

# F O R U M

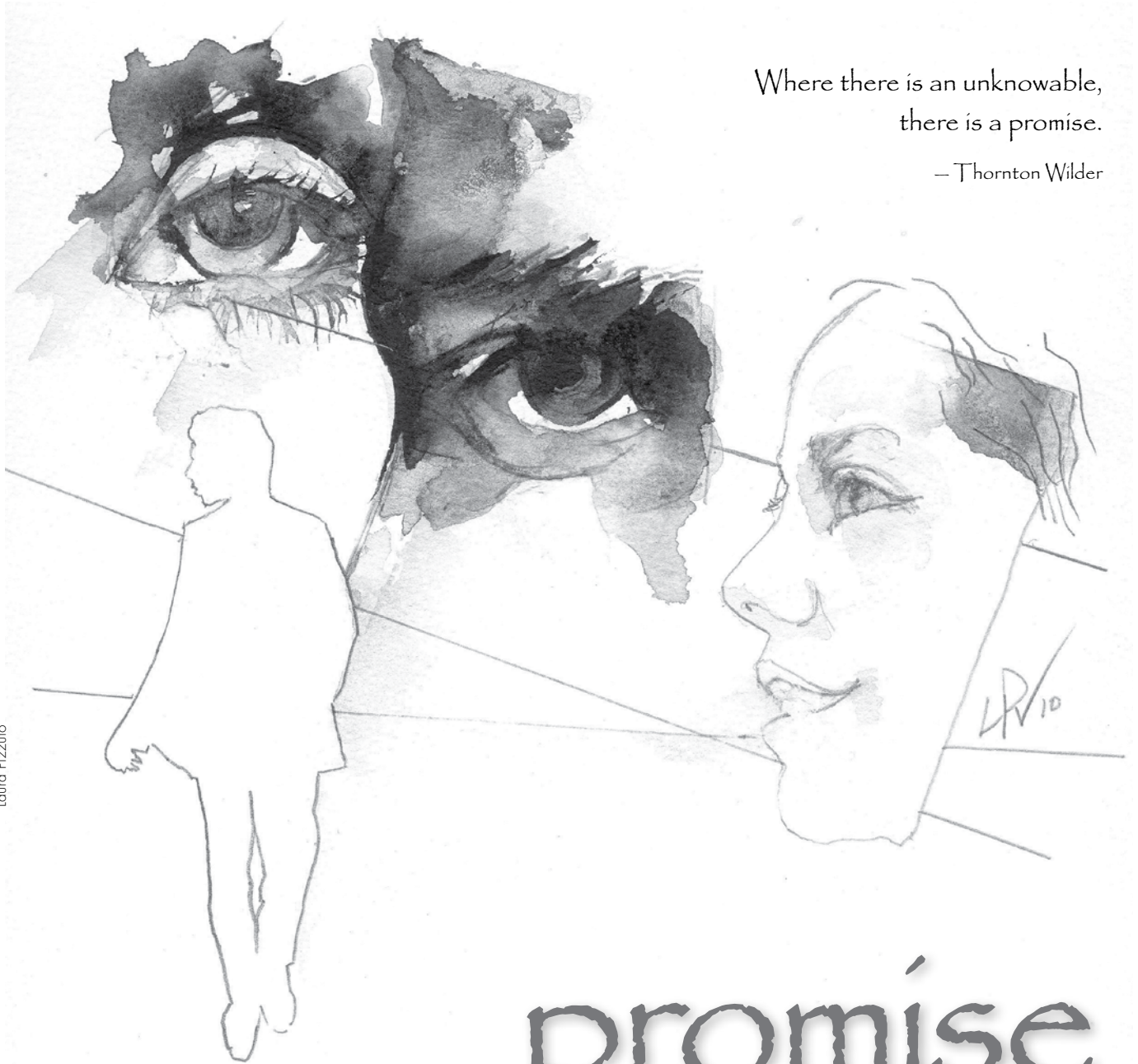
THE ALLIANCE

THE NEWSLETTER OF THE NORTHWEST ALLIANCE FOR PSYCHOANALYTIC STUDY

**JANUARY 2011**

Where there is an unknowable,  
there is a promise.

— Thornton Wilder



Laura Pizzuto

promise

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*Mara Applebaum, Joe Butler, Joan Fiset,  
Rebecca Meredith, Jed Meyers, Ginger White*

### Alliance newsletter

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

- Mara Applebaum, 206-999-3266, mara@marapplebaum.com
- Kris Wheeler, 206-269-0160, kris@kriswheeler.com

**Deadline for submissions to the next newsletter is March 1, 2011.**

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*Mara Applebaum*

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Artists who contributed work to this issue:

- Laura Pizzuto is a painter who has generously contributed to the *Forum* for more than a decade. Laura currently lives in Pennsylvania.
- Helen Palisin is a psychologist who has taken art classes over the years in a variety of mediums.

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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## FROM THE EDITORS

# On editing

GINGER HARSTAD GLAWE & KRIS WHEELER

*The difference between the right word and the almost right word is the difference between lightning and a lightning bug.*

— Mark Twain

*My task which I am trying to achieve is, by the power of the written word, to make you hear, to make you feel—it is, before all, to make you see.*

— Joseph Conrad

### The psychoanalytic aesthetic of editing

These two authors, Twain and Conrad, are speaking about the same aspect of communicating with words. The task—and the fulfillment—of the editor is to help the lightning happen. It has been our mission over the years to represent creative psychoanalytic thinking on specific topics, as well as to inform the membership of the workings of the Alliance. Both features of this publication merit the right word.

In this issue, the words that came to many of our contributors arrived in the form of poetry. In a way, poetry lets us speak of an important experience obliquely, as if to sneak up on it while it is shape-shifting so we can see it in its various manifestations all at once. Poetry adds unlabeled layers to our apprehension of the experience. It has its place,

just as more technical or historical or philosophical prose does. Each form carries the mission of making us see and feel what the author has on offer about the subject. Editors work to clear anything that obstructs that vision, much as psychotherapists work to clear away the detritus in order to find the undistorted self.

