach to psychosomatic illness

- Instructor: Robert Oelsner, 206-441-3367
- Six alternate Mondays, beginning September
- 4119 Dayton Ave N, Seattle
- No fee for Alliance members

Using Joyce McDougall's book *Theatres of the Body*, this course is an introduction to understanding and working clinically with patients when the manifestation of the dis-ease is expressed through physical illness while the mind seems to remain unmoved. Specifically, how do we reach the suffering personality when it does not seem to experience pain at all? How do we understand these people, how do we make them feel understood, and how do we recognize psychosomatic risk?

Reflections on psychological birth—what sparks it?

- Instructor: Susan Persson, 206-462-0134
- Five Thursdays, October 7, 14, 21, 28, November 4, 7:15–8:45 pm
- Place: TBA
- No fee for Alliance members

This seminar will use both theoretical and clinical material from Carl Jung, Samuel Beckett, and Wilfred Bion, who were all in attendance at the Tavistock Lecture wherein Jung discussed a case of a woman who existed, but did not actually live.

YEAR-LONG CLASS

The Clinical Use of the Self: Three Exemplary Figures (Winnicott, Searles, and Ogden)

- Instructors: Jeanne Castle, 206-528-0245; Ann Glasser, 206-720-6153; Jeff Eaton, 206-548-9293; Terry Hanson, 206-517-4198
- Every other Tuesday, five meetings each quarter, 15 total, 7:30–9 pm
- Space for 10 participants
- 7317 23rd Ave NE, Seattle
- \$300/members, \$350 nonmembers; scholarships available

Much psychoanalytic literature focuses on working within the transference/countertransference paradigm. A few pioneering analysts have extended this model and deeply explored the analyst's use of self as an essential element in treating, in particular, patients with primitive mental states. This seminar looks at the work of Donald Winnicott, Harold Searles, and Thomas Ogden, each of whom has forged a personal language to describe the clinical use of the self. Participants will read clinical articles from Winnicott in the fall, Searles in winter, and Ogden in spring. Our aim over the fifteen sessions is to expand our shared sense of working from within our own experience as a crucial factor in deepening the therapy process.



Contact instructors to enroll.

FROM THE EDUCATION COMMITTEE/PROFESSIONAL MEETINGS

Thursday night meetings

Second Thursdays, 7:30 pm

Good Shepherd Center, 4649 Sunnyside Avenue N, Room 211, Seattle

\$10 members, \$15 nonmembers

For more information, call Stacey McFarland, 206-369-1368

Thursday, April 8

- “Nuts & Bolts of Developing a Private Practice: Dealing with insurance”
- Melissa Wood Brewster (additional presenters TBA)

The final Nuts & Bolts session of the year addresses what many of us find frustrating, confusing, angering, and anxiety-provoking: dealing with insurance companies. Attendees are invited to bring their questions about submitting claims, the differences between in-network and out-of-network reimbursement schemes, and any other issue presented by dealing with third-party payment. Melissa Wood Brewster will also speak about being audited by an insurer, an experience few of us have had but many dread.

Thursday, May 13

- Topic to be announced
- Presenter(s) to be announced

“

*Time changes everything except something
within us which is always surprised by change.*

— *Thomas Hardy*

”

“

*Those who are easily
shocked should be
shocked more often.*

— *Mae West*

”

**FROM EDUCATION COMMITTEE/
ARTS & PSYCHOANALYSIS**

Second Sunday Poetry Series

- Elena Richmond, facilitator
- Sundays, April 11, May 9,
June 13, July 11, August 8, 4–6 pm
- 505 Boston Street, Seattle
- No fee
- Information: Elena Richmond,
206-783-7326

Elena Richmond is a graduate of Whitman College. A teacher of private voice and piano lessons, she writes funny, sarcastic poetry and is currently working on a book entitled *99 Girdles on the Wall*.

Of the Second Sunday Poetry Series, Elena writes, “We sit with poems, say whatever comes to mind, and see what happens.”

Forum 2010

ANNUAL CONFERENCE OF THE NORTHWEST ALLIANCE FOR PSYCHOANALYTIC STUDY



When and where

- Saturday, April 10,
8 a.m. – 3:30 p.m.
- Shoreline Conference Center,
18560 First Avenue NE,
Shoreline, WA

About the conference

The Forum—the annual conference of the Northwest Alliance for Psychoanalytic Study—is once again offering a day of enriching and delightful presentations, dialogue, and interaction. The format of this year’s presentations will vary tremendously—from hands-on to panel discussions, visual/poetic offerings, and papers. All will offer significant opportunity for participation.

Presentations

We will have 12 presentations in all—four each in three sessions—two sessions in the morning and one after lunch:

First morning session

- Bob Bergman—Irony and the spirit of psychoanalysis.
- David Hufford—A contemporary Jungian approach to cumulative emotional trauma.
- Doug Hansen—Hearing voices and speaking in tongues: A search for psychoanalytic holy ground.
- Gretchen Hegeman—An introduction to sand play therapy.

Second morning session

- Harland Curtis and Sal Ziz—When contrary is controversy: The hazards of speaking one's truth in professional settings.
- Carol Poole—Some notes on doubting well (and not so well): Doubt as a key element in therapy with abuse survivors.
- Caron Harrang—Painting poppies: On the relationship between concrete and metaphorical thinking.
- Margaret Crastnopol—The (neurophysiological) otherness of being.

