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bulletin of the los angeles psychoanalytic society institute for psychoanalysis

Ralph M. Obler, M. D., Editor

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EDITOR'S COMMENT:

With this issue we begin our second year. Some new contributors mark our pages, and the responsibility for the Bulletin rests with a very able committee whose membership includes H. Michael Rosow, Donald Siegel, Carl Sugar, James Thickstun, Heiman Van Dam, and Robert Zaitlin.

We are heartened by the increasing number of factual items sent in for publication, but we still urge more in the way of commentary, opinion, and discussion.

NEWLY ELECTED MEMBERS:

Since the last issue of the Bulletin, five new members have joined the Society. Drs. Milton Bronstein, Joshua Hoffs, Morton Shane, and Phillip Pennington, having successfully completed the training requirements of the Institute, were elected to Active Membership. Dr. Michael Dunn's transfer of membership from the Philadelphia Association for Psychoanalysis was approved, and he was elected to Accredited Membership.

During the 1964 calendar year, the total new membership was nine; seven Active, one Accredited, and one Guest. Our congratulations to each of these new members!

DR. RANGELL RE-ELECTED PRESIDENT-ELECT OF THE AMERICAN PSYCHOANALYTIC ASSOCIATION:

Leo Rangell was re-elected as President-Elect of the American Psychoanalytic Association at the meeting on December 6, 1964. He was President of the Association in 1961-1962, and this is only the third time in the 54-year history of the Association that a re-election after a lapse of some years has taken place, the last time being in 1929.

The American Psychoanalytic Association in thus electing Leo Rangell, currently President of our Society, does him, as well as the Los Angeles Psychoanalytic Society, a great honor.

Our congratulations to him and best wishes for a successful and productive term of office!

CALENDAR:

Society Meeting, January 21, 1965: "Structure and Function in Psychoanalysis," David Beres, M. D.

Society Meeting, Friday, February 26, 1965, "Some Comments on Transference and Secondary Autonomy," John Benjamin, M. D.

Research Division - Research Seminar: Saturday, February 27, 1965, 10- to 12 a.m., John Benjamin, M. D.

MEMBERSHIP ACTIVITIES:

At the recent San Diego meeting of the West Coast Psychoanalytic Societies, the following members gave papers:

Lawrence Friedman, "Ambivalence and the Vicissitudes of the Oedipus Complex"; Kenneth Rubin, "The Quest for the Secondary Process"; Robert Dorn, "The Psychoanalyst in the Community." Rocco Motto, Miriam Williams, and Heiman Van Dam participated in a workshop on child analysis.

Leo Rangell gave the Academic Address, "Psychoanalysis, Affects, and the Human Core." Bernard Brandchaft was on the panel, "Psychoanalytic Therapy of Schizophrenic Patients." Justin Call,

MEMBERSHIP ACTIVITIES (cont'd)

Rudolf Ekstein, Ralph Greenson, and Robert Stoller were also participants on the program.

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Allen Enelow has been appointed Professor of Psychiatry at the University of Southern California School of Medicine and Chief of Psychosomatic Service at Los Angeles County General Hospital.

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Adio Freeman has accepted a reserve appointment as Chief Consultant in Psychiatry, Surgeon General's office, USAF. He will go to Washington, Europe, and the Far East for brief periods as the situation demands. Dr. Freeman participated in the Third International Symposium on Bio-Astronautics and the Exploration of Space at San Antonio in November.

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James Grotstein took part in a panel on "Object Relations" for the residents of Los Angeles County General Hospital and is a guest lecturer to a Jungian Study Group.

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At the December Mid-Winter meeting of the American Psychoanalytic Association, Hilda Rollman-Branch gave a paper, "The First-Born Child, Male." Justin Call participated on the panel, "Contributions of Longitudinal Studies for Psychoanalytic Theory," and Ralph Greenson chaired an adult-case clinical conference.

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On a recent trip to Yucatan, Sam Sperling held two seminars with the Yucatan Neuro-Psychiatric Institute and Society. He writes, "I was impressed with the great desire of several members to improve their knowledge of psychiatry. Their meager financial resources, however, make the purchase of psychiatric and psychoanalytic books and journals impossible. I have undertaken to send them whatever basic or recent literature that I may obtain." Any such literature that our members would care to donate may be brought to our library and will be forwarded to Yucatan.

