

F O R U M

THE ALLIANCE

THE NEWSLETTER OF THE NORTHWEST ALLIANCE FOR PSYCHOANALYTIC STUDY

SEPTEMBER 2010

after



HP/ob

After changes upon changes,
we are more or less the same.

— Paul Simon

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Alliance newsletter

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

- Ginger Harstad Glawe, 206-985-8951, ghglawe@earthlink.net
- Kris Wheeler, 206-269-0160, kris@kriswheeler.com

Deadline for submissions to the next newsletter is November 1, 2010.

Publications Committee: Ginger Harstad Glawe, Kris Wheeler, cochairs; Jeanne Castle; 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.

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We want to thank the artists who contributed work to this issue of the *Forum*:

- Nola Ahola is an artist who works with both figurative and abstract composition. She can be reached at www.nola-ahola.com.
- Helen Palisin has taken classes in many art forms. The pieces in this issue are from a recent class in nature journaling.
- Laura Pizzuto is a painter who has generously contributed to the *Forum* for more than a decade. Laura currently lives in Pennsylvania.



FROM THE EDITORS

The arrival of after

KRIS WHEELER & GINGER HARSTAD GLAWE

As a dancer, it's not surprising that elements of dance concerned with aesthetics and communication have found their way into my work as a psychotherapist. So once again, as I think about what to write in this introduction to the *Forum*, I find myself with a story from dance that fits with the topic, *after*.

In my 20s I took a series of composition/performance classes where we focused primarily on the endings of movement phrases. We worked improvisationally, attempting to listen deeply to the movement as it emerged. We were discovering its becoming—rather than repeating preconceived choreography. We watched one another, offered feedback, and learned about the nature of endings. I'm grateful for this experience of exploration in dance and the endings we created, embodied, and witnessed. Many were satisfying, others misshapen and awkward. We talked about our observations which kindled our imaginations around the whole experience of endings.

We learned that we never actually knew the shape and meaning of the movement phrase until *after* it ended. The ending created a space for meeting and getting to know the dance, or phrase within a dance, which can't happen until the end has occurred. In other words, we can't *have* the dance until it has found its ending. Interestingly, what became exquisitely apparent to me in this study of dance was how unexpected the actual form of an ending often is. We may know we're headed

for an ending, but how it will come about—well, that was a delight to discover.

And so Ginger and I, each in our individual way, are in the process of ending our tenure as co-editors of the *Forum*. As we approach this ending, I am beginning the process of seeing more clearly what this experience has been. Having adopted the *Forum* from Morry Tolmach, we have raised this baby together for 11 years. It's been an amazing process of watching a miracle recur three times a year, and over the years, to watch the publication itself evolve.

Since the Alliance has no walls, so to speak, the *Forum* is one way we are consistently visible. With this in mind, I have felt responsible for how the organization is represented in these pages and have put effort into making this publication a vehicle that offers opportunity as well as information to the membership. I have a propensity for considering issues of public relations (and could easily have made that my career if I had known myself better at a younger age), which leads me into ending my leadership of Publications Committee and flowing over into becoming cochair of Community Relations Committee with Marcia Robbins. I plan to continue as a member of a Publications Committee under new leadership. (We are in the process of exploring new leadership of Publications, and welcome your input if you are interested in becoming involved.)

Ginger's plans are different. In ending her tenure

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:

- January: "Promise" — deadline November 1, 2010
- May: "Intuition" — deadline March 1, 2011
- September: "Witness" — deadline July 1, 2011

as cochair of Publications Committee, she plans to retire from the board of the Alliance. Ginger has been on the board for 11 years, and in addition to cochairing Publications Committee, she served as president from 2003–05. I feel blessed to have had this partnership over the past decade, which has developed into a deep friendship. Additionally, the publication process was well served by our complimentary traits. Ginger has a master’s degree in English literature and has superb skills with language and communication. She gave great care to preserving the voice of the authors, while tinkering with grammar just enough to make sure the author’s intent was communicated well. I have learned a great deal about written language through her tutelage.

As I reflect on the writing that has been offered to the *Forum* and the way the publication has evolved over the past decade, I notice a trend away from the honing of theory and more

toward metaphoric writing. Stories, poems, prose poems, memoirs . . . I love this territory—my heart is often nourished by the way experience is formulated by these various authors. At the same time, I would like to see the *Forum* publish writing that is more obviously psychoanalytic. I’d like to see more writing that delineates specific elements of psychoanalytic work and discusses the implications of the models with which we work.

I am aware that many of us navigate the complexity of therapeutic relationships with other members in the Alliance, and this can complicate the choice to publish one’s writing. Allowing your words to be published makes you more visible, which can be a mixed blessing. On the positive side, the *Forum* can be used to help one become more known in our community. If you are working toward practice development, there’s no less expensive way to get your name out to a large referral network than by

submitting writing (regularly) to the *Forum*. I don’t consider this taking undue advantage of the situation. The Alliance belongs to the membership. *Forum* expenditures are nearly 70 percent of membership dues. It’s your publication! Use it. Use it in the spirit of Winnicott’s object usage: taking the risk to express yourself in relation to another—or others—while not attempting to control their response.

I am uncertain about how my ending of chairing the Publications Committee will come about, but in the spirit of improvisational dance, I intend to follow the pushes and pulls in as open-minded a way as I can to honor what my tenure in this position has been and to open space for the callings of my next movement phrase within the Alliance and within my personal life.

— Kris (and Ginger)

“

*The hour after, when we gaze and doze
and gaze, feels like the central hour
of my life—the joy before it may be
too enormous to be carried out into the world.*

— Sharon Olds

”

FROM THE MAILBAG

Letters to our community

Peer group of analytically minded psychotherapists/psychoanalysts

I'm interested in getting a peer group started of analytically minded psychotherapists/psychoanalysts, or like-minded others, to explore and reflect on the process of working and thinking psychoanalytically. I envisage that, while we may draw on readings and case material, we may be just as curious about experiences of personal or peer supervision, experiences of study or training, and especially how one survives and finds company in the isolation of private practice. I see the group as an opportunity to be curious about our own subjective experiences, to be adventurous in terms of personal and interpersonal explorations of the mind (set) made use of and desired in the practice of psychoanalytic thought, and perhaps over time, to develop relationships that can withstand and promote each of our own longings for meaning and contact with

others who want to venture further in this field.