Afternoon session

- Susan Radant, Aric Mayer, and Rebecca Meredith—Psychoanalysis and visual art: The aesthetics of catastrophe in the aftermath of Hurricane Katrina and its application to the clinical situation.
- Shierry Nicholzen—Associating with dissociation: A brief theoretical and clinical exploration.
- Susan DeMattos—Marian Redux: What staying alive in life can teach us about staying alive in therapy.
- Susan Persson and Jeanne Castle—Gazing Medusa: Fermenting language at the verge of mystery.

Meals and annual meeting

In addition to a yummy continental breakfast, we will offer a full lunch with plenty of healthy food. There will be ample time to socialize with friends, reconnect with people you haven't seen for a while, and meet new people. Additionally, we will hold our annual organizational meeting. If you have special dietary requirements, please call Marian Evans at 425-709-3000.

You are especially welcome if you are new to the community. Please introduce yourself at registration. The Forum is a wonderful place to make connections, so important for all of us who do this work.

Registration

Brochure and registration forms have been mailed to all Alliance members. If you have not received a brochure, you may download the information from our website www.nwaps.org. You can also mail a check (made out to NWAPS) to David Allen, 12221 NE 8th St, Bellevue, WA 98005.

Before April 1:

- \$95 members
- \$105 nonmembers
- \$60 student members
- \$70 student nonmembers

After April 1:

- \$105 members
- \$115 nonmember
- \$70 student members
- \$80 student nonmembers

Forum
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committee reports

MEMBERSHIP COMMITTEE

CAROL POOLE

Welcome to new members, and thanks in advance to all of you for renewing your memberships promptly this summer. (Note: you should receive a renewal notice in the mail in early June. If you don't, please let me know and we'll check to see that your address is listed correctly in our mailing list.)

I want to let you know about some upcoming developments relating to membership:

Mistakes are a part of life, as I am acutely aware whenever a member finds one in our mailing list or roster. Lola Richards has developed a way to improve the accuracy of our member listings in the roster and online directory. Starting this summer, when you renew your membership or sign up as a new member, Lola will send you an email showing you your information as it will appear in the roster. You will then be able to alert us right away to any errors in your listing.

A related issue is that we have been trying to figure out better ways to address members' diverse wishes regarding email addresses. Some people welcome internal email announcements from the Alliance but prefer not to have their addresses published. Some prefer to have their email address published in the roster but not online. We are trying to make our membership forms as clear as possible, and I'd welcome any feedback or input from members about this issue.

Save the date for Potential Space!

On Saturday, October 2, from 5 to 9 p.m., the Alliance will host the annual Potential Space arts event. This will be my last year as organizer of this event, which showcases our talented membership's painting, photography, sculpture, dance, poetry, and music—and celebrates the potential space the Alliance has to offer as a community. I've had great fun working with others—notably emcee Rebecca Meredith and curator Constance Jones—to bring off this event, and look forward to seeing how it may evolve in years to come. Please save the date, and watch your mail this spring for the call for artists for Potential Space 2010.

As always, you are welcome to contact me with any questions, concerns, ideas, or for help getting connected with Alliance programs and people.

EDUCATION COMMITTEE/ PROFESSIONAL MEETINGS

STACEY MCFARLAND

Over the last few months, our committee organized and hosted two events which furthered our efforts to provide theoretical and practical education to the psychoanalytic community. In November, our "Nuts and Bolts" series continued with a program entitled "Money and Professional Identity" presented by Scott Leiter, Dawn Loerch, and Sal Ziz.

Dawn and Sal talked about how we can try to balance our personal finan-

cial needs with the financial sacrifices we accept because of our commitment to and love for this work. Our commitment to a client who has used therapy to make significant progress in his or her life, for example, may lead us to offer a reduced fee so that the client can continue. Scott provided a thoughtful list of things to consider around money and professional identity. Overall, the presentations were heartfelt, and it was quickly apparent that it was a rich topic that deserved more time than allocated.

In January, Lisa Caldwell and Lane Gerber read their final psychoanalytic training papers, "Fragmented Figure Eights" and "Ears" respectively. Both spoke about hoping that training would give them the answers, and finding instead that it has expanded their capacity to sit with whatever it is that patients bring to the consulting room and comfortably tolerate the unknown.

The Professional Meetings Committee is comprised of Michael Butler, Lane Gerber, Jason Jost, Erica Rubin, and Stacey McFarland, chair. We wish to express our sincere thanks for the generosity of the speakers listed above, as well as to meeting attendees who brought their rich questions and comments to share.

EDUCATION COMMITTEE/ COURSES

TERRY HANSON

Our current committee members are Jeanne Castle, O'Donnell Day, Ann DeMaris Davids, Diana Lee, and myself. We are now in the midst of planning for next year's courses. I would encourage all of you to con-

sider what you would be interested in learning about next year. Is there some writer, some subject, some clinical issue that you would like to explore? Let one of us know. Perhaps you might be willing to be involved in organizing a group. Or perhaps we can help identify someone else in our community who might be interested in facilitating. We hope over time all of your psychoanalytic interests can be pursued.

I've been asked recently why some courses have fees and others don't. Our committee offers two kinds of courses: seminars which are free to members, and classes which have some fee. For classes, twenty percent of the fee goes to the Alliance for expenses. Each instructor decides whether to offer a course as a seminar or class. I imagine there are as many different reasons involved in this decision as there are instructors. My sense is that most people weigh the benefits of no fee, such as a participatory atmosphere available to everyone, with the benefits of some fee, such as the recognition of the experience and effort of the instructors.