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Rudolf Ekstein and Rocco Motto conducted a two-day workshop on "A Collaborative Effort to Help Children" at the University of Utah School of Medicine, Division of Child Psychiatry; and they held two seminars for teachers at the Extension Division of the University of California at Santa Barbara.

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Dr. Ekstein spoke at a symposium at the Hacker Clinic on "The Philosopher of Science in Freud" and at Aviation High School, Redondo Beach, on "Morale Factors affecting Teachers." In addition, Dr. Ekstein has the following articles currently in print: "The Psychoanalyst and His Relationship to Philosophy of Science" in Birthday Volume for Herbert Feigl; the article on Siegfried Bernfeld in the book, Pioneers of Psychoanalysis; and three contributions from his work with psychotic children have appeared in recent issues of Reiss-Davis Clinic Bulletin.

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Leo Rangell addressed a seminar on mental depression at Camarillo State Hospital on "The Psychoanalysis of Depression," spoke on "The Crisis of Maturity" for the Extension Division of the Seattle Psychoanalytic Institute, and lectured at the colloquium celebrating the inauguration of the Seattle Psychoanalytic Institute on "An Overview of the Contributions of Heinz Hartmann to Psychoanalysis."

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Ralph Greenson lectured to the San Francisco Psychoanalytic Society on "The Working Alliance and the Neurotic Transference"; on Psychoanalysis and Messianism" to the Hillel organization, UCLA; and on "The Working Alliance Versus the Transference Neurosis" to the Department of Psychiatry, Albert Einstein School of Medicine. He also participated in a dialogue with Celeste Holm on "Creativity and Art" at Otis Art Institute.

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Ralph Obler delivered a paper, "The Abstinence Principle: an Inquiry into the Differences between Psychoanalysis and Psychotherapy" to the staff of the Los Angeles Mental Hygiene Clinic.

EXTENSION DIVISION:

Seymour Bird is chairman of a course, "Psychoanalytic Psychology for Attorneys," being offered starting January 25, 1965.

EXTENSION DIVISION (cont'd)

Drs. James Grotstein, William Horowitz, Ralph Obler, Arthur Ourieff, and Neal Peterson are assisting in this series of lecture-discussion sessions.

SOCIETY AUXILIARY - Mary Anne Peterson:

In May, wives of members of the Los Angeles Psychoanalytic Society met to discuss formation of an Auxiliary. By-Laws were adopted in July, and the Auxiliary to the Los Angeles Psychoanalytic Society was formed.

Officers were installed at a membership luncheon at Scandia restaurant in September. They are: Vee Motto, President; Gin Rubin, Vice-President; Mary Anne Peterson, Recording Secretary; Syd Leventhal, Corresponding Secretary; Joy Atkins, Treasurer; Louise Abrams, Martha Pastron, and Bea Sperling, Board Members.

At this luncheon, Dr. Leo Rangell, President of the Society, addressed the Auxiliary on "The Meaning of an Organization" and enlarged upon the theme that a "bureaucracy," or a system of compartmentalized functions, which is usually considered a bad word, can also be the road to constructive accomplishment.
Dr. Rangell pointed out that certain pitfalls must be avoided.

Dr. Jack Abrams and Dr. Seymour Pastron have been appointed liaison representatives from the Society to the Auxiliary.

The first Auxiliary effort was to help with arrangements and registration at the West Coast Psychoanalytic Societies' Meeting in San Diego in September. In October the Auxiliary invited guests from the Southern California Psychoanalytic Society Auxiliary to a program devoted to presentation by a speaker from the League of Women Voters of the propositions on the November ballot.

At the present time the Auxiliary is in the process of deciding future program and activities it wishes to pursue. To aid in this, information meetings about the activities of the Society and the Institute are being held. Dr. Jack Vatz, Director of the Institute, spoke to the Auxiliary about the purposes and structure of the Institute, describing the work of its officers and members. Future programs will include Dr. Hilda Rollman-Branch, Director of the Extension Division, and Dr. Henry Lihn, Director, Psychoanalytic Clinic.