There would not be a charge for attending. The group could either be facilitated on a rotational basis, be freestyle in nature, and/or could be used to address and think about particularly poignant ideas and experiences that are alive for group members. The nature of how we might make use of each other's minds and the group itself could likewise be explored.

Please contact me at tamaragittelson@hotmail.com if you are interested.

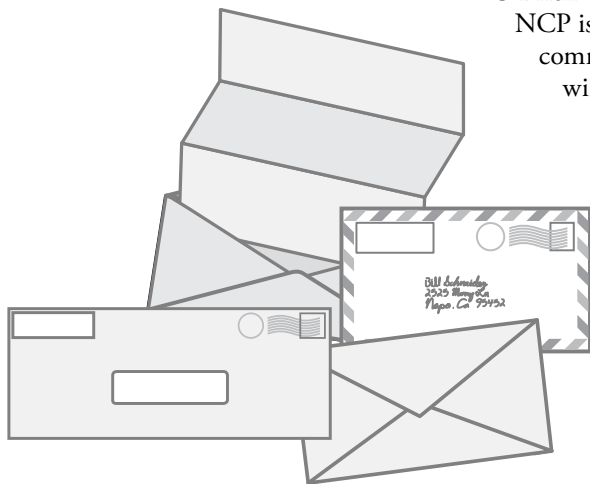
— *Tamara Gittelson*

Northwest Center for Psychoanalysis update

The Northwest Center for Psychoanalysis (NCP) is pleased to announce the graduation of three candidates—Rob Scott, Lane Gerber, and Barbara Gustafson-O'Brien—on June 13, 2010.

NCP is also happy to let the community know that it will be engaging in discussions throughout this next year to explore the direction of its future development.

— *Ann Glasser*



**FROM EDUCATION COMMITTEE/
ARTS & PSYCHOANALYSIS**

Second Sunday Poetry Series

- Elana Richmond, facilitator
- Sundays: September 12, October 10, November 12, 4 – 6 p.m.
- 505 Boston, Seattle
- No fee
- Contact Elena Richmond, 206-783-7326

This is an opportunity to gather with other poets, to share images, thoughts, and see what happens! See the Education Committee/Arts and Psychoanalysis report in this issue for more information. No experience required. Just come and be willing to open mind and heart.

Elana Richmond is a graduate of Whitman College. A teacher of private voice and piano lessons, she writes poetry and funny, sarcastic nonfiction.

The Emotional Intimacy of Silence and Word

- Jeanne Castle, 206-528-0245, and Ginger Harstad Glawe, 206-985-8951
- Sunday, November 7, 3 – 6 p.m.
- Home of Ginger Harstad Glawe
- No fee
- Maximum of 8 participants; call to register for the event

Using the film *The Secret Life of Words* to stimulate our thinking, a small group discussion will follow, not an analysis of the film—rather allowing the film to illuminate our thoughts and experiences in the consulting room concerning the potency of language, including its nonverbal form, silence.

After a time

BARBARA WALKOVER

When I joined the board, I wondered what kind of leadership would be needed in a group of such stable membership with such depth of history and experience. Two short years later, we are in the midst of what can best be characterized as a nearly complete turnover. Our June board meeting personified the state of flux we are in with arriving and departing officers, clinic directors and several committee chairs. Amazingly, seventeen of us were able to address these transitions together, to solve problems creatively, and to pass a budget besides. The needs of our projects continue to be met with new volunteers and we are blessed with fine folks, ready to join the collective enterprise in the true spirit of the Alliance.

As we were checking in with each other, Stacy McFarland offered an earthy image that beautifully depicts the Alliance's vitality over time, the continuity in the midst of change. She described an underground life form that sends up tendrils in the form of initiatives, some of which, certainly not all, develop and blossom. After a time some of these tendrils wither, returning nutrients to the larger biomass, others spring forth, test the conditions and see if it is their time to thrive.

The health and longevity of any one of our projects/concepts/tendrils depends on the interest and support of a large part of the collective member-

ship and on some quality of sustainability both financially and energetically. What may not be so apparent is the particular tending provided by the chair of any committee and Stacy is a prime example. When she joined the board several years ago, the Professional Meetings Committee was running out of steam after many years of solid success. Perhaps it had run its course. That might have proven to be the case, but Stacy recruited, over time, a stellar group with an interest in the concept and with fresh ideas for topics and speakers. It is now a completely reconstituted, independent committee that is thriving and exploring new leadership while being guided in the interim by Jason Jost. We all regretfully accept Stacy's decision to step away, clear about how much we benefit from her efforts.

We are very pleased to have Barbara Grote assume the role of president-elect. Her leadership of the Forum Conference Committee was quietly spectacular and involved successful recruiting such that she can step back into an advisory role and support Marian Evans as that new chair. The Forum Committee took a double hit as David Allen, decades-long stalwart, has been elected to be the Alliance treasurer. He takes over from Donna Lee who is gratified to be leaving us with a much cleaner accounting system and a proposal for improving our capacity to adjust budget and spending as the year unfolds. Lori Hiltz is stepping into Kim Brotherton's secretarial shoes and will enjoy her capable mentoring as Kim will be

staying on the board as our website manager.

There is more change still. Marcia Robbins, thankfully, moves from past-president to cochair of Community Relations with Kris Wheeler. But this was, along with Donna and Stacy, Janice Hickey's last board meeting. She has spent the past year preparing Bill Etnyre and Aleta Mattaino for the co-directorship of the Alliance Community Psychotherapy Clinic, our clinic without walls. They bring tremendous and complimentary talents to this very large job. Janice, however, takes about 12 years of institutional memory with her. So it is more than we are ready to absorb that both Ginger Harstad Glawe and Terry Hanson now plan to leave the board in this current academic year. Like Janice they have been long-term stewards of the vision of the Alliance. Both Terry and Ginger are past presidents and have held key roles in the education and training offered by the Alliance over the past decade, especially since their presidencies spanned the life of the ACPC Internship. Ginger has begun a process to find appropriate leadership on the Publications Committee. Terry plans to continue on the Education Committee where he is steadily developing an Alliance faculty.

