

# SYMPOSIUM 2012



Morning Sun, Edward Hopper, 1952

## ON LONELINESS

**Mount Sinai Medical Center: Goldwurm Auditorium**  
98th Street and Madison Avenue  
March 24th, 2012

Loneliness is perhaps one of the most painful affective states a person can experience. It is a subjective experience that most of us have, at some point in our lives, had. It may be experienced as an intense emptiness or solitude, an isolation from others both internal and/or external. Or, it can be experienced as grief; a loneliness in the presence of others. It can be also be understood by its duration (e.g., temporary or chronic), or as Sartre noted, an essential feature of the human condition. Sartre believed this condition arose from conflict between the need to create meaning in life and the awareness of isolation or nothingness in the universe. For a psychoanalyst this idea might translate into an infantile experience of needing the mother and becoming aware that she is not always available.

Chronic loneliness has been linked to physical (e.g., cancer, stroke, high blood pressure and cardiovascular disease) and psychological (e.g., depression and schizoid pathology, impaired cognition and personal determination, sleep disturbance, suicide, alcoholism and substance abuse) difficulties. As we can see from the variety of manifestations loneliness is often a complex phenomena in both its aetiology and presentation.

The aims of Symposium 2012 are to explore this vast domain from a broad psychoanalytic perspective. Our introductory speaker, Lucille Spira, will open the day by framing the topic with a series of questions: Why is it so difficult for some people to find the connections that they say that they want? What makes people lonely? Is it due to desire, a deep sense of longing for someone, or fear, the result of feeling unsafe, unloveable, or toxic? Three panels will then provide a special emphasis on: Loneliness as revealed by the artists, the clinical dimensions of loneliness, and Loneliness/solitude in the Psychoanalytic Training Process.

We hope you'll come and join us in discussing this important topic.

## = PROGRAM =

**8:15 to 9:00 a.m.**

Registration and Breakfast Buffet

**9:00 to 9:30**

Welcome and Introduction . . . . . Arthur Lynch

Opening Remarks . . . . . Lucille Spira

**9:35 to 11:25**

Panel I Loneliness As Revealed by the Artist

Chair . . . . . Jonathan House

Panelists . . . . . Lois Oppenheim, Danielle Knafo, Arlene Kramer Richards

Questions & Answers

**= Coffee Break: 11:25 to 11:40 =**

**11:40 to 1:30 p.m.**

Panel II: 11:35 - 1:00 Panel II: The Clinical Dimensions of Loneliness

Chair. . . . . Irwin Hirsch

Panelists . . . . . Nathan Szajnberg, George Sagi, Sandra Buechler,

Questions & Answers

**= LUNCH: 1:30 to 2:30 =**

**2:30 to 4:30**

Panel III: Loneliness/Solitude in the Psychoanalytic Training Process

Chair. . . . . Kenneth Winarick

Panelists . . . . . Candidate Jamieson Webster;

Supervising analyst Doug Ingram;

Training analyst Eric Mendelsohn

Questions & Answers

**4:20 to 5:00**

Wrap-up, Closing Remarks: Richard Gottlieb

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**SPONSORS:** Division of Psychotherapy at Mount Sinai Medical Center (Patron); American Association for Psychoanalysis in Clinical Social Work; The American Academy of Psychoanalysis and Dynamic Psychiatry; American Institute for Psychoanalysis; The American Society of Psychoanalytic Physicians; The Association for Child Psychoanalysis; Confederation of Independent Psychoanalytic Societies; Consortium for Psychoanalytic Research, Inc. (DC); Division of Psychoanalysis (39) American Psychological Association; Institute for Contemporary Psychotherapy; Institute for Contemporary Psychotherapy and Psychoanalysis, Washington, DC; Institute of Psychoanalysis, London; Institute for Psychoanalytic Training and Research; Karen Horney Clinic; Los Angeles Institute and Society for Psychoanalytic Studies; The Manhattan Institute for Psychoanalysis; The Masterson Institute for Psychoanalytic Psychotherapy; The Metropolitan Institute for Training in Psychoanalytic Psychotherapy; National Association for the Advancement of Psychoanalysis; National Psychological Association for Psychoanalysis; The New York Freudian Society; The New York School For Psychoanalytic Psychotherapy and Psychoanalysis; New York Psychoanalytic Society and Institute; The NYU Postdoctoral Program in Psychotherapy and Psychoanalysis; Institute for Psychoanalytic Education (IPE) affiliated with NYU School of Medicine; The Postgraduate Psychoanalytic Society and Institute; Psychoanalytic Center of California; The Psychoanalytic Center of Philadelphia; The Psychoanalytic Psychotherapy Study Center; Westchester Center for the Study of Psychoanalysis and Psychotherapy; William Alanson White Institute. *The American Journal of Psychoanalysis; The Candidate Journal; Contemporary Psychoanalysis; International Journal of Psychoanalysis; Journal of the American Academy of Psychoanalysis and Dynamic Psychiatry; Psychoanalytic Dialogues, Psychoanalytic Psychology; The Psychoanalytic Quarterly; The Psychoanalytic Review; Psychoanalytic Study of the Child.*

