



# The Interpreter

Volume IV

Issue 2



## *The Psychoanalytic Center Of Philadelphia At Rockland Mansion*



## President's Message

*Ralph Fishkin, DO*

### Honors

At its February meeting the PCOP BOD voted to extend Honorary Membership to Liliane Weissberg, PhD, the Christopher H. Browne Distinguished Professor in the School of Arts and Sciences, and Professor of German and Comparative Literature at the University of Pennsylvania. We are thrilled that she will join us. Dr. Weissberg has contributed to the awareness and understanding of psychoanalysis for many Penn students, and has been an integral part of the Penn-PCOP Collaboration. She will receive a certificate of membership and will give a talk next fall.

### Outreach

This year continues to be an active one for PCOP's Outreach efforts. As you know we had another successful Child Care Colloquium. The Bryn Mawr Film Institute Discussion group, "Inside the Characters", continues to build audiences who show their interest in psychoanalysis, by eagerly sharing their contact information with us. The Extension Division programs have been well subscribed and will continue through the spring. Our Saturday

morning Psychoanalytic Assessment Conference Series meets on a monthly basis, and continues to be a great success, thanks to the dedicated work of Bruce Levin, Diana Rosenstein, and the PCOP Faculty members who have been turning out to contribute their clinical wisdom in response to the excellent presentations. We are now welcoming students from outside PCOP, in addition to our psychoanalytic candidates, psychotherapy students and fellows.

A particularly successful program, held at the Free Library of Philadelphia on February 5, was cosponsored by PCOP in conjunction with the One Book, One Philadelphia series. David Sachs, Ann Smolen, and University of Pennsylvania Professor, Dennis Culhane participated in a panel discussion entitled Psychological and Social Perspectives on Homelessness, a topic stimulated by the fascinating book, *The Soloist*, by Steve Lopez, a journalist currently with LA Times who formerly wrote for the Philadelphia Inquirer.

We are excited to announce another program co sponsored by PCOP and the Wilma Theater, to be held on Monday June 1, 2009 at 7:30 PM at the Wilma Theater in conjunction with the play, *Hysteria*. PCOP will offer CE credits. Tickets to the discussion are \$10 or are free to people who have purchased a ticket to a performance. There will be a very distinguished panel consisting of our own Salman Akhtar, as well as Jonathan Wallis of the Moore College of Art, Ellen Handler Spitz distinguished psychoanalyst and art historian, and Mark Edmundson, author of the book, "The Death of Sigmund Freud." The play is about a fictional encounter between Sigmund Freud and Salvador Dali, who never actually met, and who did not have reciprocally positive opinions of each other. It sounds like it will be a mind bending, if not time bending experience. Please join us at the Wilma for the occasion.

### Senior Members

PCOP members should be aware of the Bylaw Amendment that was passed at the members meeting, February 23, 2009.



## Life In Motion

James Rahn, MFA

Twenty minutes to twelve he's rushing through the house. His wife's picking him up, he doesn't want to be late. He runs upstairs and checks the faucets again, makes sure the radio's off, all the toilets are flushed and the windows are closed. He races into his old bedroom where he slept last night and kisses the mattress and pillow several times. He kisses them till he's red-faced and out of breath. He pulls the plugs for the clock, the lights, the TV. He pauses a moment to study the scene, tries to burn it into his mind so it'll never disappear.

Downstairs, his mother waits patiently on the couch. She's folded into the couch, her hands clasped between her legs.

"Can't you sit with me a minute?" she says, when he appears.

"I will, give me a second, I have a few things to do."

He enters the kitchen, the pantry, scrambles down the basement steps; studies the washer & dryer to make sure that they're off; peers at them a minute to fix the off arrow in his mind, then hustles back up to examine the stove.

He stares at the five gleaming freshly-wiped dials. Everything looks good, he thinks, everything looks fine. If he stares at them long enough they'll never click on and gas Mother to death or burn down the house. He's about to leave the kitchen then turns around again. He turns around again and stares at the stove. He's about to leave the kitchen then turns around again. He's aware of what he's doing but continues to do it.

His mother is now sunk into the sofa like it's swallowing her--crumpled into herself like a cardboard figure of somebody.