Arrangements for the Society Christmas cocktail-buffet held at the Reiss-Davis Clinic were made by the Auxiliary.

TRANSFERENCE IN BORDERLINE STATES - presented to the Los Angeles Psychoanalytic Society, October 20, 1964, by Margaret Little, M. D., London, England.

Robert Zaitlin, M. D., Reporter

Dr. Little presented an essential difference in the quality of the anxiety of neurotics when it is compared to the anxiety of psychotics and borderline patients. Neurotics have built up within themselves a sufficient body of experiences such that survival is taken for granted and anxieties are experienced as fear of castration or loss of love or love objects. That anxiety which is psychotic occurs where separations are felt as annihilation, for there is no adequate differentiation of self from object. The loss of the object is the loss of the self. In such persons everything relates to survival with such a fixed intensity as to be recognizable as delusional.

These patients employ very primitive mechanisms of defense against such primitive fears and impulses. Often they cannot distinguish clearly between then and now. They live out their transferences literally in the here and now, so much so that transference psychosis rather than transference neurosis describes their behavior. "Only a series of experiences which have for the patient the psychic reality of annihilation and yet in which he discovers the actual survival of both himself and whatever object he is related to (in analysis, the analyst) can alter this state in any degree whatever."

TRANSFERENCE IN BORDERLINE STATES (cont'd)

To the two "schools" of analytic thought, 1) the strictly classical and 2) the school of corrective emotional experience, Dr. Little adds a third "who believe that these borderline patients, by reason of ego defects resulting from not-good-enough mothering in earliest infancy, cannot use verbal interpretations in those areas where psychotic anxieties and delusional ideas predominate and that a new set of experiences of good-enough mothering needs to be supplied before the ego can become accessible to verbal interpretations, which nevertheless is then a necessity as a means of integrating the whole person."

Dr. Little illustrated with case material the directions her technique takes. In one instance during a meaningul acceptance of insight she put her hand on that of the patient which prompted a storm of weeping and great relief. In another instance she hospitalized a patient and attempted physically to restrain the patient's injuring herself. (This protection in contrast to the patient's actual infantile experiences of being injured became a body experience which could be joined up by verbalization to insights, thus more readily forming an integrated base from which point the ego could grow.)

Analysis of delusion cannot take place except in regression to 100% dependence. These patients cannot use secondary process. They need bodily realities which can later be linked up with words. In this way body ego and psychic ego are integrated. From this point on truer differentiation of self and not-self can proceed until a stable identity not delusionally fearful of separation (i.e., annihilation) becomes a reality.

Dr. Norman Atkins found large areas of agreement with Dr. Little's approach but took issue with the need to actually foster 100% regression. He pointed also to pitfalls inherent in the analyst's becoming the physically holding mother. Dr. Atkins in his practice deals with these borderline patients by certain helpful participations in their life situations. He is classical in his approach in that verbal interpretation of the transference remains his primary therapeutic tool.

Dr. Arthur Malin concurred in the emphasis put on the delusional nature of the transference. He feels that from Dr. Little's description of her work she was dealing with projective identification, accepting the patient's delusional projections and working with them. He believes that interpretation of the early infantile material in all its manifestations might have sufficed without resort to physical mothering.

Dr. William Horowitz presented a different dynamic, extant in certain borderline patients. These people, rather than having suffered not-good-enough mothering, were on the contrary encouraged in infancy to remain fixated at a point of narcissism. The regressive phenomena they demonstrate in treatment are intended to coerce the analyst into believing as they do that they cannot relinquish their infantilism and that he must join with them in their regression. This gratification must not be given them, and their quest after it must be kept in the forefront of treatment.

Dr. Ralph Greenson pointed to Dr. Little's technique as one particular way of "touching" a very disturbed patient. In all treatment it is required of the analyst that he "touch," that he establish a working relationship with his patient. One can "touch" a patient by a tone of voice or by a genuine interest and concern. The manner in which one "touches" the patient is of lesser importance than that in all treatment one must be an important and meaningful person in the patient's life.

