

Dr. Jorge Schneider participated in a Panel-workshop: "Psychoanalytic Perspectives on Depression", where he presented clinical material. International Psychoanalytic Association meeting in New Orleans.

Dr. Marian Tolpin presented a paper, "On Hope, Forward Edge Transferences and Cycles of Health" at the Association for Psychoanalytic Self Psychology, March 27.

A number of our faculty members and candidates participated in the American Psychological Association Division 39 Spring Conference in Miami in March, presenting papers and/or serving as discussants, including Drs. Marian Tolpin, Christine Kieffer, Frank Summers, Mark Smaller and Linda Marino. Dr. Summers also taught a course on Object Relations Theory at the meeting.

Dr. Allen Siegel is the Editor of the new interactive eJournal, "Psychology of the Self Online" (www.psychologyoftheself.com) sponsored by the International Council for Psychoanalytic Psychology of the Self. He has also taught and given presentations this year at the Anatolia Center for Psychoanalysis and Psychotherapy and the Bosphorus University Department of Psychology in Istanbul, Turkey.

Dr. Alice Bernstein is serving a two year term as President of the Chicago Association for Psychoanalytic Psychology. She also gave a talk entitled, "Healing the Unconscious or Correcting the Irrational: Psychoanalysis in the Age of Cognitive Behavior Therapy" at Shimer College.

The following have changed their status to Active membership in CPS: Diane Dean, LCSW and Enio Rigolin, M.D.

We are saddened to report the deaths of the following members: Erwin Angres, M.D., Bernard Bressler, M.D., Richard Cook M.D., Frank Evans, M.D. and George Pollock, M.D.

At the Membership meeting of March 23, Robert Galatzer-Levy, M.D., Robert Gordon, M.D., Prudence Gourcechon, M.D. and Steven Flagel, M.D. gave a panel presentation on the reorganization of APsa.

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PRESIDENT'S COLUMN

By Jerome M. Grumes, M.D.

There Is No Place Like Home: (Chicago That Is)

The title for this column comes not only from the paper on the "Wizard of Oz" which will be presented by Jeffrey Stern later this spring, but also from my reaction to Mark Levey's panel of February 2004. The work was a great success using the criteria of the number of members in the audience, the excitement generated at the time of presentation, the animated discussion following the paper and the lingering thoughts about the premises that continued and are continuing as a response to the work. Although we have had good out-of-town speakers in our four previous scientific meetings this year, our home grown talent of presenter and panelists, I believe, have surpassed them all.

Gerhard Piers, the director of the Institute who followed Franz Alexander, used to say that there were three psychoanalytic languages. The first is that which we use when we talk to our patients. The second is the one we use when we talk to our colleagues about our patients, and the third, is the voice we use when we publish our work in our journals. The last two languages are in considerable disarray. Theoretical positions have become more rigid, and the difficulty in finding common ground among analytic schools seem insurmountable. Along comes Mark Levey who gives a voice that is close to our clinical work and most like the shared goals we have with our patients. There have been attempts by psychoanalysts to objectify the analytic process but often as not, they get bogged down in abstractions and obsessive ruminations that are far removed from our clinical experience. Levey's thinking, on the other hand, is closer to the questions we pose for ourselves as we struggle to be thoughtful and helpful analysts responding to the problems our patients bring to us.

Technique in and of itself is only useful if it brings us closer to the goals of psychoanalysis. To paraphrase Levey, if it creates the experience for the patient of being safe, of being able to develop the curiosity and motivation to explore feeling states, to permit them to reflect on such states, to integrate new meanings and have new experiences, and to ameliorate their symptomatic behavior. We look forward to further developments by Dr. Levey and others of the theses he has proposed for it reflects an enrichment for our field.

AN INTERVIEW WITH HERBERT CIBUL, M.D.

Dr. Herbert Cibul is a man of numerous talents—many of them in the artistic realm—and he has brought this sensibility to his work with patients, as well as in his role as a faculty member at the Chicago Institute for Psychoanalysis, where he currently teaches in the Fellowship program.