"Do you have to go?" she asks. "Can't you stay a while longer?"

"I have to go," he says, but it makes him feel bad.

"Sit with me," she says. He walks over to check his suitcase.

"Won't you sit with me?" She

coughs, then makes a little moue.

"What time is it?" he asks, fingering the collar of his sweater.

Mother tries to read her watch, but doesn't have her glasses.

He plops down next to her, sighs, and rubs his head. The old couch barely supports them; they're nearly sitting on the floor. He notices all the crumbs and pieces of lint on the carpet and wants to get up and start vacuuming, but rejects it: Screw it, I've done enough.

"I love you so much," his mother begins. "I love it when you're here, I wish you were here all the time."

"Well I can't be," he says. "I have a life, Ma, a life." He says this without anger because he's said it many times.

"So what are you doing this week?"

"More of the same," he says.

"You're a schoolteacher, right?"

"I'm a schoolteacher, Ma."

"What day is it today?"

"What day do you think?"

"Saturday?"

"Close...It's Sunday, Ma, it's Sunday."

"Sunday?" she says. The moue converts to a frown. "When will you be down again?"

"Probably next week."

"I have to wait a whole week?"

"What can I do? One of us has to work." He manages a small smile.

She leans into him like a wife--like a lover not a mother. For a second it unnerves him and he wants to push her away. How did she get like this? so needy and dependent. She was always so confident. What is it that's changed? Then he thinks, This could be the last time I see her. What if I'm mean to her and she dies during the week? How will I handle it? What if my wife sees me like this? Why am I stuck in this situation? I don't care if she sees me.

His mother's hair smells oily. (He'll have to get her to the beauty salon.) It sticks up like a claw on the top of her head. And her breath is

sour. (He'll have to buy her some mouthwash. Lord knows the last time she brushed her teeth.) She feels so thin and weak to him but then she smiles, and suddenly, her small weight against him feels good. His spirits pick up. Why he's sitting here with his mother. She's the kindness of the world come to help him through the night.

11:55 he hears his wife in the car. He hears the hum of the motor then the ticking after it's shut off. "That's Lila," he says, rising from the sofa. His mother gazes up at him with the saddest blue eyes. Lila clops up the steps. She opens the door. They kiss, embrace: "You all right?" she says. "I'm all right," he says. "Hi Hannah," Lila says. "Hello," his mother says and smiles dramatically.

"Be right back." He picks up the suitcase.

Outside, the air feels crisp and light. He takes the suitcase to the car and shoves it in the trunk.

Back inside he tells his wife, "Okay, we're leaving." Then whispers, "Give me a minute with her, all right?"

"Bye Hannah," Lila says.

"Can't you stay?" his mother says.

"I think we have to get back."

"Well then okay, bye."

"We'll see you in a few weeks...Bill, I'm out in the car."

When Lila turns her back to him he hugs his mother.

"You know you're my favorite," he tells her. "I don't want you worrying about anything. Everything's taken care of. You have nothing to fear. The bills are paid. The house is clean. You have enough food in the refrigerator. You don't have to worry about a thing. If anything happens you just give me a call."

"Like what?" she says.

*Continued P. 3*



## Update from The Alliance for Psychoanalytic Thought

*Gail Corrado, MD*

On January 25 of this year the Alliance for Psychoanalytic Thought (aPt) introduced its new film series, Reel Thinking. The featured film was *Something the Lord Made*, the story of two men who pioneered cardiac surgery. It illustrated racial and class tensions in the United States. The discussants were Salman Akhtar, M.D. and Sam Wyche, M.D.

The second film, *Live-in Maid*, was the story of the personal and economic survival of two Venezuelan women during contemporary times. It also placed emphasis on class struggles. The discussants were Susan Adelman, Ph.D., Kathleen Ross, Ph.D., and Joaquin Stablé, M.D. of Cooper Medical Center.

Dr. Rao Gogineni, Chair of aPt, has led

the effort in developing Reel Thinking into an international film series. The upcoming March film will be *My Left Foot* as a remembrance of Saint Patrick's Day and to Irish culture. Jennifer Bonowitz, Ph.D., Gail Corrado, M.D., and John O'Reardon, M.D. of the University of Pennsylvania will be the discussants. April's film will be *Left Luggage* in commemoration of Jewish holidays and culture, with Elaine Frank, M.S.W. and Robert Sadoff, M.D. of the University of Pennsylvania as discussants.