Dr. Leo Rangell elaborated a fourth category of analytic procedure between that heterogenous group of Dr. Little's and the "classical" group. He believes that in treatment of borderline patients it is the patient who is different. The analyst remains the same stable, reliable, interested, concerned person who, as in all proper analytic technique, maintains a meaningful emotional contact. One should

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TRANSFERENCE IN BORDERLINE STATES (cont'd)

use parameters as much as but no more than is necessary. He pointed to the dangers of countertransference excesses in Dr. Little's technique. Dr. Rangell is not tempted to join the patient in his regression but rather aligns himself with the adult, intact portion of the ego.

COMMITTEE FOR THE HISTORY OF THE SOCIETY - Albert Kandelin, M. D:

Al Kandelin, Chairman of the Committee for the History of the Society, will be writing on the history of our Society and of psychoanalysis in California in successive issues of the Bulletin. His first report follows:

Like other professional groups, our Society is making efforts to preserve and study the story of its development. The relatively brief span of psychoanalysis in California leads one to assume it to be not a difficult task to collect the facts and present a narrative; yet, the History Committee does encounter difficulties, some in close analogy to individual analysis--resistance, distortion, amnesia, and the complicating impact of traumatic events.

Serving as models are studies made elsewhere, among them the books published by the analytic groups in Boston and New York. Our local history has some similarities and marked contrasts, yet reading these volumes has helped establish the rubrics of our outline for Los Angeles. It remains to collect and organize our material into a narrative form. Many of our members have helped by interviews which were recorded and transcribed. Others have contributed old programs, letters, photographs, etc. Our collection of historical material needs to be enlarged--contribute what you can.

For example, records pertaining to the Study Group have come to light, now supplying detailed facts about its composition, activities, achievements. This was California's first analytic organization, with roots going back to 1927 when Thomas and Margrit Libben came to Los Angeles. Impetus was gained in the 30's with the arrival of David Brunswick (1930) and Ernst Simmel (1934), entering a new phase in 1935 with its formal founding, with Simmel as first President. Gradually it developed a considerable program which included scientific meetings, training, education, etc. Many eminent guest speakers appeared in Los Angeles under its auspices.

Simmel was grateful to those who preceded him for firmly establishing the primacy of Freudian principles. This was repeated in the Study Group constitution with the statement "to study psychoanalysis as developed by Sigmund Freud and his school; to promote and disseminate the knowledge thereof." The group's membership was largely non-medical, a fact of interest to us in view of the recurring issue of the medical qualification in the analytic movement. Membership qualifications were liberal, included psychologists, social workers, scientists, and interested intellectuals. Only a few of the members were analytic practitioners. The first few psychiatrist members were not analysts, and for their interest and support Dr. Dr. Simmel was especially grateful; they were exceptions, judging from regretful remarks he made in 1935: "It seems to be an inner law of psychoanalysis that the profession most closely related to it and from which it sprung is the last to become interested in it. I refer to the medical profession." In a memo as late as 1944 similar overtones prevail: "Ways and means should be found to attract physicians, especially psychiatrists, in order to interest them in the study of psychoanalysis."

My aim here has been to inform you of activities toward the study of our history, illustrating with a small fragment. Again I invite your interest and co-operation.

SAN DIEGO NEWS - James Thickstun, M. D:

Since this is the first of an assumed series of columns on news from San Diego, it might be well to introduce these by in indicating the function they serve. It is

SAN DIEGO NEWS (cont'd)

my impression that our Editor-in-Chief has asked for such a column in recognition of the fact that there is a psychoanalytic movement in San Diego. It is true that at times the motion in this movement has been a little difficult to detect; but those of us in the southern fringe of psychoanalysis, on the beaches amongst the bathing girls, expect an acceleration within the next decade. It will be the purpose of this column to keep you informed of the developments pertinent to psychoanalysis occurring within the San Diego area - spiced perhaps with a touch of seduction to lure you to a calmer, more comfortable clime.

The members of the San Diego Psychoanalytic Study Group met for the first time approximately two years ago out of the need that we all had felt for the kind of professional interchange that is taken for granted in larger centers and keenly missed by the isolated analyst. That meeting was attended by Dr. Norvelle C. LaMar, Dr. Vincent E. Mazzanti, Dr. Thomas Ratliff, Dr. Allan Rosenblatt, and myself. We decided at that time to form the Study Group with its actual membership to be limited to graduates of accredited psychoanalytic institutes, with regular meetings to be conducted for business and scientific purposes. A regular participant at our meetings since that time has been Dr. Richard Hicks, an advanced candidate in the Southern California Institute. The nature of our meetings has been varied, including reviews of papers and the presentation of case material with group discussion.