I don't know when there has been such a time as this. Perhaps you will share my amazement that it is going so smoothly. It is very hard to say so many good-byes. And it is inspiring

FROM THE COMMUNITY RELATIONS COMMITTEE

Judith Broder to speak at the third Dorpat Lecture

MARCIA ROBBINS

to see so much fresh energy from people we are privileged to be welcoming. There are those who are fairly new to the organization ... Lori, Aleta, and Jason, as well as some old hands such as Bill and David, both part of the founding of the Alliance. As our “tenders of the tendrils” change, we can expect projects to expand in unforeseen directions. Others may contract or fold back in. Stacy’s image holds for me. Those of us who find ourselves at home in this organization, through attending meetings or courses or special events, continue to feel called to put in the time to sustain these projects and in so doing contribute to the collectivity that sustains us all in the tremendous work we do, so much of it unseen, underground. As you read on you will see there are openings now and more to come. Perhaps, before too long, you too will find yourself part of a tendril!

We are currently organizing the third Dorpat Lecture on Psychoanalysis and Society which will be on April 1, 2011, at Town Hall in Seattle. This offering of the Alliance is the result of a gift given in memory of Ted Dorpat, M.D.

The lectureship is a free event in which we try to bridge the gap between our analytic community and the larger community, sharing dialogue and ideas. This year, Judith Broder, M.D., will be our presenter. Dr. Broder is a San Francisco psychiatrist whose awareness of the hidden wounds of war prompted her to launch the Soldiers Project, a nonprofit network of licensed therapists providing free counseling to returning soldiers and their loved ones. The project was founded in 2004 and has since expanded nationwide, with four hundred therapists donating thousands of hours and satellite centers operating in Boston, Chicago, New York, and Seattle.

The committee plans to publicize this event to all in the greater Seattle area who might be interested. This is

part of what is fun about this committee: we get to look at all that is going on in Seattle and make contact with non-analytic groups that are promoting social justice and peace. We are asking the membership for ideas of groups and individuals to whom this would be of interest. Please contact me with your ideas at robbins.marcia@gmail.com or 206-527-3040. This project fits well with the inclusive spirit of the Alliance; please join us by being involved in whatever way suits you.

Mark your calendar

**Third Dorpat Lecture:
Judith Broder**

- Friday, April 1, 2011, 7 p.m.
- No fee
- Town Hall, Seattle
- Info: Marcia Robbins, 206-527-3040

“

Words, after speech, reach into the silence.

— T. S. Eliot

”

FROM THE FORUM COMMITTEE

Call for presentations

**Northwest Alliance for Psychoanalytic Study
Forum 2011: An Annual Conference on Theory and Practice
Saturday, April 9, 2011
Shoreline Conference Center, Shoreline, Washington**

The psychoanalytic community of the Northwest enjoys an abundance of experience, training and expertise representing much of the contemporary psychoanalytic landscape. It is the aim of the Forum, our annual NWAPS conference, to share this wealth with our members and the community at large.

To this end, the 22nd annual Forum welcomes presentations on topics of interest to the psychoanalytic community. These presentations/learning experiences may be in a variety of formats: experiential (clinical demonstration, sand tray, art, music, somatic therapy, etc.), panel discussion, facilitated group discussion, paper or mixed media. Recognizing that there are many ways to teach and learn, we are encouraging again this year a diversity of presentation styles.

This year for the first time, the Alliance plans to publish an official compendium of textual presentations. This *Proceedings of the Forum* will be available for purchase in either printed or CD-ROM format. The Alliance Publications Committee will work with authors on issues of confidentiality of clinical material and any other concerns. We are very pleased to offer this chance to publish—yet another way to share the wealth.

As always, we invite presenters, both new and seasoned, to share their thinking of ideas in formulation as well as those more refined. The overall goal of the conference is to nourish and encourage our multidisciplinary learning community in sharing and open discussion of their

ideas. We welcome contributions pertaining to the psychoanalytic therapies and to the psychoanalytically/clinically relevant exploration of art, literature, philosophy, anthropology and history.

Presentation proposals are subject to blind review by the Forum Committee and should conform to the following guidelines:

- Submit, via email, thorough proposals or papers with a separate cover sheet stating the presentation/paper title, presenter/author name, email address and telephone number, and up to three professional affiliations.
- The proposal should be double-spaced and include only its title as a header, with no other identifying information.
- Total time allotted for each presentation is 90 minutes, including discussion. Paper presentations should therefore be limited to 45 minutes with 45 minutes for discussion.
- Submission should include an abstract of no more than 40 words to be used in the conference brochure.
- Email proposals to Michael Allison at *info@michaelRallison.com*.

For questions, please contact Marian Evans at *marianevas@qwestoffice.net* or 425-709-3000.

**Submissions
are due by
December
31, 2010**

**FROM THE EDUCATION COMMITTEE/
ARTS & PSYCHOANALYSIS**

Potential Space

*A celebration of art
and psyche*

Please join us for an evening of visual art, literary readings, and music by members of our community, with light refreshments, wine, and nonalcoholic drinks to enjoy. The Potential Space has become an Alliance tradition, an excellent way to meet others who share an interest in psychoanalysis and the arts.

Schedule for Potential Space:

- 5:00–6:30 p.m. — Artists display their work. This year artists will be available discuss their work. Their work will be on display throughout the entire evening.
- 6:30–7:15 p.m. — First set of performances.
- 7:15–7:30 p.m. — Break.
- 7:30–8:30 p.m. — Final set of performances.

Mark your calendar

Potential Space

- Saturday, Oct. 2, 5–9 p.m.
- Center for Urban Horticulture,
- 3510 NE 41st St, Seattle
- Suggested donation: \$20

FROM EDUCATION COMMITTEE/COURSES

Avedis Panajian

*Bion's work with difficult
patients*

The Alliance, in co-sponsorship with Northwestern Psychoanalytic Society and Mars Hill Graduate School, is pleased to present Avedis Panajian, Ph.D., in an all-day seminar on Saturday, October 2. The morning session will offer background information about Bion's work: his connection to Freud and Klein, his philosophy, his work with psychoanalysis, the role of language, and his theory of thinking. In the afternoon session, Dr. Panajian will present detailed clinical material illustrating Bion's concepts in the treatment of psychotic, borderline, and narcissistic patients.

Avedis Panajian, Ph.D., is a training and supervising psychoanalyst. He is a member of the faculty of Pacifica Graduate School in Santa Barbara, California, and a diplomate in clinical psychology.