Although there are no entrance fees for any of the shows, donations are welcome. Members of PCOP and aPt.

receive free CME/CE/CU credits. Nonmembers may obtain three credit hours for a fee of \$30.00.

All members of PCOP and aPt are invited to Reel Thinking and are encouraged to bring guests. aPt hopes that the film series will attract new members and stimulate new interest in PCOP. Anyone interested in helping with the Reel Thinking series should contact Gail Corrado at [gailcorrado@verizon.net](mailto:gailcorrado@verizon.net).

*President's Message  
Continued from P. 1*

Voluntary Senior Membership, which replaces the Life Member category, is open to all active members who have attained the age of 70 or who have completed 30 years of membership. Dues of Senior Members will be assessed as follows: Years 1-3- One third reduction of standard active membership dues, years 4-6- two-thirds reduction of standard active membership dues, year 7 and beyond- Senior Member becomes dues exempt.

### **Consultation on Administration and Governance**

On March 4, we invited Ken Eisold back after three years for a follow up consultation to the BOD and the EMC on the administrative and governance structure of the Center. More information about plans to study the feasibility of developing and implementing his recommendations will be forthcoming.

*Life in Motion*

*Continued from P. 2*

"Anything...whatever."

"Oh I don't want to call you, you're too far away."

"It doesn't matter, I'll come."

"When are you coming back?"

"I'll be down next week."

"But next week's so long. What day is it today?"

"Sunday, Ma, it's Sunday."

"Oh I love you so much, I wish you didn't have to go."

"Well I do," he says. "I'll see you in a bit." And he kisses his mother several times on each cheek.

"Kiss me on my nose," she says.

He kisses her on her nose.

"Kiss me on my forehead."

He kisses her in her hair.

He hugs his mother tighter. "All right, I have to leave

Then he flies down the steps, but stops...at the bottom. He looks back at his mother whose face seems plastered to the door. He rushes back up the steps, goes through the kissing ritual again. "Oh Billy," she sighs, "do you really have to go?" "Yes," he says. Then he trudges to the car.

When he climbs inside Lila asks, "You all right?"

"Fine," he says. "Everything's just fine." As they drive down the street he gazes back at the house. He turns around, faces the windshield, then turns around again. As they pull up to the corner he considers asking Lila to go back, then realizes, for the moment, he can just keep going.



## Psychoanalysis in Cyberspace

Dear friends,

Once again, I am writing to ask for your participation in an exciting, rewarding and FUN program of teaching, supervising and treating program which CAPA (Chinese American Psychoanalytic Alliance) has undertaken to aid clinicians in major cities in China.

We have a number of highly motivated, bright psychiatrists, psychologists and social workers who are interested in obtaining a personal analysis or psychodynamic psychotherapy. Are you old enough to remember the high regard in which psychoanalysis was held? (Even if you aren't, surely you have read about it!) Well, this is what it is like for many Chinese clinicians currently.

Other opportunities to participate include weekly supervision and teaching a course in our brand new psychodynamic psychotherapy training program which began in September 2008. We have 6 classes running currently, and plan to repeat this highly successful program next September 2009.

How are we managing to treat and train clinicians who are thousands of miles from the US? The modern day Internet miracle is a secure, hackproof, computer-to-computer program called SKYPE. All you need is a computer with a video camera, a FREE download of the SKYPE program, and you will have an experience of a lifetime! You can see and hear each other in real time on your computer.

I am absolutely confident that you will find your experience of participation in the CAPA program to be exceptionally gratifying and lots of fun!

Lana Fishkin, MD  
lanafishkinmd@gmail.com

## City Schools Update

*Elaine Frank, MSW*

City Schools Forum, now finishing its fourth year, is a multi-disciplinary forum for educators and mental health professionals sponsored by the Alliance for Psychoanalytic Thought, a department of PCOP since November, 2007.

Teachers, School Counselors, Psychologists and Nurses meet at Rockland for a monthly discussion group focusing on the challenges, and possibilities of public education. We examine how and why the emotional life of a developing child has such a profound impact on learning and academic achievement.

