

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 “When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.”

-Helen Keller, author, activist and lecturer

CONGRATULATIONS

Our president, Wally Fletcher, has been accepted as a presenter at the International Society for the Psychoanalytic Study of Organizations (ISPSO). He will present his paper on “Freud and ‘Othering.’” The following is a brief abstract of the paper: “Reading through the lenses of Freud’s own times as well as those of modern psychoanalysis, critical theory, and liberation psychology, I will propose that Freud’s depth psychology of othering provides critical insights and tools for advancing social justice causes in our turbulent times. I will also offer a brief case example of my application of some of Freud’s concepts in the context of organizational consultancy.” The symposium will be held in July in Bulgaria.

THE THERAPIST’S THESAURUS

Hypervigilance. Excessive attention to, and focus on, all internal and external stimuli; usually seen in delusional or paranoid states.

Dyskinesia. Difficulty in performing movements. Seen in extrapyramidal disorders.

Syntactical aphasia. Aphasia characterized by difficulty in understanding spoken speech, associated with gross disorder of thought and expression.

Anaclitic. Depending on others, especially as the infant on the mother; anaclitic depression in children results from an absence of mothering.

STANDARDS FOR ACCREDITATION: Standard 2-1

The institution has adequate financial resources to carry out its operations and sustain programmatic quality going forward, as demonstrated by three years of financial statements that have been reviewed or audited by a certified public accountant, as well as a three-year projected operating budget.

PSP monitors its financial status on an ongoing basis and reports its financial status monthly to the Board of Directors. The financial status is reviewed annually by an outside auditing firm and board reviews pro forma statements in its planning function.

FROM A PSYCHOANALYTIC CASEBOOK: The Paradoxical Intervention: Should We Use Them?

Although rarely discussed within the psychoanalytic domain paradoxical interventions and prescriptions are used by family therapists, and others whose main thrust is usually the symptom but sometimes the family system. Example: A 5-year-old boy suddenly began to play with matches in a manner which seriously endangered the life and property of his family. The stepfather-to-be, who unsuccessfully tried to get the boy into treatment,

was at his wit’s end and begged his therapist to intervene. The therapist suggested that the stepfather-to-be meet with the boy each day for twenty minutes to “play with matches.” The boy was instructed to light match after match. During two brief sessions, the boy at first enjoyed the privilege, and then begged to be allowed to stop. When ordered to continue lighting matches, he pleaded his case and then refused to light matches. He apparently never played with matches again. **Is there a place in psychoanalytic technique for using the paradoxical intervention?**

CLINICAL CLUES - Countertransference

Empirical and clinical studies on countertransference have found five interrelated factors that are important for management of countertransference: (1) therapist qualities of self-insight (aware of one’s own feelings), (2) self-integration (ability to set boundaries and manage internal reactions), (3) empathy, (4) therapist’s ability to admit a mistake, and (5)

conceptualizing ability (i.e., the therapist understands the patient’s dynamics theoretically). Therapists who possess these characteristics are seen as excellent by peers and can control countertransference acting out, and it is thought that these qualities are positively related to treatment outcome.