Mark your calendar

Exploring Bion's Psychology

- Saturday, October 2, 9 a.m. – 5 p.m., 8:30 registration
- Mars Hill Graduate School, 2501 Elliott Avenue, Seattle
- Fee: TBA
- Info: O'Donnell Day, modayphd@hotmail.com

FROM THE SPECIAL EVENTS COMMITTEE

The ethics of closing your practice

SUSAN JENKINS

The Special Events committee is preparing a one-day workshop this fall on the ethics of closing your practice. This meeting will address legal questions, clinical termination, and the experience of closing a practice due to sudden illness, retirement, and other unexpected breaks. We will hear from a panel of retired psychotherapists, a legal consultant, and more. Participants will also have the opportunity to draft their own practice will during the workshop and to start thinking through the decisions that aid in practice closure.

Please watch for a brochure with details of date, time and location for this meeting. For more information contact Susan Jenkins at susan@quidnunc.net.

Mark your calendar

The Ethics of Closing Your Practice

- Date TBA, a Saturday in the fall of 2010
- Info: Susan Jenkins, susan@quidnunc.net

FROM THE EDUCATION COMMITTEE/COURSES

Alliance educational offerings

Seminars are free to Alliance members. Classes include a fee. Contact instructors for questions and to register.

FALL SEMINARS

A Disciplined Experiment in Case Consultation

- Kathy Knowlton, 206-621-7007; Kris Wheeler, 206-269-0160
- Five Wednesdays, September 15, 29, October 13, 20, 27; 7 – 9 p.m.
- 5809 43rd Ave NE, Seattle

Over the course of five meetings we will facilitate a simple, experimental, and disciplined practice of case consultation with a small group of colleagues. The practice is based on our experience that it can be tremendously helpful simply to reflect on the experience in the therapeutic relationship, without focusing on the management of that experience. In other words, the discipline of this consultation practice will be to not address technique. Members of the seminar will take turns sharing clinical material and we will simply use imagination to reflect upon, and find non-technical language for, the experience of the client, the experience of the therapist and what we see (imagine) is going on in the relationship.

Work and Love in Dickens and Brontë

- Carol Poole, 206-390-7875
- Monday, November 15, 7:30 – 9 p.m. (*Our Mutual Friend*)
- Monday, February 14, 7:30 – 9 p.m. (*Jane Eyre*)
- Monday, May 16, 7:30 – 9 p.m. (*David Copperfield*)
- Cafe Flora, on E Madison St at 29th Ave E

Before it ever occurred to anyone to try to teach the great works of English literature in high schools and universities—before teenagers were asked to write dutifully critical term papers about them—they were written for a popular audience, which eagerly read them for pleasure. Rich in interpretable meanings, with compelling stories and characters, the novels of Charles Dickens and Charlotte Brontë are also great fun to read with a psychoanalytic sensibility. This course offers a chance to discover or renew one's enjoyment of diving into classic novels for fresh insights—and exploring them in a lively discussion with colleagues. We will meet at Cafe Flora, which offers cocktails, wine, espresso, a range of nonalcoholic beverages, and vegetarian snacks. Participants may sign up for just one meeting.

YEAR-LONG CLASS

The Clinical Use of the Self: Three exemplary figures (Winnicott, Searles, and Ogden)

- Jeanne Castle, 206-528-0245; Ann Glasser, Jeff Eaton, Terry Hanson
- Every other Tuesday, five meetings each quarter, 15 total, 7:30 – 9 p.m.
- 7317 23rd Ave NE, Seattle
- Fee for year: \$300 members; \$350 nonmembers

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. This course will involve reading 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.

WINTER SEMINARS

Psychoanalytic Treatment of Trauma

- Katherine Weissbourd, 206-381-5922
- Four Saturdays, January 8, 22, February 5, 12; 9 a.m. – 12 p.m.
- 911 Western Ave #507, Seattle

How do psychoanalysts work with trauma? This seminar will review eight clinical papers in depth, approaching the treatment of trauma from four perspectives: ego psychology, object relations, analytical psychology, and relational psychoanalysis. We will discuss how these perspectives highlight different approaches to traumatic states. We will also think together about how they address the mind's response to the physiological impact of trauma.

Peer Consult Group

- Barbara Grote, 206-330-6175
- Five Fridays in February and March, 9:30 – 11 a.m.
- Seattle (near Hawthorne Hills)

This seminar will develop a peer consult group for those looking for an analytically oriented group experience. My goal in launching the consult group is to create a cohesive, self-sustaining group where like-minded clinicians can grow clinically and form a strong, supportive network of colleagues. My own background is relational/somatic/Jungian, but all orientations are welcome. I have a particular interest in work that is bottom up rather than top down, starting with sensations in the body and working with gestures, movement, emotions, images, archetypes, and finally meaning making.

Hoarding — An exploration

- Shierry Nichol森, 206-328-8437
- Two Tuesdays in February or March, 7:30 – 9 p.m.
- 1103 E Republican St #1, Seattle (Capitol Hill)

Hoarding—which I will define as holding onto things which we can neither put to use nor let go of—is something we all are familiar with, in ourselves, in our patients and/or in our extended families. We will begin this seminar by watching an episode from the reality TV show *Hoarders*, and then explore the phenomenology and psychodynamics of hoarding by sharing examples from ourselves, our patients, and our families. Examples of themes that may emerge in such sharing include the role of time congealed in souvenirs, hopes, and unfinished projects; shame and secrecy about control and lack of control; rescuing and the inability to mourn; deprivation and fear of risk; exaggerated responsibility and guilt about wasting; and emptiness and identity.

Therapeutic Openness and Buddhist Mindfulness: A conversation

- Terry Hanson, 206-517-4198
- Four Mondays, January 10, 17, 24, 31, 7:30 – 9 p.m.
- 7056 18th Ave NE, Seattle

In this seminar we will explore the nature of the emotional climate we seek to cultivate in ourselves and in our relating as we work with our patients. We will pursue this exploration primarily through our own experience, supported by the writings of Wilfred Bion, a British psychoanalyst who suggested relinquishing memory, desire and understanding to discover the emotional truth of the moment, and Thich Nhat Hanh, a Vietnamese Buddhist monk, who describes the

experience of dwelling in the present with a sense of nowhere to go and nothing to do, as the path that allows us to be ourselves. Hopefully we as a group will be able to use these writings to expand our awareness of our own evolving experience as therapists.