Each month's session begins with a brief presentation, usually from a PCOP member, sometimes paired with a school staff member, followed by questions and comments from the group, braving areas where there are no easy answers and sometimes conflict and controversy. The format encourages the exploration of issues

that seldom come up in other settings

Participants are encouraged to pay attention to their own emotional reactions and biases toward their students. They often give examples from their own experiences as students, relating how knowledge of their 'ghosts' both hampers and can free them for more effective participation with their students and other school personnel.

Since September we have had four programs that included presenters from PCOP. In October, Monisha Nayer, Ph.D. presented: "Trauma in Children: Causes, Symptoms, Effects & Interventions". November's topic was "Homeless Children Go to School Too! What it means to a Child to be Homeless". Ann Smolen, Ph.D. was the presenter,

along with a colleague from the Rainbow Family Shelter. In January, Ted Fallon, MD presented, "Autism goes to school: School children on the Autistic Spectrum, Facts, Feelings, Relationships". The audience, which usually numbers between 20 and 40, braved a predicted snowstorm and was rewarded with fascinating clinical material. February's topic was "You Can't Tell a Kid by its Cover, Mind-Behavior Mismatch: The Mysterious Leap from the Mind to Behavior" with discussion leader, John Frank, MD.

For the past year, our audience has been preponderantly school Nurses, Psychologists and Counselors. In previous years, many more teachers and principals attended. We would

*Continued P. 8*



## Members in the News

- **Susan Levine, LCSW, BCD** published **Loving Psychoanalysis: Technique and Theory in the Therapeutic Relationship** (Jason Aronson, 2009). **Salman Akhtar, MD**, did one of the cover descriptions. She and her husband were the featured speakers at the **Lucy Daniels Foundation Art and Psychoanalysis** weekend in North Carolina and she is giving her chaos theory paper as an invited presenter at the American Association for Psychoanalysis in Clinical Social Work in New York.
- **Richard P. Kluft, MD**, is serving as a consultant to **Dreamworks and Showtime**. Dreamworks has produced a dark comedic series about a woman with Dissociative Identity Disorder and her family, entitled "**The United States of Tara**." "Tara" made its debut January 18, 2009, on the Showtime network. Dr. Kluft reviewed scripts and dialog to ensure accuracy about Dissociative Identity Disorder and its treatment, and to help the creative team understand how a person with this condition would handle particular situations. Dr. Kluft also worked with Showtime Producer Mary Jo Kaplan on a brief educational program on Dissociative Identity Disorder that made its debut on Showtime January 12, 2009. It is entitled, "What Is DID? With Richard P. Kluft, M.D.," and will be repeated periodically throughout this season's run of "Tara."
- In January **Anita Schmukler, DO** along with Dr. Paula Atkeson conducted a **COPE Workshop on supervision in child analysis**. She conducted a "live" supervision, examining process, for child supervisors and associate supervisors. She also co-chaired a COPE Study group on boundary violations in child analysis. At the January meeting of the American Psychoanalytic Association, she was appointed a geographic rule supervising child analyst for the Western New England Psychoanalytic Institute. She is also teaching a ten session course in the Role of Unconscious Fantasies in the Psychoanalytic Process to fourth year candidates at the NYUPI.
- **Jules C. Abrams, PhD, ABPP** spoke at the Annual Conference of the National Council of Schools and Programs of Professional Psychology held in Puerto Vallarta on January 22, 2009. The panel on which he spoke was entitled: **Leadership Exemplified: Narratives: True Grit Stories from the Edge**
- **Salman Akhtar, MD**, gave an Invited Lecture on the topic of '**The Analyst's Office**' at the Sigmund Freud House in London in September 2008. Later that month, he gave a talk at the Toronto Psychoanalytic Society, alongside Robert Pinsky, the former Poet Laureate of United States, on the relationship between poetry and psychoanalysis. He also organized an **International Conference on Terrorism in New Delhi** where Leopold Nosek (Brazil), Stuart Twemlow (USA), and Adeeb Jarrar (Paris) gave plenary papers to a highly enthusiastic audience. In 2008, Dr. Akhtar published 3 edited books, **The Crescent and the Couch**, **The Unbroken Soul**, and **On Freud's 'The Future of an Illusion'**. The last mentioned is a part of the **Contemporary Freud Series** initiated by Joseph Sandler and sponsored by the IPA.
- Congratulations to **Abby Kay, MD** who was promoted to Assistant Professor of **Psychiatry at Thomas Jefferson University**. Additionally she was certified in addiction medicine through the American Society of Addiction Medicine.
- **Jed Yalof** published the chapter, titled, "Right Hemispheric Disorders and Emotional Disturbance" (pp. 47-64), in the book **Emotional Disorders: Neuropsychological, Psychopharmacological, and Educational Perspectives**. S.G. Feifer, & G. Rattan (Eds). Cambridge, MD: School Neuropsych Press.
- **Ira Brenner, MD** has published his article "A New View From The Acropolis: Dissociative Identity Disorder, in the most recent edition of **The Psychoanalytic Quarterly**.