SPECIAL EVENTS COMMITTEE

BARBARA WALKOVER

We are looking for volunteers. Last year Susan Jenkins noticed that Maureen Sawyer was a one-person committee and stepped up to help with the logistics of producing Alliance Special Events.

With the advent of Maureen's sudden and devastating illness, Susan has again stepped up to take on the role of acting chair of Special Events. Maureen's tremendous success over many years has not only helped keep

us abreast of what is current elsewhere, the programs she has produced have also contributed significantly to keeping our organization in the black. Presently Susan and Shirley Bonney are forming a new working group. If you have an interest in helping to host the speakers we invite to town, have ideas about who you would like to see in the upcoming year, or simply have an interest in contributing to a growing committee which needs support, we welcome your participation. Please contact Susan Jenkins, 206-285-7215 or susan@quidnunc.net.

FORUM COMMITTEE

BARBARA GROTE

As this issue of the *Forum* publication comes out, we are just days away from the Forum event—the annual meeting where Alliance members and friends gather to hear each other, dialogue, and interact with one another on clinical and/or theoretical topics. The Forum committee is excited to report that this year's presentations will take all sorts of forms—from hands-on sand tray to panel discussions, visual/poetic discussions, and papers. Participants will have the opportunity to interact in all of the breakout sessions.

Big thank you's go to all of the committee members who have worked hard to make this event happen: David Allen, Marian Evans, Matthew Brooks, Mara Applebaum, Linda Jenkins, Trip Quillman, Michael Allison, and Barbara Grote, chair.

We hope to see you on Saturday, April 10, at the Shoreline Conference Center!

Passing the baton

JANICE HICKEY

In June of 2006 when I held up my hand to offer to take over the helm of the Alliance Community Psychotherapy Clinic, I was acting out of great belief in and loyalty to the elegance of the clinic's design. Granted there was also some naiveté in this action (I should have paid more attention to Jeff Eaton and Tom Saunders being up to their eyeballs), but it allowed me to take on this project with great enthusiasm. And now, four years later, that enthusiasm for the clinic has not waned. I love the “win, win, win” motto of the clinic—that all level of participants (patients, clinicians, and consultants) can greatly benefit, win, when they participate. My win has been even greater because of the number of dedicated and talented therapists I have been able to work with. My sense of pride in the community in my professional life has been made much richer. Another part of my win has been how much I have learned about myself in this role—where it resonated, where it stretched me, where it hasn't been such a good fit.

As I get ready to hand over the helm of the clinic to Bill Etnyre and Aleta Mattaino, I feel quite proud of this amazing group of volunteers that have helped me over the past five years grow the clinic into what it is today. We have gone from serving twelve patients to thirty. We continue to be a source of incredible training in psychoanalytic psychotherapy; we continue to offer the original quarterly case consults and have added quarterly seminars for active ACPC therapists, three different consultation groups and the annual “How Does Psychotherapy Work?” conference. The clinic is vibrant and there are even more people winning.

There are some people I want to thank in particular. The first person who comes to mind is Jeff Eaton. The clinic was his baby. I want to thank him for his brilliance with it, and then for entrusting his baby to me. The three Alliance presidents who have helped guide and support me and the clinic while I've been at the helm: Terry Hanson—so thoughtful and solid; Marcia Robbins—warm heart and good mind; and Barb Walkover—forward thinking while respecting the history.

Kris Wheeler has helped me in so many ways with her incredible thoughtfulness and hard work (as well as her tolerance for the ever late *Forum* articles!). Janet Allen as the first clinic administrator who anticipated my needs and called me “smarty pants” and to Lola Richards, our new administrator, who is a god-send to all of us at the Alliance. To David Allen for his willingness to dive in and help—whenever, wherever. To both Aleta and Bill, who in their competency make it easier than it might have been for me to move on. And to my husband who got to hear all the rants and raves. And of course to the volunteers, therapists and consultants who make the clinic hum so well. Thank you.

IN MEMORIAM

Maureen Sawyer

August 11, 1945 — February 19, 2010

MARCIA ROBBINS

As a very active and valued member of our professional community, Maureen Sawyer touched many people and many arenas of study. She was a clinical social worker, marriage and family therapist, Gottman certified therapist and trainer, participant in the developing Seattle study group on neuroscience, and she served on the Alliance board for more than a decade, spearheading the Special Events committee. Through Maureen, we have brought world-class presenters to Alliance conferences year after year. An avid reader of the literature, Maureen was our scout for voices we would do well to hear. With grace and intelligence, she engaged illustrious figures to come here to present, and then invited them and us to her lovely home for a comfortable dinner and lively conversation. In every place she has stepped, Maureen brought a commitment to the highest standard of practice as well as her personal commitment to mindfulness, a combination that has drawn so many into her practice over the years. Maureen's presence is already sorely missed.

Maureen brought that same intentionality and depth to her friendships. She noticed and remembered details, always demonstrating the importance of connection. Her circle grew, year after year, including and integrating people. The outpouring of friends when she was in the hospital necessitated some coordination to avoid standing room only occasions.

As Maureen responded to her sudden serious diagnosis of leukemia she demonstrated these same qualities. She engaged her mind in learning all she could about the illness, all she could

about her practitioners, and all she could about herself. She made personal connections with each physician, inviting every one into relationship knowing that only in relationship can treatment be valuable. She learned the name of all of her nurses and recognized their voices as they came into her room. And she looked internally, watching her own reactions and actions, inviting friends to bring visualizations, readings and poetry.

