

# 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:** “You may easily play a joke on a man who likes to argue – agree with him.”

--Edgar Watson Howe,  
American author and editor

### OUTSIDE NEWS & VIEWS

A new analysis of federal data shows that most people who are treated for abusing inhalants are adults, not adolescents.

"Huffing," or inhaling chemical vapor to get high, can cause irreversible damage to the brain, kidneys and lungs, and has long been a problem among adolescents. More 12- and 13-year-olds use inhalants than marijuana, according to SAMHSA. Last year, data indicated that approximately 1.1 million adults over age 18 had used inhalants in the past year -- more than the number of adults who used crack cocaine, LSD, heroin, or PCP.

### THE THERAPIST'S THESAURUS

*Dipsomania.* Compulsion to drink alcoholic beverages.

*Clouding of consciousness.* Any disturbance of consciousness in which the person is not fully awake, alert, and oriented. Occurs in delirium, dementia, and cognitive disorder.

*Intellectual insight.* Knowledge of the reality of a situation without the ability to use that knowledge successfully to effect an adaptive change in behavior or master the situation.

### STANDARDS FOR ACCREDITATION: Standard 1-5b

*At least one public member for every six board members, with a minimum of one public board member, is recommended for sufficient representation of the public interest.*

PSP currently has three public members who provide advice and consultation related to matters that are non-psychoanalytic in nature. This represents a total of seven (7) voting members. This provides sufficient independence to ensure we can act in the public's best interest. You can access the members of the board at our website: [www.psptraining.com](http://www.psptraining.com).

### PSYCHOANALYTIC HISTORY

#### *Mary Ainsworth*

Mary Ainsworth (1913-1999) was a Canadian developmental psychologist. She expanded on Bowlby's observations and found that the interaction between the mother and her baby during the attachment period significantly influences the baby's current and future behavior. She described three main types of insecure attachment: insecure-avoidant, insecure-ambivalent, and insecure-disorganized. The insecure-avoidant child, having experienced brusque or aggressive parenting, and tends to avoid close contact with people and lingers near

caregivers rather than approaching them directly when faced with a threat. The insecure-ambivalent child finds exploratory play difficult, even in the absence of danger, and clings to his or her inconsistent parents. Insecure-disorganized children have parents who are emotionally absent with a parental history of abuse in their childhood. These children tend to behave in bizarre ways when threatened. According to Ainsworth, disorganization is a severe form of insecure attachment and a possible precursor of severe personality disorder and dissociative phenomena in adolescence and early adulthood.

### CO-OCCURRING CORNER – *Some Questions (and Answers)*

1. If a patient comes into your office for an assessment and is under the influence of alcohol, it is reasonable to suspect alcohol dependence, but what is the only diagnosis that can be made based on that evidence?

2. If a patient comes into your office and says she hears voices, regardless of whether or not she is sober currently, what diagnosis should be made on that basis?

#### Answers

1. Alcohol intoxication. Of course, this warrants further investigation. No diagnosis should be made on that basis alone

### Nonpsychoanalytic Snippets

#### **Arrhythmia and Coffee: To Drink or Not to Drink?**

Study shows that drinking 2 to 3 cups of coffee a day reduces risk for arrhythmia, cardiovascular disease, and all-cause mortality.