

Free Associations

A Newsletter for the PSP Community

...dedicated to excellence in learning, teaching and application of psychoanalytic knowledge

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NOTABLE QUOTE: “To study the phenomena of disease without books is to sail an uncharted sea, while to study books without patients is not to go to sea at all.”

– Sir William Osler

NEW AT PSP

The new PSP Listserv for matriculated students and PSP analysts is now active! This listserv provides an opportunity to share resources, events, and information related to psychoanalytic study and practice. Contact Lisa Correale for more information: lisacorreale@psptraining.com

Have you visited psptraining.com lately? Our website has more information and resources for students, including society member profiles, program updates, and a document library. In addition, the Fall 2021 course offerings will be posted in May. Check it out!

THE THERAPIST’S THESAURUS

Stereotypy [pronounced: STER-e-o-TYPE-ee] Continuous mechanical repetition of speech or physical activities; observed in catatonic schizophrenia.

Eclectic approach. A strategy that utilizes ideas and techniques from various schools of therapy.

Therapeutic attitude. The therapist’s attitudes of compassionate neutrality, optimism, confidence, and realism.

Catatonic posturing. Voluntary assumption of an inappropriate or bizarre posture, generally maintained for long periods of time. May switch unexpectedly with catatonic excitement.

PSP IS TURNING 50!!

Our institute will be celebrating its 50th anniversary beginning this Fall and through Spring Semester 2022. We are planning a series of virtual events that focus attention on the critical challenges and opportunities facing our institute and our profession moving forward. Special guest speakers will "visit" PSP virtually and share their thoughts and perspective on psychoanalytic training and treatment. More information will be posted soon!



WHAT’S NEW IN THE PSYCHOANALYTIC LITERATURE

Zepf S & Zepf J. (2020). *Little Hans and the “enigmatic messages” of his parents.* The Psychoanalytic Review 107(6).

The authors discuss the psychoanalytic treatment of Little Hans, drawing on the perspective offered by Laplanche's concept of “enigmatic messages,” which they believe can contribute to a better understanding of this case history. They conclude that Little Hans's

positive Oedipus complex conceals his negative Oedipus complex in which he represents his parents’ oedipal problems in a distorted fashion. They demonstrate the way his parents project aspects of these problems into Hans's psyche, where his subsequent identifications with them lead to substitutive formations. They trace the course of Little Hans's horse phobia and examine his search for substitutive formations that have to align with his parents’ defenses if they are to succeed in securing his safety and their affection.

TECHNIQUE OF THE WEEK

Tips for Communicating With Physicians about Patients and Medication

Keep the tone neutral. Provide details about the patient’s use or abuse of prescription medications. Avoid making direct recommendations about prescribed medications. Allow the physician to draw his or her own conclusions. This will enhance your alliance with the physician and makes it more likely he or she will act on your input.

Talking with patients about their medication. Untreated psychiatric problems are a common cause for treatment failure. Supporting patients in continuing to take their psychiatric medications can significantly improve treatment outcomes.

When possible, send a follow-up written report. Keep the report to under a page. Include and prominently label sections:

- Presenting problem
- Assessment
- Treatment and Progress
- Recommendations and Questions

INTERESTING QUOTE: “The world is full of willing people; some willing to work, the rest willing to let them.”

–Robert Frost, American poet