The right word in our consulting rooms is also important, and can make or break the interpretation. I am cheered by a patient telling me that my word is not right, that it is this other word that really portrays the experience; then I believe that there is a co-creation of the narrative of the patient's life, and then creative and unexpected things can happen: lightning.

This quest for the lightning operates on many levels: meta-professional, professional, and personal. Kathy Knowlton's interview with Rebecca Meredith (p. 30) and Stephen Shehorn's Writing from the Hour piece (p. 22) both exemplify the way caring about words in therapy and in poetry overlap.

### When one door closes, another opens

Don Quixote, the optimistic madman of Cervantes' great novel, had a rare appreciation for the unknown when he quoted this adage. It is a promise of opening, but without any assurance of what is through the new door. I've been reading a novel, *The Gone-Away World* (Nick Harkaway, 2008); set in the near future, it deals in a really creative way with the tension between the safe path and the way of uncertainty. It has reminded me vividly of the

### 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:

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

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danger of the unknown, and of the danger of safety. So it is with uncertainty that I leave the Publications Committee and the board of the Alliance after a rich and thoughtful—and increasingly safe—twelve years. What I do know is that both groups are in really good hands. And I know both that I am not indispensable, and that my absence will affect the whole (but I don't know how). Interesting.

When Morry Tolmach invited me to become an editor for the newsletter, he had no idea that I had been an editor early on. As Kris and I added editors, it came to light that each one of the people we asked had experience editing. More importantly, they, like I, had a lifelong love of words. Now I have the pleasure of welcoming Mara Applebaum to the role of co-lightning-catcher-in-chief (p. 24).

Her enthusiasm and skill will hold the *Forum* well.

It has been an exceptional gift to work on a worthy project with so many talented and dedicated people. My deep gratitude goes to Susan DeMattos, Joan Dinkelspiel, Kathy Knowlton, Rebecca Meredith, Bev Osband, Carol Poole, Helen Palisin, and Marcia Robbins. I want especially to acknowledge the pleasure of a seamless working relationship with our designer, Dennis Martin. His lovely aesthetic, kindness, tact, and humor frequently transformed frustration into satisfaction.

Words fail me (and the poem hasn't arrived yet) as I try to express my appreciation for the time I have had as co-editor with Kris. The dance we have developed over the years is now second-nature, born of our

complementary gifts—Kris' clear artistic eye and sense of conveying the Alliance to the community, and my more detailed literary eye. More than the tasks, though, has been the dance of rhythms of energy and space, of taking turns, of grace with needs or lapses. It is a rare dance, and a rare partner I have had in Kris.

To you, the members of the Alliance who contribute your writing to the *Forum*, I extend my thanks for your willingness to risk sharing and for your forbearance as we have found the right words. I hope that those of you who have not yet ventured into the world of lightning with us will do so. We will all benefit.

Many thanks.

— *Ginger (and Kris)*

“

*To sing is to love and affirm, to fly and soar, to coast into the hearts of the people who listen, to tell them that life is to live, that love is there, that nothing is a promise, but that beauty exists, and must be hunted for and found.*

— *Joan Baez*

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## FROM THE MAILBAG

# Letters to our community

### Dear friends of NCP

We, the five most recent graduates of Northwest Center for Psychoanalysis (NCP), are now the board members of NCP and in charge of what becomes of our institute. At this point we are taking time to think about where we are so that we can best plan for the future of NCP. We plan to keep the minimum structure of our institute in place (e.g., nonprofit status, website, etc.). This will hold open the option of future rebuilding of NCP into some type of society and/or training institute.

We will continue to keep the community apprised of our progress. Thank you for your interest.

— *Lisa Caldwell, Lane Gerber, Barb O'Brien, Rob Scott, Kathy Weissbourd, Northwest Center for Psychoanalysis Board of Directors*

### Help wanted to spread the word about the Dorpat Lecture

Our committee is getting ready to publicize the free lecture on April 1, 2011, "The Psychological Consequences of Combat." Please see the full announcement on page 9.

We are aware that there are many in our community to whom this topic will be of interest and who might want to attend this event. With this in mind, we are developing a list of contacts and now are asking you, the members, to help us. Please contact me with any ideas of groups or individuals whom we should include; please share with anyone you know the announcement in this publication or the upcoming emails you will be receiving.

This event is unique and exciting because of its reach outside our therapy community. Please help us make it a great success.

Thank you.

— *Marcia Robbins, chair of the Dorpat Committee, 206-527-3040, robbins.marcia@gmail.com*

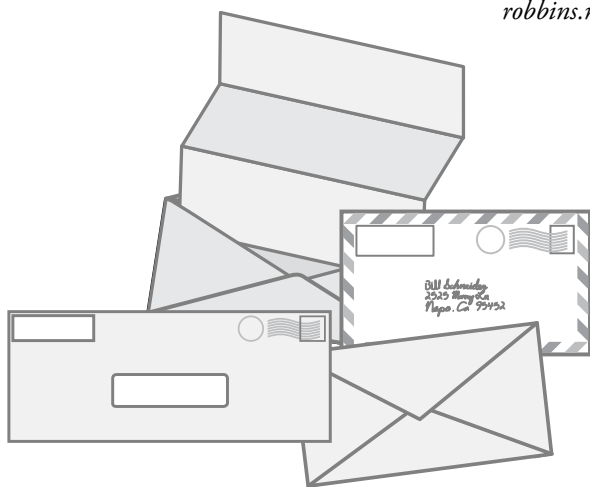
### Northwestern Psychoanalytic Society open house

Northwestern Psychoanalytic Society wants everyone who may be interested to know that we are building a class for the fall of 2011. We offer an unparalleled training program that equips our candidates to work effectively with their patients. The training provides a deep understanding of human nature from the most primitive/infantile levels and enables the therapist to apprehend his or her patients from recognized internal experience. This process is accomplished with a multifaceted training which includes learning from others who write and teach in the classroom, being supervised on one's training cases, and learning about oneself in intensive psychoanalytic therapy. There is nothing I know of that prepares a person better for helping others who are struggling in their lives. In addition, as a member of a class over an extended period of time, going through the emotional experiences that are part of being a candidate, bonds are formed which are strong and lasting. A feeling of belonging develops and a cohort forms.