Maureen surrounded herself with beauty. Her home with Constance and their two daughters is full of color and texture. The solid grace of Constance's stone sculpture and the playful energy of the girls make for a warm and welcoming atmosphere. The Alliance board was very fortunate to be present there for many rich and intimate gatherings.

In the cards that have come in during her illness, many who worked with Maureen have spoken of long relationships and the value of the clinical contributions she made to their lives. Some who had never met Maureen were moved to write because they saw how affected others who knew her were by her illness. This is who Maureen was: a woman who profoundly affected those she met. In physical stature Maureen was probably the smallest person in our local community and yet her presence was large. It will take us all some time to accept her absence as we travel on expecting to meet her so many places.

The Alliance welcomes writings of memories of Maureen; we plan to create a collection to be presented to her family. Please send your contributions to Kris Wheeler, kris@kriswheeler.com, or Ginger Harstad Glawe, ghglawe@earthlink.net.

LECTURE REVIEW

Two reviews of the Dorpat lecture

Editors note: The Alliance is honored to present annually the Dorpat Lecture in Psychoanalysis and Society that recognizes significant work in applying psychoanalytic understanding to social problems. We continue to be grateful to the anonymous donor who makes this possible as a way to honor Dr. Ted Dorpat. Dorpat, 1925–2006, was a Seattle psychoanalytic and forensic psychiatrist whose work was in the forefront of creative integration of psychoanalysis and contemporary thought. As a member and past president of the Seattle Psychoanalytic Society and Institute, Dr. Dorpat had an abiding interest in educating not only his students but the public as well in psychoanalytic principles. He authored four books and more than 370 scientific papers.

Both Jacqui Metzger and Ann Demaris Davids offer reviews of the Stuart Twemlow, MD, presentation, “Working with Violent Youth: A community-based response.”

Twemlow on youth violence

JACQUI METZGER

Stuart Twemlow, M.D., was the second speaker for the Dorpat Lecture in Psychoanalysis and Society, Friday, January 29, at Town Hall in Seattle. His talk was entitled “Working with Violent Youth: A community-based response.”

A diverse and enthusiastic audience attended this event. Therapists, teachers, bus drivers, law enforcement, and concerned citizens came out to hear the discussion on whether bullying in our schools can be stopped and what can be done about youth violence in our communities.

Dr. Twemlow is a senior psychiatrist and professor of psychiatry at the Menninger Department of Psychiatry and Behavioral Sciences, Baylor College of Medicine in Houston, Texas, and director of the Peaceful Schools and Communities Project, which has become a model nationwide for reducing school bullying.

Joining Dr. Twemlow was Mariko Lockhart, director of the Seattle Youth Violence Initiative. This initiative, created in response to the five violent deaths of young people in Seattle during 2008, seeks to reduce the overall culture of violence that allows bullying of our children. The initiative aims to deliver a wide array of services throughout the community to at-risk youth including both mental health services and support for staying in school.

Also joining the panel was Martin Bullard, a clinical social worker and psychoanalyst who has a private practice in Seattle and works with children, adolescents and their families. He has worked with at-risk children in a variety of settings including wilderness therapy programs and child psychiatric hospital and day treatment programs. He volunteers as a clinical consultant to Friends of the Children King County, the only program in the nation that connects young children with paid, professional mentors from kindergarten through high school.

Dr. Twemlow discussed the findings from collaborative work with Peter Fonagy, Ph.D., of London and Frank Sacco, Ph.D., from Massachusetts. Using psychoanalytic thinking to understand youth violence, he said that

bullies unconsciously convey the aggression of the social system to its scapegoat—the bully him or herself. Teachers and police become abdicating bystanders when they avoid their responsibility for the problem, and they also become scapegoats for failing to contain aggression in schools. Bullies, victims, and bystanders provide a kind of consultation to the system as a whole about its failure to manage anxiety and violence.

He described the role of the bystander, a role which can be active or passive,

and which contributes significantly to the outcome of an unfolding potentially violent interaction. Bystanders include individuals or groups—teachers, students, and administration/community. Dr. Twemlow spoke about mentalizing, which he defined as the capacity to reflect on interpersonal interactions, as a critical communication skill often lacking among the various systems. Twemlow says that research shows that as mentalization increases in the school culture, coercion among teachers and students decreases. He outlined ways in which these skills can be learned—always in the context of a reflective relationship—and the documented subsequent positive outcome of reducing school violence.

Mariko Lockhart then described her work with the Seattle Youth Violence Initiative. In the first six months of this new program, she is establishing connections and a foundation for working in the community. She commented on the overlap between her developing program and the concepts described by Dr. Twemlow in his talk.

Dr. Twemlow was impressed by Seattle's response of outrage to the violence in 2008 by establishing this initiative: "This is hopeful! Support this project!" he urged.

Martin Bullard described the analytic perspectives that lay the foundation for this approach to understanding violence among young people and developing positive interventions. He talked about the importance of relationship as he described his work with Friends of the Children where the most at-risk young children in participating school programs are matched with a mentor enabling them to form, sustain and be deeply affected by a nurturing supportive relationship with an adult. The mentors themselves are supported by consultation with

Martin and other professionals to help them deal with the many challenges in successfully maintaining these relationships. The positive outcomes for these children demonstrate once again the crucial importance of relationship in fostering successful development.

The evening ended with thoughtful questions from the audience.

The following day Dr. Twemlow offered a Saturday morning workshop entitled "Assessing Adolescents who Threaten Serious Violence in Schools." Cosponsored with Seattle Psychoanalytic Society and Institute, this workshop was attended by therapists, teachers, parole officers, police, and other community organizers.