## Are You Preparing a Professional Will?

*John Frank, MD*

In October and again in February the Colleague and Patient Assistance Committee (CPAC) chaired by Susan Adelman, and Diana Rosenstein sponsored discussions at Members meetings about the importance of anticipating our own illness, cognitive impairment or sudden death.

CPAC was created to offer assistance and peer consultation to any one associated with the Center, whether clinician, student, or patient with a question about a member's or their own decline or impairment. It also serves an educational function so that unexpected medical/health events that could affect any of us would be handled in as responsible and caring a way as possible. CPAC is not an ethics committee nor does it have power to enforce any Center policies.

We discussed that "denial" is the most common and ubiquitous protective device for our self-esteem and while it can sometimes be a life saver, at other times it can be devastatingly self-destructive and cause enormous pain and grief to our patients, our family and our professional community.

In the spirit of encouraging a culture and atmosphere of trust and support so that members or their families can recognize problems and seek early consultation, I am passing on a version of my own Professional Will (in process) which is based on the wills of S K Firestein (NYU Psychoanalytic) and Louis Aaron (NYU Postdoctoral Program in Psychotherapy and Psychoanalysis), both of which can both be found on-line.

The will is not meant to be complete or final and may be thought of as a document in evolution. I have not had it checked out by an attorney. While it was not easy to start, once the first version was complete and I took steps to activate it (made list of patients, selected, spoke with, and sent will to my contact people, spoke with family about it), I experienced relief and satisfaction.

### PROFESSIONAL WILL

I have spoken with (two names + phone numbers) who have agreed to be coordinators and contact people in the event that I am unable to continue my practice because of unanticipated illness, incapacity or death. I ask that they also intervene with me in the event that my clinical abilities and/or therapeutic judgment are questionable and/or I am perceived to be in denial about my physical or mental condition.

Should this occur, and in discussion and consultation with my wife and or any of my sons; (names and phone numbers), please implement the following recommendations as appropriate to the situation:

#### I. Contacting

##### Patients/Supervisees

1. The names and phone numbers of all of my current (check marks next to their name) and recent past patients (going back 6 months-1 year), supervisees, and mentees are listed in a sealed envelope under the desk calendar in my home study. Another copy is located in a sealed envelope in the top drawer of my consultation room desk.

2. Call current patients (with check marks) from the list and inform them that their appointments are cancelled and that they can call you for further information. For children and younger adolescents, their

parents' names are listed so that you can speak with the parents rather than directly with the child.

3. My outgoing answering machine message should be changed immediately by remotely calling my office number (number). When you hear my greeting, press #11. During the message playback, press #7. When you hear "Record your greeting", record "Dr Frank's appointment schedule has been cancelled. Please telephone (contact doctors with phone numbers) for more information".

4. Notify the front desk at my office (address and phone number) about my situation and that my schedule has been cancelled and request that some one place a note on my door (D-108) that "Dr Frank's schedule has been cancelled. For further information, call (contact people with numbers)".

5. Offer to meet with patients or parents of children if my absence is prolonged or permanent and/or if it seems appropriate for other reasons. Evaluate patient need for immediate support or referral to another clinician.

#### II. Financial records, appointment books, patient files

1. Copies of monthly billing for appointments are on my computer in word perfect under professional-billing. The password for getting into my computer is (password).