We are planning an open house on March 11 at 6 p.m. at the COR building; it will be an opportunity to learn about the training program and the faculty.

As the new chair of admissions, I invite you to call or email me with your inquiries.

— *Adrian Jarreau, 206-725-6920 ext-2 or adrianjar@comcast.net*



## Keeping the promise of the Alliance

BARBARA WALKOVER

**T**he complexity and the precariousness of the times we live in are manifest all around us, whether we look at the political scene, the uncertain economic outlook, or global climate change. The impact on each of us of these macro forces is multifaceted and profound. Yet close to home, the Alliance community is holding very steady and, remarkably, growing and thriving. And we do this despite all the ongoing changes in our work groups and how busy we all are. We have grown in complexity but we are anything but precarious. As David Allen detailed in his financial report last issue, we stand on very solid ground. How do we understand this most fortunate position, a structure that holds in the midst of shifting sands, without sliding into some sort of self-congratulatory mode that equates success with virtue?

Certainly the Alliance owes much to donors who have seen this organization as capable of delivering on our intentions and who regard our projects as worthy. Additionally, our financial health owes much to the principle that committees and projects must expect to cover their own expenses and budget accordingly. This frugal and fiscally cautious approach has seldom hampered initiatives but rather reinforced an independence and ownership of endeavors at the level of the work group. Currently there

is much new afoot. We are finding ways of sharing the proceedings of the Forum conference among attendees, adding classes and seminars, enhancing the clinic, developing features on the website, and publishing a second book. There are many fresh faces on our committees and on the board and new energy for going forward.

We have also faced retrenchment and let go of endeavors we could not sustain. It was with much regret that we closed our library and discontinued our internship. Our history of both developing and, when necessary, painfully dismantling very dear projects reflects a tremendous and consistent effort to do what it takes to keep ourselves intact as an organization. It is a testament to the healthy process of past boards that relationships held despite disagreements and that the time was taken to address serious losses. The vitality and opportunity we enjoy today are attributable to countless acts of integrity and commitment we have made and continue to make together to develop ourselves and support each other as teachers, healers, scholars, and artists. This history is the promise of the Alliance.

We are thriving not because we have a shiny product, but perhaps because we don't. We issue no credentials and we promise not to. We operate with an absolute minimum of hierarchy. The Alliance functions best as a potential space that welcomes each of us to explore any interest and share it in any form that relates to our developing ourselves as psychoanalytic

thinkers and clinicians. We pledge our openness to any initiative that contributes responsibly to this mission. We are committed to keeping on the path of fresh ideas, the tradition of passing the torch, and the hope that our community of psychoanalytic study will continue to foster the liveliness that each of us needs for the work that we do.

I had an "Alliance dream" last winter as I was still sorting out what my job as president might entail. It involved being handed responsibility for a Very Large Dog in a crowded coffee shop only to discover that it had no leash. This was somewhat alarming. But the dog proved to be calm, unperturbed by the activities of many other dogs and people of all sizes and accepting of my presence. It was sitting in what we could call the sphinx pose. As I was sitting with it on the floor, I noticed its neck (about my eye level) and specifically that it had outgrown its collar, which appeared to be uncomfortably tight. Reflecting later about this dream image, I wondered what it would mean to find a more appropriate collar.

I mention this now because it occurs to me that the challenges we currently face could be characterized as fashioning a new collar: addressing the complexities of our tremendous growth while retaining the tradition of groups being self-managing. The Alliance does well with a light touch. Our level of internal cooperation and

consistent focus is very reliable. We are updating procedures to protect and enhance the structure that holds us and, importantly, to make the jobs of board members less uncertain in our increasingly complex world. The Alliance does not need a leash but simply the means to keep our purpose unencumbered, with lots of breathing room, so that we can keep on keeping on in style!



*The nicest thing  
about the promise  
of spring is that  
sooner or later she'll  
have to keep it.*

— *Mark Beltaire*



# Forum 2011

ANNUAL CONFERENCE OF THE  
NORTHWEST ALLIANCE FOR PSYCHOANALYTIC STUDY

The Alliance's annual Forum is an opportunity to learn in a variety of ways—experientially, didactically, and through group discussions—with the best psychoanalytically informed practitioners in the Seattle area. It's a time to reconnect with old friends and meet new friends. There's great food, followed by the Alliance's annual meeting. You don't want to miss this year's Forum!



## Mark your calendar

### **Forum 2011: Annual Conference on Theory and Practice**

- Saturday, April 9,  
8:30 a.m. – 3:30 p.m.
- Shoreline Conference Center,  
Shoreline

FROM THE SPECIAL EVENTS COMMITTEE

## Pat Ogden conference scheduled for January 22

**P**at Ogden, Ph.D., is a pioneer in somatic psychotherapy and the treatment of trauma. She is the founder and director of the Sensorimotor Psychotherapy Institute, an internationally recognized school specializing in the training of psychotherapists in somatic/cognitive approaches for the treatment of trauma and developmental and attachment issues.

She is trained in a wide variety of somatic and psychotherapeutic approaches and has worked with a diversity of populations, including prison inmates, psychiatric inpatients, and survivors of trauma. As a pioneer in somatic psychotherapy and the treatment of trauma, she has 34 years of experience working with individuals and groups. She is the first author of the groundbreaking book, *Trauma and the Body: A sensorimotor approach to psychotherapy*,

published in the fall of 2006 in the interpersonal neurobiology series of W. W. Norton. It is in its second printing.

Ogden is a co-founder 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.

She will be speaking on January 22 at Mars Hill Graduate School in Seattle. Registration begins at 8:30 a.m.; lunch will be provided.