A fast moving, informative, and interactive discussion focused on the problem of school bullying and violence. Dr. Twemlow described the etiology of genetic and environmental factors in impulsive violence, and he spoke of how to form a treatment team involving child, school, family and law enforcement. He is concerned about *cyberbullying*—the patterns are similar, but it happens quickly and is easier to do than more traditional bullying.

Twemlow described a school culture where *gentle warriors* and *natural leaders* need encouragement to develop. Secure, holding environments and containing relationships are essential. For children to do well in school they need to feel safe: children who feel unsafe cannot learn. Dr. Twemlow identifies essential qualities that children need to develop. These include the following abilities:

- To reflect, to think before acting.
- To value relationships, respect others.
- To self-regulate and control impulses.
- To learn to work collaboratively and cooperatively as part of a team.
- To be capable of altruism.

- To respect and take care of the environment.

He ended with an interesting challenge: the Australian prime minister has declared violence in schools and the community an emergency and a national priority. Can we bring this problem to the attention of our president and have Mr. Obama make dealing with youth violence a national priority?

Twemlow on youth violence

ANN DEMARIS DAVIDS

There's a box in my basement that contains an article written by Dr. Ted Dorpat, but I had forgotten about it. I had packed it away many years ago. In fact, I knew nothing of the author's ideas until I went to the second annual Dorpat Lecture in Psychoanalysis and Society, given by Dr. Stuart Twemlow.

Listening to Dr. Twemlow, I began to understand that in order to decrease youth violence effectively, the extended culture that exists within it also needs to change. I was struck particularly by his definition of youth violence, which not only included the youth violence that you see written up in the newspapers, but also the kind of violence between people that is acted out through means that don't get such attention.

Several days after the lecture, I received a phone call that brought me back to Dr. Twemlow's ideas. It was from a young student, a client of mine, who needed to talk about what had happened at school. My client

described being taunted, put down by other students and struggling not to give way to tears or anger, struggling between the emotional states of victim and bully. Without any support from the school community, my client was expected to attempt to resolve this situation and these feelings with limited support. This left my client feeling alienated from the rest of the school community. I was reminded of Dr. Twemlow's lecture. He described how there are three roles that are taken by all of us: bully, victim, and bystander. In attempts at reducing youth violence, society's focus on bullies and victims often leaves out the larger part of the community, in this case my client's school, the bystander.

Relationships often seem to be boxed into different roles: from my client's perspective, roles that don't make interaction and inclusion possible. Dr. Twemlow spoke about how he has been working in schools to create a more peaceful school environment. Bystanders are being included in the intervention. Twemlow is looking at creating a systemic change where the community values within the entire school support peaceful solutions.

I didn't go Dr. Twemlow's lecture thinking that I might be part of the problem of youth violence but during the course of the lecture that changed. I left thinking about how all of us in society contribute to it. I've been told that shortly before Dr. Ted Dorpat's death, he said that the psychoanalytic concepts he most valued were nonviolence, compassion, and communication. These ideals are more important than ever in today's society. Situations like my client's might not make it into the newspaper, but they are just as important and in need of attention.

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“

No tears in the writer, no tears in the reader.

No surprise in the writer, no surprise in the reader.

— *Robert Frost*

”

INTRODUCING LOLA

A wizard in the works: Lola Richards joins the Alliance

BARB WALKOVER

This past summer, the Alliance had the great good fortune to retain the services of Lola Richards. Her role with us is evolving and much more nuanced than the title “administrative consultant” can capture, but that works as a starting point. What Lola is able to accomplish in a small amount of time (five to seven hours a week) is astonishing and the perspective she brings to our organization invaluable. We hired Lola to help with certain tasks, and are delighted to find her insights into the workings of the organization guiding us into a new level of accountability and efficiency.

Many of you know Lola from almost thirteen years of happy association with SPSP. She is well acquainted with the psychoanalytic community and understands the work we do as well as the needs of an education-oriented nonprofit. Lola established her own consulting business about five years ago and recently agreed to take us on as one of her clients. After just six months in the role, she has been able to reflect back to us how she sees the Alliance embracing our mission in a new way, retaining the independence and initiative of our projects/committees, and also striving for more unity as we cope with the logistics of an all-volunteer organization that is growing and maturing.

Lola’s first task was to become the administrator of the Clinic without Walls. With the support of retiring Janet Allen and our clinical director, Janice Hickey, Lola quickly absorbed the functions of coordinating communications, record keeping, and accounting and is the first person to respond to inquiries about services. She manages monthly reports, deposits fees for service, and keeps the level of confidentiality needed throughout. She generates the flyers for case conferences and keeps the flow of transactions timely.

Her next task was to begin to address a variety of administrative needs of the larger organization. Providing great relief to Donna Lee, our treasurer, Lola has taken over the day-to-day bookkeeping. This frees the position of treasurer to address larger issues of financial planning. Additionally, Lola is advising us on new accounting software and systems. We look forward to some fresh ideas about structuring our budget to better reflect the interconnectedness of our many functions.

More recently Lola has been assisting with mailings for other committees. She took on the special project of reworking the current roster so that it would translate information smoothly to be usable on our website. And, with this issue of the *Forum*, she has taken on the editing of internal board communications.

What did we ever do without her, you might ask? The committee chairs managed to do a fine job. But it was becoming increasingly clear that there was much duplication of effort, and the responsibilities were getting to be more than we could ask of anyone—especially someone new coming onto the board.