Tough Customers:

Case consultation with clinical readings

- Robert Bergman, contact Jeanne Castle, 206-528-0245
- Five Wednesdays, February 2 to March 2, 7:30 – 9 p.m.
- Blakeley Building, 2271 NE 51st, Seattle

This case consultation series will be stimulated by selected readings from Dr. Bergman's book, *Mindless Psychoanalysis, Selfless Self Psychology and Further Explorations*.

Affect Regulation, Attachment, Trauma, Neuroscience, and Psychoanalysis: A clinical course in experiential and theoretical integration

- Sal Ziz, 206-529-1164
- Six Wednesday, January 12 to February 16, 7:30 – 9 p.m.
- Home of Sal Ziz, near Children's Hospital

In this six week course we will focus on key elements of psychotherapeutic stance and action—the being and doing in clinical work—with greater emphasis on being, from which action emanates. We will look at the clinical moment through various related biological and psychological disciplines which inform a growing effectiveness of clinical process integrating new with old concepts.

We will be reading in the areas of affect regulation, attachment, trauma

and dissociation, neuroscience, and psychoanalysis—relating and illustrating the readings with clinical vignettes from our practices to give you the opportunity of integrating these concepts into your work in a way that works for you.

WINTER CLASS

Trauma and the Body: Understanding and working with right brain to right brain communication

- Trip Quillman, 425-385-8118
- Saturday, February 18, 10 a.m. – 4 p.m.
- Location TBA
- Fee: \$50

Allan Schore has described therapy as “not the talking cure, but the communication cure,” by which he means that implicit communication (prosody, posture, gesture, and facial expression) convey as much, or more, than what we say. There are two stories being told simultaneously: what we say (the telling and the interpreting) and what our bodies are doing (our affective experience, images, and intuitions). We will talk about the efficacy of being oriented to our patient’s autonomic nervous system, as well as to his personality. We will discuss the implications of these right brain processes and strategies for bringing the patient’s body—and our own—more consciously into the intersubjective space. There will be some sort of experiential component.

FROM THE EDUCATION COMMITTEE/PROFESSIONAL MEETINGS

Thursday night meetings

Second Thursdays, time varies

Good Shepherd Center, 4649 Sunnyside Avenue N, Seattle

\$10 members, \$15 nonmembers

For more information, call Jason Jost, 206-329-5146

Thursday, October 14, 7:30 p.m.

- “Relational Psychoanalysis as Moral Discourse: Values and politics in practice”
- Philip Cushman

Are objectivity and neutrality really possible in the human sciences? Does contemporary relational psychoanalysis express moral understandings and political commitments? Philip Cushman will share his thoughts on these questions and discuss why, especially in this day of managed care and scientific outcome studies, it is important to examine one’s practice from these angles.

Thursday, November 11, 7:30 p.m.

- “Nuts & Bolts of Developing a Private Practice: Working with bipolar disorder”
- Alice Laurens

We are often faced with clients who present with affect dysregulation, struggles with object constancy, and impulsive or dangerous behavior. The purpose of this evening will be to help us accurately diagnose bipolar disorder, and to differentiate between bipolar disorder, borderline character pathology, and trauma-related symptoms.

Thursday, January 13, 7 p.m.

- “One Vignette, Three Clinical Viewpoints”
- Sue Neell Carlson, Doug Hansen, David Hufford

Offered in response to member feedback, this presentation will elucidate the varied lenses through which differing psychoanalytic schools of thought understand clinical material. Presenters will comment on one clinical vignette from relational, Jungian, and object relations perspectives.

FROM THE SPECIAL EVENTS COMMITTEE

Pat Ogden to speak about sensorimotor psychotherapy for the treatment of trauma

SUSAN JENKINS

We are pleased to announce that Pat Ogden, Ph.D., pioneer in somatic psychotherapy and the treatment of trauma, will present an all-day workshop on January 22.

Research demonstrates that trauma profoundly affects the body and that many symptoms of traumatized individuals are somatically driven. Sensorimotor psychotherapy goes beyond traditional therapy by utilizing somatic interventions designed to help clients tap into their own body resources. Traditional psychotherapy addresses the cognitive and emotional elements of trauma, but lacks techniques that work directly with the physiological elements. In sensorimotor psychotherapy, disturbances are addressed from perspectives of early attachment and from that of later post-traumatic stress disorder. Students trained in sensorimotor psychotherapy learn effective interventions for identifying and working with disruptive somatic patterns, disturbed cognitive and emotional processing, and the fragmented sense of self experienced by many traumatized individuals.

Pat Ogden is the founder and director of the Sensorimotor Psychotherapy Institute, a school special-

izing in training psychotherapists in somatic/cognitive approaches for the treatment of trauma, developmental, and attachment issues. Her background in numerous somatic and psychotherapeutic approaches has informed her work with a diverse population, including prison inmates, psychiatric inpatients, and survivors of trauma. She is the first author of the groundbreaking book, *Trauma and the Body: A Sensorimotor Approach to Psychotherapy*, published in the fall of 2006. Ogden is a cofounder of the Hakomi Institute, served on the faculty of Naropa University in the somatic psychology and contemplative psychology departments from 1985 to 2005, and lectures internationally.

Allan N. Schore, Ph.D., (2006) wrote that Ogden's

outstanding work in sensorimotor psychotherapy focuses not just on the devastating effects of trauma-induced alterations on mind, but also on body and brain. Asserting that the body has been left out of the "talking cure," she offers a scholarly review of very recent advances in the trauma, neurobiology, developmental, and psychodynamic literatures that strongly suggests that bodily-based behaviors, affects, and cognitions must be brought to the forefront of the clinical encounter. (Back cover)

This meeting will take place Saturday, January 22, 2011, at a new location, Seattle Pacific University's Demaray Auditorium, on the SPU campus in north Queen Anne.

Reference

Schore, A. N. (2006). Review of the book *Trauma and the Body*. New York: W. W. Norton & Co., Inc.