**Schedule:**

- 8:30 a.m. – Registration
- 9 a.m. – “Introduction to Affect Regulation,” “Procedural Learning,” “Use of Physical Action to Regulate Arousal,” and Q&A
- 10:30 a.m. – Break
- 10:45 a.m. – “Directed Mindfulness, Animal Defenses, and Acts of Triumph” and Q&A
- 12 noon – Lunch provided on site
- 1 p.m. – “Attachment and the Body,” “Disorganized-Disoriented Attachment,” “Expanding Affect Array,” and Q&A
- 2:30 p.m. – Break
- 2:45 p.m. – “Attachment-Related Emotion,” “The Inevitability of Enactments,” and Q&A

**Mark your calendar**

**Affect Regulation, Attachment, Trauma, and the Body**

- Saturday January 22, 8:30 a.m. – 4:30 p.m.
- Mars Hill Graduate School
- Postmarked by January 3: \$120 members, \$130 nonmembers
- At door: \$130 members, \$135 nonmembers
- Info: Sharon Royal, royal.shay@gmail.com

FROM THE SPECIAL EVENTS COMMITTEE

## The ethics of closing your practice

With Stephen Feldman, J.D., Ph.D.

The Special Events Committee is pleased to present a one-day workshop on February 26, 2011, 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, legal consultant Stephen Feldman, J.D., Ph.D., and others. Participants will also have the opportunity to draft their own Practice Wills during the workshop and to start thinking through the decisions that aid in practice closure. Seating is limited for this event so please register early to assure entry.

**Mark your calendar**

**The Ethics of Closing Your Practice**

- Steven Feldman, J.D., Ph.D., and others
- Saturday, February 26, 9 am – 4 pm
- Seattle Pacific University, library meeting room
- \$120 members, \$130 nonmembers
- Info: Susan Jenkins, susan@quidnunc.net or 206-285-7215

FROM THE COMMUNITY RELATIONS COMMITTEE

## Judith Broder to speak at the third Dorpat Lecture at Town Hall

*The Psychological Consequences of Combat*

The Alliance is pleased to present the third Dorpat Lecture, an event that speaks to the application of psychoanalytic theories to the mission of peace and justice. This year, we will be focusing on the sequelae of combat on those who serve as well as their families.

Our presenter, Judith Broder, M.D., is a Los Angeles psychiatrist who was inspired by a play written by U.S. Marine Sean Huze. Seeing this series of monologues, *The Sand Storm: Stories from the front*, Dr. Broder was inspired to develop a network of therapists to provide no-cost counseling to service members, veterans, and their loved ones. The Soldier's Project is a nonprofit network of licensed therapists in Los Angeles, Boston, Chicago, New York, and Seattle. Over 400 therapists participate.

In the past year, Dr. Broder was awarded the Welcome Back Veterans Grant from Major League Baseball

and the McCormick Foundation as well as the Purpose Prize presented by Civic Ventures.

We are hoping that the broader community of those concerned with the psychological consequences of combat will attend this free event. Come and bring a friend.

### Mark your calendar

#### Third Dorpat Lecture: Judith Broder, M.D.

- "The Psychological Consequences of Combat"
- Friday, April 1, 2011, 7:30 – 9 p.m.
- No fee
- Town Hall, Seattle
- Info: Marcia Robbins, 206-527-3040 or [robbins.marcia@gmail.com](mailto:robbins.marcia@gmail.com)

FROM THE ARTS &  
PSYCHOANALYSIS COMMITTEE

## Second Sunday Poetry Series

- Elena Louise Richmond, facilitator
- Sundays: January 9, February 13, March 13, April 10; 4 – 6 pm
- 505 Boston, Seattle
- No fee
- Info: Elena Louise Richmond, 206-783-7326 or [LainieR@comcast.net](mailto:LainieR@comcast.net)

This is an opportunity to gather with other poets to share images and thoughts and see what happens! No experience required. Just come and be willing to open mind and heart.

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

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*An acre of performance is worth a whole world of promise.*

— *W. D. Howells*

”

FROM THE EDUCATION COMMITTEE

## Alliance spring courses

Contact instructors for questions and to register.

**Perspectives in Contemporary Analytical Psychology: Black holes, evil, gaze, and the Self—four papers in the post-Jungian tradition**

- Instructor: Sharon R. Green, 206-405-3500
- Five Tuesdays: March 29, April 12, 26, May 10, 24; 7:30 – 9 p.m.
- 2520 E. Olive St., Seattle
- Free for members

This seminar will provide an introduction to the postmodern sensibility that informs many contemporary Jungian analysts. A defining feature of a postmodern stance is the recognition that there are no explanatory grand narratives pointing toward wholeness or unity that anchor human existence. Rather, experience is full of black holes, uncanny gaps and traumas that resist signification and haunt us; evil acts such as war and genocide can be linked to naturalized discourses that establish the norm and then marginalize the other; the

objectifying gaze oppresses both men and women and gender is no longer a stable category; and the self is always other to itself—multiple, fragmented, and de-centered. Many individuals experience profound anxiety in light of the uncertainty of an existence that is not predicated on the grounding of foundational principles or normative discourses. Through rich clinical examples, each of these papers demonstrates that if a person can tolerate the anxiety of uncertainty and the disturbance of a many-sided dialogic process, there is the possibility that something unexpected and creative can emerge in the analytic space.

The papers we will be discussing will be provided to participants in advance:

- “Black Holes, Uncanny Spaces, and Radical Shifts in Awareness” (2007) Ladson Hinton.
- “Evil Acts Not Evil People: Their characteristics and contexts” (2008) Michael Horne.
- “Embodied Female Experience Through the Lens of Imagination” (2010) Sharon Green.
- Jung’s Dissociable Psyche and the Ec-Static Self” (2009) Sue Austin.

**Orienting, Holding, and Containing: An orientation to psychoanalytic study**

- Instructor: Carol Poole, 206-390-7875
- Four Mondays: April 4, 11, 18, and 25; 7:30 – 9 p.m.
- 2915 E. Madison St. #306
- \$25

The world of contemporary psychoanalytic study is diverse, which can make it hard to figure out how or where to engage in psychoanalytic study. What does it mean to be *psychoanalytic*? This course offers a supportive group in which participants can talk and learn about their own relationship with psychoanalytic study. Identifying three themes—orienting, holding, and containing—as central to psychoanalytic therapy, this course hopes to create an experience of being together in a way that fosters learning and growth. Participants can expect to gain from this class a clearer understanding of where they might go next in their personal engagement with psychoanalytic study—and also a better acquaintance with a number of colleagues.