What Lola hopes to do for us is to create systems that are sustainable and user friendly. She is excited about where we are in our 21st year and says, “The Alliance mission is as selfless a mission as you can have in an organization of professionals.” She is as pleased to be part of our effort as we are appreciative of the range of much needed skills she offers us. If you sense a new seamlessness to any aspect of organizational flow, keep in mind we now have a wizard in the works and we are thrilled!

BOOK REVIEW

A mother's story, a son's story

CHARLES LEVIN

Occasionally circumstances bring a very special book to one's attention—a title one would otherwise have been unlikely to encounter. A book falls into one's hands by chance, and things change. One feels a moment of recognition, the rediscovery of a lost or obscured part of oneself. Something already in us expands and becomes something new. Finding a stray gem like *One Boy* was such a delight for me.

The author, Deborah Green, is not a psychoanalyst but a poet, editor, and educator who married a Seattle

One Boy

Deborah Green

Seattle: Every Day Press

2006

neurologist in 1968. They named their son Caleb, after Moses's fearless stalwart. When Caleb was only two, his father succumbed to a tumor in the thalamus. Caleb experienced his father's symptomatic deterioration and remained in contact with him as death approached. Green listened to each and made this comment:

Through this time [of Bob's dying], the language of these two is crossing. Caleb's is developing and Bob's is [becoming] simpler, more open,

intuitive. Bob uses vivid images, similar to those a child might use Like Caleb, through language and image, he creates new ways to express the changes he is experiencing. (p. 7)

Green's occupational sensitivity to language attuned her simultaneously to her dying husband's tragic regression and her growing son's fascinating progression. She had already been writing occasional notes of Caleb's vocalizations; after Bob's death, she continued the linguistic record, which traces the course of his mourning, and also delineates her own. Her moving account is woven through the record of her direct observations of Caleb and of her own poetic responses to his journey, written during his infancy, his early school years and adolescence, and after he had become a man and a father himself.

As we mature toward death, we all know that loss is an incomprehensible experience—but imagine what it is for an unprepared child. Deborah Green's book addresses this existential conundrum directly and the result is a personal document of great psychological interest for clinicians, who are always having to deal with losses, either their own or their patients'—losses that have been buried in the past because there wasn't anyone around to grasp what the child was experiencing at the time.

The theme of interior places and spaces is established early in the book through a powerful reflection which establishes the link between the physi-

cal absence of her husband/Caleb's father Bob, the absence that his death creates in her own internal world, and her son's experience of her when she would sometimes withdraw from the present moment with him into her own grief-stricken thoughts.

And where is the mother? Often distracted, grief-stricken, I do what I can. Caleb and I have good times together, but I am unable to be always fully attentive and present to him as he needs. One day when he is five, as we sit together on the couch and I drift off, he says to me, "Why did you go away from me?" This shadow side of what we each experience—my distraction—creates another empty space for him. For this, I continue to feel remorse. (p. 17)

The real mother can never match the dream mother she carries within herself and re-encounters in the minds of her own children. The dream mother creates a demand to be always fully attentive and present according to the child's need, but the gulf between that need and what any parent can give is sometimes painfully wide, as the real mother herself may have experienced when she was a child. This gulf is very hard to look across unless one is able to tolerate a painful sense of insufficiency.

One way to bridge such a gulf is through denial. The alternative is to accept and mourn. The crucial insight,

beautifully illustrated in this book, is that the mourning of one's failure to become the dream mother, to realize the dream, actually keeps one emotionally connected with the real child one inevitably lets down. In her remorse, Green experiences both a painful guilt and a liberating recognition of her impossible situation. She is open to Caleb's suffering and his imaginative sayings. She embraces this suffering, rather than its denial, which would have compromised the link with her child's inner world. Love makes it possible to accept being in the position of the dream mother who is expected to make everything better while knowing that one cannot. To nurture well, one needs to accept one's insufficiency.

It seems that our culture is gradually coming to accept what psychoanalysis has intuited about the way an infant mind can integrate, or be severely compromised by, the emotional experiences of absence and the loss of an object. I know that *One Boy* will prove a useful teaching aid for me, and I have already found it helpful with a supervisee who was resisting the idea that an adult patient might still be struggling with an early loss in infancy.

During the days following his death, Caleb wanted to

Go the hospital.
Open the door.
Find daddy. (p. 15)

This book will make you cry but it will also put you in touch with the *zest* for life that follows successful mourning. *One Boy* has much to show clinical professionals about the details of this process and its

parallels in clinical practice. We can also learn a great deal about what a child requires of a parent if healthy mourning is to occur in childhood. In terms we have learned from Bion and Winnicott, among others, I would describe these parental traits as openness to emotional experience, a talent for reverie, a capacity for a non-interfering form of empathic holding, and finally, what Keats called *negative capability*, also a prerequisite of poetic creation. Indeed, Green's record of her son's imaginative musings seems to come from the same place as her own poetry: a sensitive, imaginative ear. This quality in a parent is a great gift for any child.

In her rich documentation of the expansion of Caleb's imagination and the development of his capacity for independent thought, one suspects that Green also found herself as a poet. Transformed by her husband's premature death and then by her son's growth, she has produced a beautiful and edifying testament to these profound human processes as they unfolded in herself and in those she loved most dearly. Reading *One Boy*, we experience intuitively through Green's attention to language and tone what was so often *not* available in the childhoods of our analytic patients. We learn something about listening, and what a boon it is to be heard.