Herb had originally intended to become a professional musician, training for many years in preparation for a career as a concert pianist, winning many competitions as he grew up. One of his most influential instructors was his own mother, who herself had won many prizes in the course of her development, until she eventually began to teach piano for a living. By age fourteen, it had become clear, however, that Herb “would never be in the top 10” of famed pianists, and in order to avoid “winding up teaching untalented children”—in fact, he emphatically stated that he “would rather have DIED than do that” because it “would have been too painful to listen to them!”—Herb decided that medicine would be a more realistic career choice and switched his course of study.

While he continued to play piano (he played the Grieg piano concerto as a freshman at the University of Illinois), Herb became a pre-med major, “which he loved”, leaning early towards pediatrics, since he found that he particularly enjoyed “the interaction with families and children—I had great sympathy for them!” While training to be a physician, however, Herb still found time for artistic expression: he told me that he once thought of becoming a writer or performer in the musical theater, writing the script for not only his high school variety show, but also for his Army base camp variety show and the Michael Reese Hospital pediatrics revue. (We should engage him to write a revue for the Society!) He is a lifelong opera and classical music aficionado. He sang tenor in these shows, having gotten his voice from his father, who had been training to become a cantor, before he emigrated from Russia.

Herb found that the aspect of pediatric practice that he enjoyed most was the opportunity to “be part of the developmental experience rather than treating diseases.” He reported that he “felt part of the family” and “liked being called upon for guidance. The illnesses were incidental.” These interests then led him to pursue an additional residency in psychiatry, while still practicing pediatrics. He would see new mothers and newborns at 5 a.m. at Michael Reese Hospital, and then start psychiatric rounds at 6 a.m. Later he had office hours starting at 4 p.m. He followed this regimen for five years. Herb reflected that he had actually been interested in the psychological realm since childhood: “I think that I was my mother’s therapist; a lot of us are. She and I talked out and dissected a lot of things.” Initially, however, Herb felt a reluctance to leave pediatrics for psychiatry: “I wanted to keep my stethoscope. Psychiatry just didn’t seem like medicine.”

Soon Herb began to realize that his psychiatric residency had lacked a depth of understanding that could only be obtained through psychoanalytic training, so he then began as a candidate at the Chicago Institute for Psychoanalysis in 1979, completing his training in both Adult and Child/Adolescent psychoanalysis in 1991. Throughout this arduous regimen, Cibul’s family was extremely supportive: he squeezed in time for reading on trains and in the car. While in the car on family trips, his children wore ear phones, and Herb studied for courses while his wife, Georgia drove. “My children thought their religion was Freudish”. While training at the Institute, Herb continued his pediatric practice, seeing his control cases early in the morning and at the end of the day, eventually leaving pediatrics fifteen years ago. Incidentally, as you might have already guessed, Herb only needs four hours of sleep per night!

In addition to his practice, Herb continues to be absorbed with artistic endeavors: in his leisure time, he photographs and sculpts, having studied sculpture with Virginio Ferrari. His offices in Chicago and Northfield are filled with both his own creative efforts and those of others. Herb also reads voraciously—some of his favorite authors include Philip Roth, Tolkien and, of course, Freud—and also finds time to sail. He spends many hours with his family, which includes two married daughters, one of whom is also a Chicago psychiatrist. His other daughter, a psychotherapist and writer, lives in New York City. Herb thinks of his sons-in-law as his own sons. He is proud to report that he is now a grandfather. Last but certainly not least in Herb’s family is his wife, Georgia, whom he proudly described as “the love of his life”. Georgia, an artist in her own right, is a talented and prolific quilter and miniaturist.

When I asked Herb how he thought his aesthetic sensibilities influences his work with analytic patients, he replied, “It does first in the sense that I have another life—interests outside of my work”. However, he also added that his involvement in the arts has helped him to access his own affects more readily as well as to be more attuned to those in his patients. He is currently writing articles that address the confluence of affect and development and its relation to the development of a “false self”.