*Undertake not what you cannot perform but be careful to keep your promise.*

— George Washington



**FROM THE EDUCATION COMMITTEE/PROFESSIONAL MEETINGS**

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## 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, January 13, 7 p.m.**

- One Vignette, Three Clinical Viewpoints
- Sue Neell Carlson, M.A., Doug Hanson, M.S.W., and David Hufford, M.A.

We often wonder in our clinical work how other therapists might give differing perspectives based on the school or schools of thought that provide structure to their thinking. A case vignette will be presented with three psychotherapists sharing their thoughts based on varying theoretical perspectives.

**Thursday, February 10, 7:30 p.m.**

- Annual Book Discussion: *The Book Thief*
- Facilitators: Michael Butler, M.A., and Lane Gerber, Ph.D.

*The Book Thief*, by Markus Zusak, takes place in Munich during World War II. It centers on a young girl, Liesel, living with foster parents and learning to read in an environment where books have to be stolen, rescued from bonfires, or written on a painted-over copy of *Mein Kampf*. The book, narrated by Death (who is very busy collecting souls) plunges into the vulnerability and strength of people, the power of art, and the necessity of love. Death himself is haunted by the characters in the novel—by humanity.

**Thursday, March 10, 7:30 p.m.**

- Poetry and Psychoanalysis
- Facilitator: Steve Mauer, M.D.

Freud believed figurative language (metaphor and its variants) constitute our unconscious life. Steve Mauer has been reflecting on his life in psychoanalysis and has found that writing poetry about it deepens memories and has moved him to surprising perspectives. This evening he will read from *Side Effects: Poems of remedy and doubt from the life of a psychoanalyst*, poems arranged in a fictional narrative.

**Thursday, April 14, 7:30 p.m.**

- What's New in Psychopharmacology
- Facilitator: Scot Gibson, M.D.

The field of psychopharmacology is constantly changing, and it can be hard to keep up with the newest treatments that our clients engage in. Scot Gibson is a psychiatrist and a candidate at SPSI. This evening he will inform us of the most current research and practice in the pharmacological treatment of a range of Axis I disorders.

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## FROM THE BOARD

# Thank you, Ginger and Terry

### ALLIANCE BOARD AND COMMITTEE MEMBERS

**T**he health of an organization depends on navigating ongoing shifts in leadership. Change on the Alliance board of directors always rocks the boat at least a bit, but also brings forth new vision and helps to keep the organization meaningfully relevant to you, the members. We are in a period of much shifting, and as much as it is important to look forward, anticipating the promise new leaders offer, we believe it is also important to reach back and appreciate the ways our outgoing leaders have contributed to the robust foundation the Alliance currently enjoys. In this article, we honor Terry Hanson and Ginger Harstad Glawe. Both are retiring from the Alliance board after more than a decade of service, both having taken terms as president (Ginger, 2003–05; Terry, 2005–07) and each having contributed a great deal to the activities and milieu of the Alliance.

After working for a year on the *Forum* newsletter, Ginger joined the board to cochair that committee in 1999, taking the helm of editor in chief for the *Forum*. This publication has been blessed by the breadth of her interests and her literary knowledge, which she interwove with her supreme skill as a grammarian to sensitively support and preserve the voices of our authors. At board meetings we discovered Ginger to be capable of being deeply moved and deeply delighted. As president, she was a smart mother

to the group, referring to us as “dear ones” and guiding us toward an open-minded, reflective approach to the thorny issues we needed to address. Precise and clear, she also had a gift for conveying delight and wonder. Ginger loves the arts, and by referring to experiences with music, film, literature, and poetry, she brought joy and appreciation for the aesthetic dimension to her leadership on the board. Whether in the role of president or collaborating colleague, Ginger modeled a spacious quality, providing an embrace for our deeper engagement with one another, and helping us integrate reflection on personal meaning into our decision-making process. Ginger has also given a great deal to various educational offerings, including ACPC’s internship program, and is especially appreciated for her ability to reflect on the creative energy often locked in our darker human parts. Perhaps after she has retired from the board, we will be lucky enough to see more of Ginger as a teacher and a writer.

After serving on various committees for many years, Terry joined the board in 1999 as both treasurer and cochair of Professional Meetings, followed by a term as president and most recently, chair of Education/Courses. He plans to remain active as cochair of that committee while stepping off the board. Terry surprised us with his leadership: none of us was prepared to witness quiet, ever-thoughtful Terry holding our feet to the fire when necessary, interrupting to move our meet-

ings forward, and becoming a beloved sheep dog with herding finesse and enormous heart. Terry consistently thought about issues in a broad and philosophical way that included both the humanity of the situation and the good of the whole. He had vision as well as perspective and forbearance, qualities that helped him determine direction and exercise patience in getting there. He was not afraid to state clearly the ethical aspects of whatever was being considered, and he did that in a non-judgmental way that allowed those around him to step back and consider the better course. He was kind as well as firm, with a quirky sense of humor and a love of beauty. In the background, his intelligence always guided him, though what people usually saw about him were his kindness and principled behavior. And then of course there was that great laugh. We will miss all of these traits, and will have to aim high to keep these qualities alive on the board.

We are going to miss both Ginger and Terry tremendously. We hope the space that opens up in their lives through this transition enriches their lives as we have been enriched by all they have given.