For further information, see www.oneboy.info.

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A small bundle of shivers: Imagery of the true self in *Great Expectations*

CAROL POOLE

Psychoanalytic therapists pay attention to signs of genuineness in the people who see us for therapy, and in ourselves as well. Donald Winnicott wrote of the *true self*, a sense of self that sustains creativity, a sense of being alive and real to oneself and to others. We understand that a sense of authentic selfhood is a developmental achievement, and on the other hand that a sense of self may be undeveloped or distorted, or masked by over-compliance with others' expectations.

But how do we recognize genuineness in each other? Or in ourselves, for that matter? I think we do, more or less, especially in clinical work, but how? We can track and could conceivably even measure objective signs such as tone of voice, facial expression, body language and so on, but a good actor could mimic any of these signs. In fact, this question—*what is a true self, and how do we recognize it?*—eludes easy answers.

But even if it's hard to define, I think Winnicott was right to suggest that there is such a thing as genuine selfhood and that we can tell the difference between true and false. I think we detect it not only objectively but also intersubjectively, and not only with our minds but with our bodies as well. We don't diagnose authenticity so much as recognize it by the way we feel stirred in response.

In his essay "Dreaming, Fantasying, and Living," Donald Winnicott considers a patient's false self formation, and suggests that the difference between true and false selfhood has to do with energy. And also with the capacity to symbolize experience, but I think it's useful to focus, as he does, on energy as a hallmark of this capacity. When people are genuinely present, energy moves within and between them, relationships are lively and things change. When false self defenses predominate, energy is consumed but not exchanged, and relationships are deadened.

These ideas come to life in Charles Dickens' novel *Great Expectations*, one of the all-time great stories about the development of a sense of self. I will use Winnicott's ideas to explore the novel's strikingly intuitive imagery of both true and false self formations.

In "Dreaming, Fantasying, and Living," Winnicott drew a distinction between dreaming and a particular kind of sterile, pathogenic daydreaming he called *fantasying*. He and his patient found that dreaming enlivened their work together, while fantasying, Winnicott (1971) wrote, was "an isolated phenomenon, absorbing energy but not contributing—in either to dreaming or to living" (p. 26).

Dreaming is a rich, associative, symbolic mode of making and exchanging meaning. Fantasying is a concrete mode of distraction, like the repetitive games of solitaire his

patient spent long hours playing. It has nothing to communicate and no one to communicate it to. As Winnicott pointed out in this essay, a dream about a card game could be rich with symbolism, but her solitaire playing was just a way to occupy herself as someone who had not yet come into a sense of being alive and real in a world shared with other people. The analytic couple came to understand her fantasying as a way of distracting herself from a sense of not existing.

The difference between what Winnicott called *fantasying* and *dreaming* is the central theme in the novel *Great Expectations*. The novel tells the life story of a character named Pip, beginning with his childhood as an orphan in a village in the marsh country in mid-19th century England. He lives in the custody of his miserable and abusive sister, Mrs. Gargery, and her husband, the meek but loving blacksmith Joe. In the novel's opening scene, Pip stands alone, a little boy in the parish graveyard. Pip, the book's narrator, tells us that because he has never known his parents, his ideas of them are derived from their tombstones:

"The shape of the letters on my father's," he says, "gave me the odd idea that he was a square, stout, dark man, with curly black hair. From the character and turn of the inscription, 'Also Georgiana Wife of the Above,'

I drew a childish conclusion that my mother was freckled and sickly” (Dickens, 2006, p. 3).

Pip’s sense of his parents—stout, dark father and frail, sickly mother—seems undeveloped, not surprising given how little material he has to work with. I think in this scene Dickens is setting out the dilemma Pip will spend the rest of the novel trying to work his way through—how to live in this world when one has a gravestone in place of living, breathing parents in one’s soul.

The parent’s shared gravestone is not the only one from which Pip is drawing a sense of himself. He goes on to say that he is “indebted” to “five little stone lozenges . . . sacred to the memory of five little brothers of mine—who gave up trying to get a living, exceedingly early in that universal struggle” (p. 3) for a belief that they had all been born on their back with their hands in their pockets. This image foreshadows that Pip too has yet to be really born, that in some important way he is close to giving up on trying to get a living in the world, or object-relating as we put it—trying to get his needs met from sources outside himself. In this scene, we sense that the seed—the pip—of his authentic selfhood is like an infant hand hidden in a pocket and never yet taken out into the air.

But Pip has not given up on trying to get a living, or on wanting one, as becomes clear in the very next paragraph, a remarkable passage in which Dickens shows Pip discovering something about “the identity of things” (p. 3), including himself. Pip realizes that the place where he stands is the churchyard, and that his parents are dead and buried along with his brothers, and that the churchyard

stands before the marshlands and the river. Completing the scene, Pip adds himself to it with his discovery that “the small bundle of shivers growing afraid of it all and beginning to cry, was Pip” (p. 4).

Here is a sign of life: Pip shivers. A shiver is an untaught impulse, and a small bundle of shivers seems to represent the core of Pip’s potential liveliness and authenticity, which he recognizes as himself. It’s a *small* bundle of involuntary movements, but that they exist at all is a sign of Pip’s tenacious, instinctive attachment to living, his core of a baby self that still hopes to find a living in the world.