Much of the original impetus for the formation of this organization came from Dr. Norvelle C. LaMar, who had left his practice in New York almost two-and-a-half years ago to reside and practice in San Diego. We sorely miss him since his death last August 1. He left his library to the San Diego Psychoanalytic Study Group, and this will form the nucleus of the Norvelle Chappell LaMar Memorial Library, which will be expanded through contributions to the Norvelle C. LaMar Memorial Fund. His constructive influence on psychoanalysis in this area will thus continue.

Our organization has been quite casual, and we have only one officer--a secretary-treasurer. This post is presently occupied by Dr. Allan Rosenblatt. We are now taking more elaborate steps that we understand are necessary and expect eventually to be incorporated (?!). Mr. Emanuel M. Lippett, a long-time trustee of the Los Angeles Institute for Psychoanalysis, who now resides in La Jolla, is actively interested in psychoanalysis here and is carrying a major share of the load in the current phase of our development. His participation is valuable and valued. We look forward in the years ahead to an expansion in membership and an improvement in the quantity and quality of our professional exchange. In addition to the regular sessions, we hope to be able to attract visiting speakers to meet either formally or informally with us in professional seminars. We hope that some of you in Los Angeles, reading this, will wish to participate. At the moment we look forward to a visit from Dr. Phyllis Greenacre, who will give a seminar for our group on a subject as yet unannounced, at the home of Mrs. Amy LaMar, whom she will be visiting shortly after Christmas.

Among other community activities that might be of interest is the development of the University of California at San Diego, which is located in La Jolla. This campus will develop into a full-scale university comparable to those at Los Angeles and Berkeley. The University took its first freshman class just this fall and expects to open the doors of the medical school in the year 1968. The head of the department of psychiatry has, to the best of my knowledge, not yet been selected. We hope, of course, for a favorable choice; but only time can provide the answer to this. The community is growing, the level of intellectual sophistication and interest in psychoanalysis is rising. There has been a considerable influx of young psychiatrists into this community, and we expect the need for psychoanalysts will continue for some time.

THE CANDIDATES' CORNER -
Edwin Kleinman, M. D:

In December we held out first business meeting of the year. Jose Amador, Fred Kurth, and Ed Kleinman presided. Some of the issues covered were the following: by a slight margin it was decided to continue night courses and not to ask for day seminars. It was also felt that it would be too cumbersome to get reprints made of all the reading assignments. Dave Abrahams volunteered to be our representative on the Tax Committee and Ed Ritvo to be our liaison with the Program Committee of the Society.

After the brief business meeting, Dr. Friedman addressed the group. He answered questions about courses, the Clinic case, and analytic cases in general. Dr. Friedman urged candidates to present papers and felt that the supervisory analyst would be pleased to help a candidate write a paper. He also urged the candidates to express themselves during the discussion part of the Scientific Meetings.

Along this line, I wonder if the Program Committee could invite a candidate to be one of the discussants. Everyone talks about overcoming the "hiatus" between candidates and members at meetings, but little is ever done. It seems strange that the candidates, each of whom have had extensive and varied backgrounds have nothing to offer. It is not the candidates because all have participated in discussions many times during residency days and after in various clinical settings. It is not the members or officers who all individually would like candidates to participate. I personally think it is the "inertia" which must be overcome.

We congratulate Dr. Leo Rangell upon being elected President-Elect of the American Psychoanalytic Association. Further congratulations to Milt Bronstein, Josh Hoffs, Phil Pennington, and Mort Shane upon their graduation.

"Anyone interested in a community-oriented preventative-psychiatry program and wishing to function as a consultant in the Los Angeles County School Systems, please contact Dr. Berkovitz or Dr. Rowitch at 937-2380. Consultation may be with all levels of personnel within a small county school system, from superintendent to classroom teacher or maybe with a group of principals, counselors, special teachers, etc., within a larger school system. Minimum time required is 1½ hours bi-monthly, and the stipend for a senior person is $28."