Mark your calendar

Affect Regulation, Attachment, Trauma, and the Body

- Saturday January 22, 2011
- Time TBA
- Demaray Hall, Seattle Pacific University
- Fee TBA
- Info: Sharon Royal, 206-726-3080, royal.shay@gmail.com

FROM THE BOARD

A tribute to Janice Hickey

JEFF EATON, MARCIA ROBBINS, BARB WALKOVER, AND KRIS WHEELER

For many of us, Janice Hickey has been the face of the Alliance in that she is the first person many new members talked to. Actively involved in many ways, Janice has been on the board for more than ten years, serving as membership chair, treasurer, and finally as director of the Alliance Community Psychotherapy Clinic (ACPC). She created our arts event, Potential Space (and is particularly proud of having named it). She repeatedly stepped forward with her energy when we needed someone to take responsibility for overseeing significant elements of the organization. She brought commitment, integrity, and a strong ethical sense to all she did.

In her capacity as a board member, Janice has consistently spoken up for our collective responsibility to the organization as a whole. With her constant attention to the mission and to common sense, she held the bigger questions in mind: why should we? what would this mean? why this and not that? Her stewardship was gentle yet clear. She is open minded, inclusive, dedicated, encouraging, and sincerely interested in the experiences of others.

She has contributed to ACPC at every level, from being one of the first therapists to take a low-fee case all the way up to becoming director. Janice understood the mission from the beginning and has never lost energy in promoting it. She kept the win-win-win design alive and thriving. When working with the match of therapist and consultant, she displayed an intuitive sense of potential in each person and in the relationship.

Her leadership was important in the transition to keep ACPC operating when the Internship Program ended. At a very difficult time, she handled disappointments, questions, and conflicts smoothly and honestly. She reinvigorated the clinic, helping to clarify roles and procedures. She established an active operations committee and developed classes and consultation groups for the therapists as well as a quarterly meeting for consultants. She also helped make the “How Does Psychotherapy Work?” conference a valuable annual event.

As a person, she has welcomed many people into the organization as new members, as new therapists and consultants, and as new board members. Her grace, energy, and enthusiasm, like bright colors, brought warmth to what might have seemed to a newcomer like an intimidatingly intellectual group. She always encouraged, appreciated, and recognized contributions big or small: a generous gift. She and Steven opened their lovely home to many Alliance functions and provided us nourishment on many levels.

Janice has been a tremendous gift to the Alliance and to all of us who have had the pleasure of working with her. Stepping down from the board will allow her needed time and space to envision what will be coming next in life. She is not retiring from her practice nor is she leaving the Alliance, and she will be a willing consultant to our new leadership. We are thankful for her legacy and wish her the best in her next round of creative endeavor.

committee reports

FORUM COMMITTEE

BARBARA GROTE

The Forum Committee met in May to review and celebrate this year's successful Forum. Over 100 members and friends attended the 12 outstanding presentations by NWAPS scholars and therapists who offered participants a cornucopia of contemporary thought, art, philosophy and clinical applications. High ratings on attendee evaluations echoed appreciation for both quality of presentations and organization of the event.

In planning for 2011, the Forum Committee decided to work with the Publications Committee on possible publication of Forum papers in a conference proceedings compilation for either printed or CD-ROM format. Next year's Forum conference will be April 9, 2011, with proposals due December 31, 2010.

Additionally, the committee is happy to announce that Marian Evans will serve as chair, replacing Barbara Grote (president-elect) who will remain on the committee. We welcome new members to this interesting committee: please contact Marian Evans (*marianevas@qwestoffice.net* or 425-709-3000) for information.

SPECIAL EVENTS COMMITTEE

SUSAN JENKINS

The Special Events Committee will continue with new leadership and membership in the tradition established by Maureen Sawyer. Maureen's energy and perseverance provided us with many fine speakers and opportunities to learn and grow in our profession. We will continue in her tradition of bringing intelligence, vision, and constructive discussion to the Seattle psychoanalytic community. Alliance members interested in joining this committee should contact Sharon Royal (*royal.shay@gmail.com*) or Susan Jenkins (*susan@quidnunc.net*).

Our next Special Events confirmed speaker is Pat Ogden, Ph.D., well-known researcher and clinician in areas of affect regulation, trauma, and the body. She will present Saturday, January 22, 2011, in Demaray Auditorium on the Seattle Pacific University campus. Details will follow.

We also are working on a presentation on the topic "The Ethics of Ending Your Practice," which will feature area clinicians and legal experts, and will provide participants with the chance to draft their own practice will. This is a work in progress: stay tuned for date and location!

EDUCATION COMMITTEE/ COURSES

TERRY HANSON

I hope you've already seen the wealth of interesting courses being offered this fall and winter by many of our members, and there are more coming for the spring. There are a few essentials I want to keep emphasizing about our committee's approach to sponsoring these courses. First and really most important, we welcome any member of the Alliance to participate with us in offering courses. We don't want there to be any sense that only some certain select people have this opportunity. You all have this opportunity. Just contact me or one of our committee members with a course proposal that fits in with the Alliance mission of psychoanalytic study and we will work with you to sponsor it.

Another essential is that we are working to have our courses reflect the entire diversity of points of view within our organization and within contemporary psychoanalysis. We are of course entirely dependent on people from these various view points coming forward to offer courses. Third, we very much want all of you to consider the possibility of offering courses without having to feel you are an expert in something. If you have an interest in a certain area and would like to discuss it with some other Alliance members, then talk with us about organizing a course as a peer study group. It's a great way to find out who else in the community shares your interest. Certainly it's wonderful to have someone offering a course who has a lot of experience and knowledge in an area. But I think we can overvalue having the expert, and undervalue being together with peers

struggling to share together our own interests, curiosity and experience.

Committee members: Jeanne Castle, Ann DeMaris Davids, O'Donnell Day, Diana Lee, Terry Hanson (chair).

EDUCATION COMMITTEE/ PROFESSIONAL MEETINGS

STACEY MCFARLAND

The Professional Meeting Committee continues its search for a new chair to replace outgoing chair, Stacey McFarland. Members are invited (if not implored) to contact any of us with ideas about who might be interested in standing at the helm of this enthusiastic and enjoyable work group. In the meantime, committee members Jason Jost and Erica Rubin have agreed to serve as interim cochairs and will be focusing on program development for 2010–11 with fellow committee members Michael Butler, Lane Gerber, and newest committee member Lynn Cunningham.