Winnicott once observed that words know more than we do, and the word *false* has often been used in the sense of dishonorable deception and betrayal, which suggests that falseness feels inherently shameful and is a source of shame as well as a defense against it. Pip’s struggle for honor is complicated from the start. No sooner has he grasped something about his identity than a desperate character accosts him in the graveyard: “Keep still, you little devil, or I’ll cut your throat!” (p. 4).

“A fearful man,” Pip describes him,

... A man who had been soaked in water, and smothered in mud, and lamed by stones, and cut by flints, and stung by nettles, and torn by briars; who limped, and shivered, and glared and growled; and whose teeth chattered in his head as he seized me by the chin. (p. 4)

The world can be a hard place for a small bundle of shivers seeking a living, or for a large bundle of glares and growls. The horrible stranger seems to reflect the desperation of Pip’s own circumstances, living in the

care of a sister who abuses him—Pip himself is stung and smothered and cut, and starved for more than one kind of nourishment. If you have read the novel, you know that this link between Pip and the horrible man becomes a fulcrum of Pip’s moral development, bringing Pip both unintended harm and unlooked-for healing.

Not long after the convict is recaptured, Pip’s life is upended for good by a second horrible stranger: a wealthy recluse named Miss Havisham, who has requested that a boy from the village come alone to her house for unknown reasons.

Miss Havisham’s house is a mansion in seclusion from the rest of the world. Its gardens have gone to seed, its brewery is empty and disused. The house’s name is Satis, Latin for *enough*, with the implication that whoever has this house should not want anything else in life. Like the fantasizing of Winnicott’s patient, Miss Havisham’s house has withdrawn from object-relating, and it consumes but does not generate or contribute in exchange. In this regard the house embodies the state of its owner’s psyche.

Pip is led through the grounds by a girl about his own age, a very pretty ward of Miss Havisham’s named Estella, who is rude to the working-class boy. Even before he has met Miss Havisham, Pip has begun to learn to be ashamed of who he is, ashamed of Joe and the forge and everything he has known, and to yearn to become respectable and important in Estella’s eyes.

Estella leads him into the unlit house and through dark passages, then brings him to a door. “Go in,” she says, leaving him without a candle (p. 64).

“This was very uncomfortable,” Pip says, “and I was half afraid.” But he knocks and goes into the candlelit room, where he sees, as he tells us, “the strangest lady I have ever seen, or shall ever see” (p. 64). This strange lady was old, with white hair, but she wears the faded remains of a rich bridal outfit, veil and all. Her shrunken eyes are bright.

Miss Havisham calls on Pip to look at her, and demands to know if he is afraid of a woman who has never seen the sun since he was born. He confides to the reader that he was *not* afraid to lie to her about his fear of her—he was of course very frightened by her and afraid too of what would happen to him if he were to disappoint her. His fear of her compels him to be false, first to her but more destructively to himself.

Miss Havisham tells Pip why she has sent for him: “I am tired. I want diversion . . . I sometimes have sick fancies, and I have a sick fancy that I want to see some play. There, there! . . . Play, play, play!” (pp. 65–66).

Pip is stunned by this impossible request, so utterly impossible that he cannot help telling her that he can’t play just then. Winnicott observed that “playing is allied to dreaming and to living, but essentially does *not* belong to fantasizing” (1971, p. 31). Pip’s first audience with Miss Havisham is an evocative scene that says something about the nature of play by showing so well what it is not. Play, in Winnicott and in Dickens as well, is important precisely because it is one behavior that is authentic by definition, a lively and creative mode of expression that cannot be compelled

by force. Winnicott thought that it is in playing, and only in playing, that we can fully be ourselves, which is why play is key to therapy and in fact to living.

Instead of running home and facing his sister’s wrath for disappointing the village’s richest woman, Pip stays to play with Estella a card game called Beggar My Neighbor while Miss Havisham watches. In later visits, to try to satisfy Miss Havisham he teaches her and Estella a nearly wordless, repetitive blacksmith’s song called “Old Clem.”

Hammer boys round — Old Clem

With a thump and a sound —

Old Clem

Beat it out, beat it out — Old Clem
(p. 108)

The kind of “play” that can be done in Satis House is wearying and meaningless. In these scenes, Pip is the neighbor who is beggared, who brings his hopes, his imagination, his shivering self to Satis House, and leaves with a diminished sense of self and a new kind of despair. Pip learns from Miss Havisham to disown his small bundle of shivers, and to lose himself in fantasies that she will one day endow him with wealth and Estella—fantasies which entail a shameful dissociation from his own real life and the people, including Joe, who really love him. Under Miss Havisham’s influence, Pip loses a large measure of honor which he has to regain painfully over time.

Miss Havisham’s home and her appearance and behavior when Pip first meets her resonate with Winnicott’s observations about fantasizing. Miss Havisham’s strange behavior is all explained very concretely and liter-

ally. She was jilted by her bridegroom on the day of her wedding. Since that moment she has refused to allow anything to change. She has stopped the clocks, stayed indoors in her bridal clothes, kept the wedding feast moldering on the table. And she has adopted a child with the purpose of teaching the girl to grow up beautiful and heartless, to exact revenge on men by inspiring hopeless love in them.

Miss Havisham’s eccentricities are not poetic responses to rejection or loss; they amount to a refusal or an inability to feel her losses and her disappointment. In her hunger for children to come into her space and “play,” she is unaware that those children are separate beings from herself. She helps herself to their most intimate feelings. She is avid to know that Pip does burn with miserable love for Estella, and that Estella is truly cold to him—but their play eludes her.

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This paper was adapted from a presentation to the International Federation for Psychoanalytic Education, November 7, 2009.