

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: "A man grows most tired when standing still."

—Chinese proverb

OUTSIDE NEWS & VIEWS

Parents who insist on accountability from their kids but lack warmth in their relationships may be setting themselves up for alcohol-related heartache as they raise their children. Researchers who compared parenting styles to alcohol consumption among 5,000 adolescents found that kids whose parents were strict but unsupportive were big drinkers. Youths who viewed their parents as both authoritative and warm were the least prone to heavy drinking. "Authoritative parents tend to be highly demanding and highly responsive," the study said. "They monitor their children closely and provide high levels of support and warmth. The data suggest that peer encouragement to drink might have less impact when parents are both highly supportive and highly attentive."

THE THERAPIST'S THESAURUS

Dual relationships. A condition in which the patient and counselor have associations outside the therapeutic setting.

Affect. The subjective and immediate experience of emotion attached to ideas or mental representations of objects. Affect has outward manifestations that can be classified as restricted, blunted, flattened, broad, labile, appropriate or inappropriate.

Anterograde amnesia. Loss of memory for events subsequent to the onset of the amnesia; common after trauma.

Glossolalia. Unintelligible jargon that has meaning to the speaker but not to the listener. Occurs in schizophrenia.

GENERAL PSYCHOANALYTIC CORE COMPETENCY EXPLAINED

Recognize various domains of patient experience in prioritizing interventions

Domains include such things as surface versus depth, level of patient functioning, conscious versus unconscious processes, somatic states, or transitory states – the movement/variation of intervention across levels within a session.

As part of this competency, you should be able to access psychoanalytic-related literature from multiple sources. Also included is an attitude of openness to information that may differ from personally held views.

AN ANECDOTE TOLD BY SIGMUND FREUD:

There was a burglary. A man who had a crowbar in his possession was found guilty of the crime. After the verdict had

been given and he had been asked if he had anything to say, he begged to be sentenced for adultery at the same time – since he was carrying the tool for that on him as well.

TECHNIQUE OF THE WEEK – Qualities of a Good Therapist

Therapy, properly done, is a combination of confessional, re-parenting, and mentoring experiences. There is no perfect therapist for all who seek help. Each person has individual needs that cause them to "fit" well or poorly with a given therapist. In addition, the therapist brings his or her life experience, prejudices, and philosophy of change to the process. The qualities of a good

therapist mirror those of a good parent: patience, empathy, capacity for affection, and an ability to listen nonjudgmentally. That said, just as parents react differently to different children, so, too, do therapists do a better job with certain patients. It is arrogant to assume that any of us can work equally well with everyone.

—Gordon Livingston, MD
Too Soon Old, Too Late Smart



A THOUGHT TO KEEP IN MIND

"Ambiguity and uncertainty are part and parcel of a psychoanalyst's everyday experience. The hazard is that we cling to our theories and explain the

patient in the terms of our theories and not attend to how or what the patient is saying."

—Wittenberg, E.G. (1978). The inevitability of uncertainty. *Journal of the American Academy of Psychoanalysis* (6)275-279