The committee put together seven professional meetings for 2009–10, with attendance ranging from three participants (the annual book study) to nineteen participants. Professional meetings are attended mostly by Alliance members (78 percent), but most meetings also draw a significant number of nonmembers (22 percent). So we see that the professional meetings continue to be an important first exposure to and entry point for membership for the Alliance.

February's meeting, led by Tony Hacker, Doane Rising, and Diane Zerbe, produced stimulating group discussion about the ways that clinicians think about and respond to patients' emotional lives as manifested through money-related interactions.

Dealing with missed appointments and overdue balances, in particular, were noted by all to be challenging practice areas with no one-size fits all answers.

March and April brought meetings facilitated by our own committee members, with Michael Butler leading discussion of *The Elegance of the Hedgehog* by Muriel Barbery. Opinions about the believability of the characters as real human beings varied, while discussion about the themes of being seen and remaining hidden proved rich. Jason Jost expanded on this theme the following month, asking attendees to think together about how we, as therapists, handle our own need to be seen after long hours of working truly to see others.

In May, Joe Butler wrapped up the series with his paper *Love's Labor Misplaced: Countertransference and the kink friendly therapist*. He shared about the ways in which he was challenged to sort through his own feelings about non-mainstream sexual practices and be open to the possible constructive aspects of BDSM in seeking truly to know and understand his patients.

The committee would like to express its appreciation to all who made our 2009–10 series a success, including sign language interpreters Salwa Rosen and Anne Cook.

EDUCATION COMMITTEE/ ARTS AND PSYCHOANALYSIS

ELIZABETH CLARK-STERN

This year the vibrant, productive members of the Arts and Psychoanalysis Committee have been so busy creating their art, we haven't managed to find a date when we can all meet

face to face. E-mail turns out to be a blessing, and through it we have stayed in touch and put forward ideas we can all weigh in on.

This is a year of transition. The committee is working to find events that will appeal to a wide range of interests and time availability—of Alliance members and facilitators alike. The regular film/discussion series led by Shierry Nicholzen has given way to a one-time offering for a Sunday afternoon in November. Committee member Jeanne Castle is partnering with Ginger Harstad Glawe to offer “The Emotional Intimacy of Silence and Word,” a viewing of the film *The Secret Life of Words* with discussion to follow, about how language and its nonverbal form, silence, resonate in the consulting room. Further details on page 5.

Continuing with the theme of Sunday as a time ripe for creative expression, committee member Elena Richmond offers her popular Second Sunday Poetry Series, open to anyone with an interest in image, language, and a willingness to participate in the process of inspiration. See Elena’s article on her series on page 5 and further details on page 20.

Committee members Rebecca Meredith, Carol Poole, and myself did meet face to face in June, to assist Carol in planning for the annual Potential Space. As we discussed the plans for displaying visual art, members realized much of the enjoyment a viewer has at this event is talking with the artist about his or her work. This gave rise to the idea of setting aside the early part of the event, from 5 to 6:30, for artists to be available near the installation of their work for viewers to talk with. Visual artists will also wear a name tag, attached to

the usual whimsical one, identifying them as participating artists. They will be available throughout the evening for viewers who want to interact with them about their art.

The Potential Space Committee also decided to bring back last year’s Living Sand Tray. This installation was brand new last year, and though many people participated, we wanted to bring it back to give others a chance—and for those who did it last year to have another go. Many of us were stunned and thrilled at the beauty and depth of the work done last year in the Living Tray. Members of the Seattle area Sand Play community will be on hand again, to serve as living figures for this improvisational art form. For more information on the Potential Space, see page 9.

Finally, this year we celebrate the work of so many talented artists and writers who have used the Potential Space and the Alliance as a container for growing their work. Committee member Susan Persson joined us last year after moving here from another state. She has given us lovely feedback about how unique our community of therapists and artists is. I have come to realize that our association, our ability to publish in the *Forum*, and our exposure at Potential Space is tending the creative fire of so many of us and producing an abundance of creative work. Committee member Lindsey Rosen has performed this year at *On the Boards*, and several other venues. Committee member Carol Poole has recently published an essay in a collection. Committee members Elena Richmond, Rebecca Meredith, and I have all written novels this year—the latter two having read selections at Potential Space. And my play that began as a Potential Space reading four years ago, *Out of the Shadows: A story of Toni Wolff and Emma Jung*, has

been published by Fisher King Press. This is only a sampling. Such productivity is undoubtedly evident throughout our membership!

As our community of artists, writers, and performers continues to blossom we will offer a coproduction with the Seattle Jung Society in the spring of 2011, *Readings from The Red Book*. This project began in a discussion I had with my friend, therapist Rose Goodman, about the literary merits of Carl Jung’s recently published chronicle of his active imagination and fantasies during his dark night of the soul following his break up with Freud. Somehow this led to the topic of our Alliance theater group, beginning with Shierry Nicholzen’s and Rikki Ricard’s production of Greek tragedies, to productions of original plays and adaptations in the last few years. “Why don’t you do a reading of *The Red Book*?” said Rose. I thought of the players we have, including Lee Roloff, who played Jung in *The Freud Jung Letters*; Bob Bergman, who played Freud; Tim Nelson, who played Medard Boss in *Of Philosophers and Madmen*; Lindsey Rosen, who played a character in *Nana Sophia’s Oasis*. It was clear we had the players to assume every possible role in the wildly imaginative cast of characters that poured forth from Jung’s mind.

We on the Arts and Psychoanalysis Committee hope you will enjoy our offerings this year, and that you will come to us with ideas and projects you might want to bring forth, as we continue to germinate and to grow.



FROM THE TREASURER

Alliance financial statement

DAVID ALLEN

I sit down to write this with the benefit of now having been Alliance treasurer for a bit more than a day, and I would like to share some of what I have learned so far. First, I would like to acknowledge the good work of outgoing treasurer, Donna Lee, and our administrator, Lola Richards. Systems and processes have been put in place that now match what has become a large, complex, dynamic organization.

A snapshot of our finances shows that we are operating in the black, having taken in more than we spent last year (\$10,286 more). This is in keeping with a longstanding policy that Alliance activities that generate income operate on at least a break-even basis. More impressively, the numbers reveal the remarkable range of offerings to the membership and to the community.

The figures for income/expenses reflect the operations of the Alliance over the past year. The annual report is helpful so that we, as members, can think about whether the expenditure of our resources (human and financial) is in alignment with the mission of the Alliance.