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# committee reports

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## PUBLICATIONS COMMITTEE

KRIS WHEELER

As is true with the larger organization, significant change is underway in the Publications Committee with the loss of Ginger Harstad Glawe as cochair. After 12 years of dedication to editorial excellence in the *Forum*, she is retiring from the Publications Committee as of this issue. (See page 3.) I'm pleased to announce that Mara Applebaum has offered to co-edit the *Forum* and cochair the Publications Committee. She brings a background in publication and journalism and is transitioning into project management of the *Forum*. I remain cochair temporarily, because I plan to shift focus to the Community Relations Committee. We are actively seeking someone who loves the *Forum* to partner with Mara and co-create a new chapter in the Alliance's publishing activities. If this prospect interests you, please contact me (206-269-0160) or Mara (206-999-3266).

We also say goodbye to one of our fine editors, Helen Palisin. Helen brought exquisitely skillful editorial work to numerous papers that we published and has also offered artwork to the publication. We will miss her thoughtful perspective at meetings.

We welcome Jeanne Castle, who joined about a year ago to help with the marketing of Bob Bergman's

book, *Mindless Psychoanalysis, Selfless Self Psychology and Further Explorations*. She is currently overseeing the publication of Jeff Eaton's soon-to-be released book, *A Fruitful Harvest*.

I am grateful for the continuity of working relationships with the other members of the committee: Susan DeMattos, Joan Dinkelspiel, Kathy Knowlton, Rebecca Meredith, Bev Osband, Carol Poole, and Marcia Robbins.

The Publications Committee meets only three times a year, subsequent to the publication of each issue of the *Forum*, in order to plan upcoming issues and consider new publication projects. New projects include the plan to compile proceedings from this year's annual conference, also called The Forum. We have ideas about other possible publications-related projects, such as further development of sharing papers on the website and additional books. If you are interested in this arena of the Alliance, please give me a call (206-269-0160).

I'd also like to highlight the upcoming publication of The Alliance Press' next book, *A Fruitful Harvest* by Jeffrey Eaton. James Grotstein describes this collection of essays in his forward to the volume:

Among the leading themes that the author highlights in addition to the psychoanalytic study of pain are the pernicious importance of envy in the clinical situation, the problem of the projective identification

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rejecting object, the complexity of the essential quality of the analyst's focused attention on the patient, the benefits he has obtained from his immersion in Buddhism and meditation, and the investigation of dreams, both his own and those of his patients. All of this can be summarized, in addition to the theme of listening, as amounting to an exploration of the analyst's professional use of personal experience, an attempt to describe how one uses the self in the analytic process.

This book represents an important introduction to Jeffrey Eaton's thought, and allows us to welcome the harvest he has gathered from his many years as a therapist working steadily and effectively on the frontier of difficult-to-treat illnesses. We are grateful to him for this highly informative, helpful, and sincere personal diary of his experiences.

Jeff has been a significant creative and contributing force in the Alliance community over the past 15-plus years. He founded the Alliance Community Psychotherapy Clinic and, through the clinic, taught classes for interns and child therapists. Jeff is an informed and incisive clinician and thinker who has a clear and highly organized approach that both draws upon and models an integration of contemporary psychoanalytic theory and practice. He is much sought after as a teacher, and we believe this volume of essays will be a valuable contribution to our community and the wider community of psychoanalysis.

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## SPECIAL EVENTS COMMITTEE

### SHARON ROYAL

It is with both sadness and excitement that I am writing as the new chair of the Special Events Committee. This committee had been stewarded competently, enthusiastically, lovingly, and single-handedly by Maureen Sawyer until her passing early this year.

A temporary committee of colleagues gathered to sort through Maureen's files compiled during her activities in service for the Alliance Special Events. Bev Osband, Susan Jenkins, Shirley Bonney, and Marcia Robbins began work to provide the foundation needed in order to move forward with the scheduled January event with Pat Ogden that Maureen had initiated, and also to reformulate the next steps for the committee in general. During the last two years, Maureen and I had spoken so many times about working together on Special Events it had become a kind of joke between us. So, it is in her honor that I have stepped into the position as chair.

I am busy learning—and with so much help from all kinds of places, wonder at just how much Maureen did by herself to make events happen. I am excited by the prospect of continuing to bring a variety of speakers and topics to our community, beginning with Pat Ogden, Ph.D., on January 22. Pat will be introducing the sensorimotor psychotherapy she pioneered and will present a lecture titled "Affect Regulation, Attachment, Trauma, and the Body." This lecture is being dedicated to Maureen. On February 26 we will offer a daylong, hands-on seminar presented by Stephen Feldman of Seattle Psychological Services, and others, exploring various facets of law and ethics around

retirement, illness, and closing a practice in general. This lecture will be held on the campus of Seattle Pacific University, and participants will have the opportunity to draft their own practice wills directing the referral of clients, organization of files, and other important issues.

Many of the members of our interim committee will move on after these two events. We are looking for two or three others to join us as we think together to envision and bring to fruition high-quality presentations that will further knowledge and growth within our analytic community. Please contact Sharon Royal at [royal.shay@gmail.com](mailto:royal.shay@gmail.com) if you might be interested.

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## MEMBERSHIP COMMITTEE

### CAROL POOLE

On behalf of the Membership Committee, I would like to thank everyone for making the annual membership renewal process go so smoothly—and want to extend a warm welcome to all new members.

One question new members sometimes ask me is how they can get more involved in the Alliance. There are many ways to do this, including:

- Join a committee that interests you.
- Sign up for a class or presentation listed in the Alliance calendar (at the back of this publication, or online at [www.nwaps.org](http://www.nwaps.org)).
- Plan your own event—a talk, book group, or any kind of presentation you'd like to offer. You may talk with Terry Hanson or Jeanne Castle about having your event

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included in their committee's offerings, or you may put the word through our *Forum* column, "Letters to the Community."

- For newer clinicians, join the Alliance Community Psychotherapy Clinic (ACPC), which offers a chance to do volunteer work while receiving a wealth of free professional and clinical support: individual consultation, group consultation, educational seminars, and case presentation meetings.
- More experienced clinicians may volunteer as an ACPC consultant and participate in discussions about consultation in the quarterly consultants meeting.

If you have any questions about your membership and how to get the most from it, you are always welcome to call me at 206-390-7875 or email [cpoole@speakeasy.net](mailto:cpoole@speakeasy.net). You can also call any of the committee chairs whose names and contact information you'll find on this publication's masthead, in your membership roster, and on our website at [www.nwaps.org](http://www.nwaps.org).