C.C.K.

The Local Fellowship Program of The Institute for Psychoanalysis *by Prudy Gourguechon*

Our local Fellowship program began with ideas and questions. How might Institute faculty members recreate opportunities for numerous people to have access to psychoanalytic concepts and analytically informed treatment, and to practicing psychoanalysts? How could we introduce them to our Institute and to our psychoanalytic community? For those individuals not interested in conducting treatment, how could we offer an introduction to analytic ideas as they might be applied to other fields?

At that time, in the mid-1990’s, the teaching of psychoanalytically informed ideas and techniques for psychotherapy was already fading rapidly from clinical training programs in psychiatry, psychology and social work. In the intervening years, this trend has both accelerated and, in some settings, has been accompanied by anti-analytic rhetoric. Analysts have all but disappeared from the classrooms and hallways of many academic and clinical centers. Analytic texts and papers have disappeared from curricula and from many academic and clinically focused discussions.

On reflection, I thought a local fellowship, loosely patterned on the national fellowship already sponsored by The American Psychoanalytic Association, might offer opportunities for answering our questions, helping to fill the void being left by other programs. Discussion in the Council yielded a go ahead, with an agreement that the Local Fellowship would be tuition-free and that the Institute would fund the cost of textbooks and reprints. I was joined by Dr. Barbara Rocah, as Co-Chair, and assisted by additional committee members, with whom the rest of our program was worked out.

Fellows would meet with an Institute faculty member approximately monthly during the academic year, each receiving a copy of Ralph Greenson’s *The Technique and Practice of Psychoanalysis*, plus companion articles for counterpoints and comparison in discussions with the instructor. Using CVs and personal statements, we would select a faculty mentor for each Fellow, each pair then to meet one or more times per month for up to one year. Each Fellow would receive that year’s issues of *The Analytic Observer*, supplied by the American, and the current copy of *The Annual of Psychoanalysis*, supplied by our Institute. In addition, each Fellow could register free for any conference sponsored by either the Institute or the Chicago Psychoanalytic Society during that year of Fellowship.

Using mailings to training programs in the Chicago area, memos and announcements to our Faculty, and contacts with various training directors, we had ten Fellows in our first year. Prudence (Leib) Gourguechon, M.D. served as our first

instructor and found the work highly enjoyable. Our Fellows were quite pleased, more than one quipping that our program was “the best deal in town,” and the Fellowship has remained popular, the number of Fellows ranging from ten to a high of 25 in one year. After a few years, Dr. Rocah left the committee. Dr. Gourguechon also moved on to other responsibilities and was succeeded by Drs. Neil Spira and Herbert Cibul, who taught sections of the Fellowship. Dr. Cibul has continued as instructor, often holding meetings in his home, since the numbers of Fellows has again become manageable for one instructor.

We originally intended to find Fellows from the latter phase of post-graduate training. Soon, however, we received queries from recent graduates already in practice, from a few students in other disciplines and from practitioners of varying ages who wanted to learn more about psychoanalysis and about our Institute community and its various programs. We decided to be receptive to these queries and have generally been able to accommodate a wide range of applicants.

Now entering our eighth year, the Local Fellowship has gained a solid place within Institute life and in the Chicago psychoanalytic committee. To date, several Fellows have entered our Core training program to become psychoanalysts themselves, others have entered our Psychotherapy Program, while still others have sought clinical consultations or have entered psychotherapy or psychoanalysis with various faculty members. On request, I have presented the history and format of our Fellowship to the Local Fellowship Committee of the American, our model subsequently serving as the framework for local fellowships in several other Institutes. Our current plans for further activity include adding a Local Fellowship section to the Institute’s website, this section to include means for alumni of the program to maintain contact with one another while enabling us to keep up with their further activities.

For the Local Fellowship Committee,
Henry M. Evans, M.D., Chair

Please send news or comments to:

Christine C. Kieffer, Ph.D., Editor
Analytic Observer
122 S. Michigan Avenue
13th Floor
Chicago, Illinois 60603