There are two pots of money that are in line with the greater mission of the organization but have more specific foci.

When the Internship Program closed in 2006, the Alliance was left with a large sum of money (\$100,000) from major donors. These monies had been given to support the specific mission of further training for psychoanalytically oriented therapists. We have decisions to make about the most prudent approach to investing these funds, and more importantly, we have to formulate policies and procedures to support decision-making about how best to use our resources. This is a task which we are most fortunate to have! We are also fortunate to have a large donation (\$50,000) for the Dorpat lectureship. This has supported two excellent free presentations and will continue to support more in the future. Both the internship and the Dorpat monies are not considered part of the general operating budget.

I suppose all of the above suggests that we have reached a place of maturity as an organization—that we have achieved some success—and as a result, we are in a position to think about our legacy. Pretty cool.

Fiscal Year 2009/10

INCOME

Table with income items: Dues, ACPC fees, Event revenue (Education committee/courses, Education committee/professional meetings, Education committee/arts and psychoanalysis, Forum conference, How does psychotherapy work? conference, Potential space, Special events), Event revenue total, Donations, Book sales, Misc, Total.

EXPENSES

Table with expense items: Speaker's fees, Facilities & catering, Printing & Mailing, Staff Salary, Lobbyist, Insurance, Miscellaneous, Total, Net.

Current assets are \$251,536 (includes ACPC's internship largess and Dorpat lecture funds).

Taking the helm

BILL ETNYRE

First let me thank Janice Hickey for shepherding the Alliance Community Psychotherapy Clinic (ACPC) for the last five years with such passion, aplomb, and respect for the mission of the ACPC in offering opportunities for newer therapists to enhance knowledge and skills in psychodynamic treatment, for experienced clinicians to give back to the community through serving as consultants and to hone their consultative abilities, and for the people we serve to get in-depth treatment that is not easily accessible in the existing mental health system. The larger community benefits if ever so little from the amelioration of suffering in the world. Having shadowed Janice the past eight or nine months with Aleta Mattaino, it is enormously clear that she had a huge job managing 30 therapists, 30 clients, and 30 consultants, a task she carried out with grace, professionalism, and a sense of humor—while chairing the Operations Committee which deals with the basic running of the clinic as well as organizing the various training and educational opportunities for therapists, consultants, and the larger community.

For newer Alliance members and those of you who may not know some of the basics about

the ACPC, therapists and consultants make a minimum two-year commitment to this project. Each therapist-consultant dyad commits to working together for a year and may continue for an additional year, or the therapist may choose to work with another consultant the second year to gain a different perspective. Clients are offered two years of treatment with the same therapist and may continue in the therapist's private practice at the end of the two years. Special classes are offered therapists along with group consultation and periodic opportunities to present formally a case to colleagues.

I come to the co-directorship with Aleta having served as an ACPC consultant for only about two or three years. In my nearly 17 years at Hall Health Mental Health Clinic on the UW campus, I was the director of our Internship Training Program and supervised many master level students until fall 2006. Besides having a lectureship and teaching in the School of Social Work at the UW since 2005, in private practice in addition to providing psychotherapy, I am also supervising several recent graduates working towards licensure and serving as consultant to those with more experience. For the past two plus years I have been providing pro bono supervision to a handful of clinicians at the Downtown Emer-

gency Service Center.

Aleta is the other half of the ACPC co-directorship and her relationship with ACPC spans five years. She completed the two-year internship with the Alliance Community Psychotherapy Clinic in 2007, transitioned to the ACPC as a therapist, and later joined the ACPC Operations Committee. She has worked as a psychotherapist in both inpatient and outpatient mental health settings, as well as outpatient chemical dependency treatment. Currently, Aleta has a private practice in Seattle and is an adjunct faculty member at Antioch University's Mental Health Counseling graduate program.

In regards to the ACPC, Aleta and I are figuring out ways to share the workload that Janice managed on her own. One division of labor will have Aleta focusing more on coordination efforts with therapists, and I will focus primarily on coordinating consultants. One of the wonderful benefits of being a consultant is a bimonthly meeting led by Bob Berley, in which we discuss issues related to consultation, often using an article on supervision or consultation as a springboard for our discussions. This group has been immensely supportive and helpful to many of our consul-

tants and to me personally as we grapple with some of the thorny issues in consultation.

Fortunately the enthusiastic members of the Operations Committee of the ACPC, who include David Allen, Robin Westby, Lynn Garvey, Michael Butler, Jenny Dire, Carolyn Carlson, and Bob Berley, will be there to assist Aleta and me in our efforts to keep the clinic running smoothly and effectively. In another issue of the *Forum* we will tell you about some of the things our Committee members are doing. In addition to the Operations Committee, clinic directors receive guidance from a steering committee composed of Alliance board members Barbara Walkover, Marcia Robbins, Ginger Harstad Glawe, and Kris Wheeler.

On behalf of the ACPC Operations Committee, we also send belated thanks to Lindsey Rosen and Maria Minkova for their dedication and hard work on the ACPC Operations Committee during the past several years. We wish them success in their personal and professional pursuits.

Can you say more about that?

A review of How Does Psychotherapy Work?

MICHAEL BUTLER

On Saturday, June 5, about 175 therapists, analysts, candidates, and student therapists filled a room to the brim to hear Nancy McWilliams say more. Her rich presentation was informed by a knowledge and wisdom deeply embedded in her years of experiencing, delivering, and teaching about psychotherapy. She movingly described how indeed psychotherapy does work.

Topics ranged from clinical illustrations of treatment interventions responsive to character patterns and individual circumstances to the impact of managed care on the training and delivery of psychotherapy. She helped us to deepen our awareness of the possibilities of psychotherapy. We both groaned in disbelief and howled as she described asking students, “Exactly what was it I said that so arrested your attention?” They responded that it was the novelty of the phrase, “Can you say more about that?” With this vignette, she both confirmed the depressing news that in many places therapist training is more about manualization than developing curiosity and openness, and she illustrated a yearning for something more.

To those of us fortunate to spend the day with her, she demonstrated how her authenticity and humility while listening and responding to her patients made therapy work. Nancy McWilliams is a needed voice in our profession, reminding us that psychotherapy works best when we are open to our experience and when intuition informs our clinical training and practice. She was a perfect speaker for our How Does Psychotherapy Work? conference!