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## POTENTIAL SPACE

### CAROL POOLE

Thanks to everyone who contributed to the 2010 Potential Space arts and performance event in October, which is co-hosted every fall by the Membership and Arts and Psychoanalysis Committees. A volunteer committee including Elizabeth Clark-Stern, Patrice Donahue, Constance Jones, Rebecca Meredith, Susan Nelson, and Alma Rolfs provided the space, ambiance, delicious hors d'oeuvres, emceeing of performances, and the arrange-

ment of the visual artwork. But what made the space come alive—and fill with people—were the works of art by Tori Allen, Michael Butler, Patrice Donahue, Marnette Doyle, Dean Glawe, Donna James, Constance Jones, Michael Miller, Karol Marshall, Shierry Nichol森, Joanne della Penta, Elena Louise Richmond, Sharon Romm, and Carol Rutte; musical performances by the Northwest Chamber Chorus and the LaMoRo Trio; a multimedia dell'arte demonstration by Sal Ziz and Karol Marshall; and readings by Bob Bergman, Elizabeth Clark-Stern, Deborah Green, Donna Lee, Terri Lee, Rebecca Meredith, Carol Poole, Elena Louise Richmond, Alma Rolfs, and Lee Roloff.

Donna Lee will organize the Potential Space in 2011. If you have questions or wish to participate, contact her at 206-285-6614.

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## PROFESSIONAL MEETINGS COMMITTEE

### MICHAEL BUTLER

Our committee has been regrouping since saying a deeply felt goodbye to Stacey McFarland who so ably led us. Jason Jost and Erica Rubin have stepped in as cochairs, Lynn Cunningham has joined us and is gracefully hosting our planning meetings, and Lane Gerber and I make up the rest of the committee.

We began the new season with a bang with Phil Cushman speaking on "Relational Psychoanalysis as a Moral Discourse: Values and politics in practice." His talk was very well attended and sparked spirited discussion on the place of values and politics in the work we do.

In November, Alice Laurens spoke and led a discussion regarding diagnostic and clinical issues with bipolar disorder. We are so grateful to these two speakers for enriching our thinking on clinical issues.

January will bring Sue Neell Carlson, Doug Hanson, and David Huford to discuss a clinical vignette from three viewpoints, and February is our annual book discussion featuring *The Book Thief* (Markus Zusak, 2007). Although this book is often shelved in the young adult section of the library, it speaks powerfully about the human predicament in ways that are provocative for anyone. The narrator is Death who in the end confesses he is haunted by human beings. Please join us as we discuss this moving book.

Watch for flyers announcing the topics for March and April as we are still in the planning process for those months. Thank you to all of you who attend and contribute to our stimulating evenings!

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## ALLIANCE COMMUNITY PSYCHOTHERAPY CLINIC

### BILL ETNYRE AND ALETA MATTAINO

It's been several months since we took over from Janice Hickey's leadership of the clinic, and now we really have a much better appreciation of the enormity of what Janice did to keep the whole thing running with 30 therapists, clients, and consultants—that's 90 people! When she began her tenure as director there had been on average only about 12 client, therapist, and consultant matches!

During the last few months, several consultants completed their one- to

two-year commitments to their therapist; some are taking a well-deserved break, while others are waiting for a new therapist match. Because of the departure of these folks, we have recruited several new consultants and therapists. We are most grateful to all of our volunteer consultants and therapists who, through their efforts, make it possible to provide in-depth psychoanalytically informed treatment to people in the community who simply would not have access to this kind of treatment in the current mental health system. While we currently have a full roster of therapists and consultants, we anticipate needing more in early 2011. Let us know if you or someone you know may be interested in volunteering as a CWW therapist or consultant.

We had our first steering committee meeting in October and discussed implications of the recent legislation regarding licensure of master's level mental health clinicians and our ability to offer training opportunities for therapists who have yet to meet full licensure as independent practitioners. Additionally, we are looking at various liability issues and administrative procedures to address these matters.

Another topic we discussed was the question of whether to continue co-sponsorship of the "How Does Psychotherapy Work?" annual conference with Mars Hill Graduate School because of concerns some members raised last year regarding its religious perspectives and affiliations. Many diverse views were expressed, including not only these concerns, but also the fact that Mars Hill is probably the only graduate school in the area offering a purposefully psychodynamic orientation to its students. We also benefit from having a no-cost venue for the conference, and the tremendous volunteer support of their students with many of the logistical details. Nevertheless we acknowledge that this decision may not sit well with some Alliance members and welcome comments regarding our decision. Our discussion led to our thinking about prejudice and its many nuances and forms. We suggest that both the *Forum* publication and conference presenters take this on as a future topic in order to create a lively exchange of psychoanalytic perspectives on prejudice, discrimination, and the *isms*—a much needed perspective about these matters which occupy public discourse today.

## Get involved!

Become a consultant for  
the ACPC Clinic Without Walls

Contact Bill Etnyre at 206-285-7877

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*He who is the most  
slow in making  
a promise is the  
most faithful in the  
performance of it.*

— *Jean-Jacques  
Rousseau*

*To the being of fully  
alive, the future  
is not ominous  
but a promise;  
it surrounds the  
present like a halo.*

— *John Dewey*

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## Rebecca Meredith, poet laureate

KATHY KNOWLTON

All of the subjects for these occasional articles about artist members of our psychoanalytic community have had well-developed creative lives. But Rebecca Meredith is the first with two actual jobs. She is a psychoanalyst who trained at SPSI and she is the first poet laureate of the city of Redmond, a two-year post that comes with a stipend and civic responsibilities. She agreed to meet me on her writing day where we could talk over lunch, and she admitted immediately that it is “weird to be a paid poet” because there are so few in the world. Over the next couple of hours, our conversation ranged from the feelings of inanimate objects to the aversiveness of paperwork, from the sacred to the hilarious, from connecting to one’s own experience to connecting with others. All of it was colored by her warm ease, a graciousness undergirded by incisive clarity and honesty. She is comfortable in herself and in the world. Every time I suggested a conflict between her two hats, she considered it politely and allowed that while there may be some tension, there doesn’t seem to be a conflict for her.