2. My appointment book and hand kept record of patient appointments are kept in the top left hand drawer of my desk at home.



# The Historic Mansions of East Fairmount Park

Roberta Brenner, LCSW, BCD



I would like to thank our contributors to this edition of The Interpreter. It is always gratifying to rediscover how many dedicated and talented members we have in our organization.

Our members in the news column is always brimming, and our officers and committee chairs provide thorough updates, and suggestions for new programs, while our creative writers add some pizzazz with their use of applied psychoanalytic thought.

The photos featured here are some of the beautiful mansions in our neck of the woods, referred to as "East Park". These historic houses were built in the 18<sup>th</sup> and early 19<sup>th</sup> century by prominent families of the city and were used as rural retreats, a peaceful escape within an easy ride of the hustle and bustle of the city's commercial district. Here families

were protected from the summer heat and the periodic epidemics of the urban environment, in their stately homes overlooking the Schuylkill River.

The three photos above are of our nearest neighbor Mount Pleasant, recently restored and operated by The Philadelphia Museum. On a dreary Sunday morning, I spoke with the museum guide who is most enthusiastic about Rockland. She is eager for us to join the other homes by opening our doors for tours, and by participating in events with the other "East Park" homes.

To the right, second photo from the top is Smith Playground, with whom we have an ongoing relationship thanks to the Parent Child programs that are held there.

To the right, fourth from the top is Laurel Hill, operated since 1976 by the

Women for Greater Philadelphia. Their extensive website includes not only their history, but the varied options to rent their mansion for small weddings, celebrations, dinners, etc.

At the bottom left are Ormiston and Woodford, both beautiful, and often open for tours.

The organizations that lovingly maintain these homes, would like Rockland to appear just as it does in the photo, bottom right; with the windows open daily, showing off its revitalization. As we prepare for the 200<sup>th</sup> celebration of Rockland in 2010, perhaps we could think of ourselves not only as revitalizing psycho-analysis, but as keepers of a historic Philadelphia treasure.



Psychoanalytic  
Center of  
Philadelphia

Rockland Mansion  
East Fairmount Park  
3810 Mt. Pleasant Dr.  
Philadelphia, PA 19121

Phone:  
(215) 235-2345

Fax:  
(215) 235-2388

E-Mail:  
pcop@philanalysis.org

We're on the Web!

See us at:

---

[www.philanalysis.org](http://www.philanalysis.org)

---

*Prof. Wills Cont from P. 6*

3. My clinical records-in my office closet-are primarily psychoanalytic and psychotherapy process notes which are comprehensible and useful to me alone. For patient privacy protection, they should be destroyed. Any other patient records that could be useful to another practitioner will be in a file cabinet behind the sofa labeled separately. These can be stored in a secure place at the discretion of my wife or oldest son.

*City Schools Continued  
From P. 4.*

like to attract more educators, including students and faculty from schools of education. (Act 48 credits are offered to attendees.)

We are interested in having more PCOP members, both adult and child as participants, presenters and contributors to forum topics. So many of our members, in ALL categories, including students, have experience and expertise in issues pertaining to schools, students and teaching.

If you have an idea for a topic or know someone who has been involved with schools that fit this description, (or would like to participate yourself), please

The key to this file cabinet is in the drawer next to my analytic chair. My colleague (name) shares the waiting room (colleague's number) and has a key to my office.

**III. Organizational ties, obituary, professional library**

1. Please notify the following organizations that have been important to me; (list organizations and numbers)

2. My Professional Liability Insurance Co is (name and number)  
3. My office Insurance is with (Name and number)

4. I am on no managed care panels, am not in group practice, and have no business relationship with private insurance companies for patient care

5. I expect the coordinators will bill my estate for their time and any other expenses involved with the execution of these instructions.

let us know and we will happily contact them.

We also hope you will let friends and colleagues who work in schools or educational facilities know about the City Schools Forum. You can help us by forwarding email addresses of anyone you would like us to add to our invitation list.

We can be reached via email at:

elainefrankadopt@gmail.com  
mmimirose@aol.com;  
patddougherty@comcast.net

## Our Library

Are there particular books that you would like to see on the shelves of our library? Please send your recommendations by email to Mark Moore.  
Mark.moore@pahosp.com