Her writing life began in adolescence but was dormant for the decades of raising her family. Then, “in analysis this [writing] thing buried so long exploded in my face,” and she has been at it ever since, producing both prose and poetry for publication. Her completed novel, *The Last of the Pascagoula*, and her full-length poetry

manuscript, *The Only Thing That Sticks Around*, are being shopped. Her first chapbook of poetry was entitled *Intergenerational Delta Blues*. “It took me a long time to say I am a writer, but I’ve been comfortable with it for several years now. People publish my stuff, so I must be a writer.” We both laughed.

What she loves about writing is “that moment of *aha*, when you find the perfect connection” between the words and the experience that results in “recognition for a place you’ve always been.” What makes somebody a poet, she believes, is “that lifelong sense of resonance with everything and the desire to do something with it. Things are alive to me.” She told me of talking to a friend about whether one could hurt the feelings of inanimate objects and observed casually that she might be thought of as a fetishist, in the sense that one may anthropomorphize objects and form relationships with them. She seemed to be talking as if these abilities and sensitivities might be developed by anyone, and she acknowledged this. In the Redmond workshops she has given as poet laureate, she has talked to people who think they have no poetic capacity, but she has found “it’s possible for virtually everybody to have that sense of discovery. ‘Gosh, I didn’t realize that this is what I felt, but boy, is it what I really feel.’”

Rebecca finds the worlds of poetry and psychotherapy particularly compatible. For her, the links between the two are “philosophy, religion, the meaning-making parts of being

human. I certainly know which world I’m in, but the flow from one to another is very easy.” Both come out of “the same parts of the psyche,” and both activities give one a way to “rework things, create a world of your own.” But above all, it is that moment of “deep recognition that can play into a sense of self” that compels her to write and that she loves in both her worlds. “I don’t feel like me if I’m not acknowledging that sense and making something out of it, and not just living in my head.”

If she were not compelled, “it wouldn’t be worth the anxiety, because I swear there’s anxiety, too.” We had another laugh over her admission of needing courage. “Hell, yeah! There’s nothing scarier than being who you really are.” She went on to joke, “I’ve got a mean superego that rides me like a two-dollar mule. I also get some satisfaction out of saying ‘rides me like a two-dollar mule.’”

As the inaugural Redmond poet laureate, Rebecca is creating her own job. She is modest about her election, partly attributing it to her founding work with the city’s art group. Her two-year tenure began in January 2010 and will include some dedicated writing, teaching of classes, presentations, and readings. When we met, she was looking forward to speaking to the Redmond Historical Society about poetry and place, a subject dear to her heart. Growing up along the Gulf coast of Mississippi and in New Orleans, she found place very important, and those settings have

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figured prominently in her writing. Her novel's climax involves the arrival of Hurricane Katrina. She had just been to the gulf to see for herself how folks were faring with the oil spill. She reminded me with pleasure that Southerners are talkers and storytellers. She loves where she lives now, too, considering autumn the time when the Pacific Northwest is "most generative. The light is so beautiful. It has a painter's light quality that just does something to me. That part of this place has power."

Her appointment as poet laureate occurred a few months after her completion of psychoanalytic training. When I raised my eyebrows over so much happening so quickly, she laughed again and said it was like "suddenly being a grown-up. You can't hide behind amateur or student status any more." Her least favorite aspects of both jobs are somewhat ancillary, the paperwork connected to a therapy practice or the need to "peddle your wares, do publicity, or flog a novel." However, it was clear that while she might playfully complain about not having a staff, she loves what she does. "I like people. Therapists should like people." And both jobs give her ample chance to experience the pleasure of other people.

She has only recently discovered this opportunity in her writing life. "The voice and story have always been there," but now at readings she enjoys the electricity between her and the audience, the sense of attunement. When she is finished, the audience will sigh "the poetry sigh" that tells her they have heard and known what she was offering. "I love that sense of connection. It is like a good analytic moment, very alive, very there in that moment, as close to a lack of self-consciousness as possible. We are not two people staring at each other.

We've both become something alive and exciting, part of something in the moment. That's as close to spirituality as I get."

Raised in a conservative religious environment with "God as Daddy," she responded skeptically, without much use for any of it. "It's only as I've found that sense of deep connection that I understand that it really does exist. We only see the tip of the iceberg, and sometimes we get a glimpse and ... oh, ho, ho!"

Rebecca hopes her writing future holds more connecting to people through what she produces: for example, "some large-scale stuff" and the blog she has begun at the request of the city of Redmond. The blog is entitled *R's Poetica*, once marvelously misunderstood by someone trying to find it as "Arse Poetica," a fact which gave us our final laugh of the interview.

As I pressed her to talk about desires and the future, she offered that she thinks people "are always on a search for family. You create families mostly in your life. I do it by finding people who are curious above all and who ask big questions." A deep sense of development informs both kinds of work she does. "There is an analog in therapy to creative writing. [Initially] you sound like great writers you're reading, then eventually you find your own voice, and it's kind of scary to say *this is me*. This is how I practice, within the conventions, allowing you freedom to play and find the people who recognize what you're saying." It is easy to believe she will keep finding more and more of those people in whatever ways she chooses.

## BULLETIN BOARD

**For rent.** Bellevue psychotherapy office. Small, comfortable building. Large window. Excellent soundproofing. Individual heat pumps. Office is 10 feet by 16 feet. Located on NE 8th Street near I-405. \$600. Call David Allen, 425-454-7321.

**Ad information.** Mail text and a check payable to NWAPS to Kris Wheeler, 5809 43rd Ave NE, Seattle, WA 98105.

- Up to 200 characters: \$30/members; \$40/nonmembers
- Up to 325 characters: \$45/members; \$55/nonmembers
- Beyond 325 characters: 10¢ a character, up to 700 characters