**Organizing Committee:** Arthur Lynch, Conference Cochair; Elizabeth Ronis, Conference Cochair; Richard Gottlieb, Program Chair; Elizabeth Carr, Harold B. Davis, Jill Delaney, Carolyn Ellman, Steven Ellman, Paula Feirstein, Lawrence Friedman, Sheldon Goodman, Sheila Hafter Gray, Nancy Cromer Grayson, Jay Greenberg, Donald Greif, Alicia Guttman, Jane S. Hall, Richard Herman, Samuel Herschkowitz, Irwin Hirsch, Leon Hoffman, Ruth Imber, Lawrence Josephs, Elliot Jurist, Harvey Kaplan, Robert A. King, Linda Larkin, Joyce A. Lerner, Holly Levenkron, Joseph Lichtenberg, Ruth Livingston, Judith Pearson, Miriam Pierce, George Satran, Stephen Seligman, Henry F. Smith, Hillel Swiller, Matthew Tolchin, Jason Wheeler.

**SANDRA BUECHLER, PhD**, Training & Supervising Analyst, William Alanson White Institute (WAWI); Supervisor, Columbia Presbyterian Hospital internship & post-doctoral programs; Supervisor, Institute for Contemporary Psychotherapy; Author *Clinical Values: Emotions that Guide Psychoanalytic Treatment* (Analytic Press 2004), *Making a Difference in Patients' Lives: Emotional Experience in the Therapeutic Setting* (Routledge, 2008), *Still Practicing: The Heartaches and Joys of a Clinical Career* (Routledge, in press).



**RICHARD GOTTlieb, MD**, Associate Clinical Professor of Psychiatry, Mount Sinai School of Medicine; Associate Editor, *JAPA*; Founder, Training, Supervising Analyst, former Education Committee Chair, Berkshire Psychoanalytic Institute; Recipient, NYPI Heinz Hartmann Award (1994); APA Edith Shabshin Teaching Award (2003); *JAPA* Journal Prize (2003); Author. Maurice Sendak's Trilogy, *Psychoanalytic Study of the Child* (Vol. 63: 2008). In private practice in NYC and Sharon, CT.



**IRWIN HIRSCH, PhD**, Faculty, Supervisor, Manhattan Inst for Psychoanalysis. Distinguished visiting faculty, WAWI Adjunct professor of psychology and supervisor, NYU Postdoctoral Program in Psychotherapy and Psychoanalysis. Author of approximately 75 journal articles, book chapters and reviews. Author of the Goethe Award-winning book, *Coasting in the Countertransference: Conflicts of Self-Interest between Analyst and Patient* (Analytic Press 2008).



**JONATHAN HOUSE, MD**, Faculty, Training and Supervising Analyst, Columbia University Center for Psychoanalytic Training and at IPE affiliated with NYU School of Medicine. Dr. House is currently working with IPBooks to facilitate the translation of the works of Jean Laplanche, part of IPBooks' pending new collection, *The Unconscious in Translation*. He is a on the Editorial Board, *JAPA*, and a Past Secretary of APSaA.



**DOUGLAS INGRAM, MD**, Training & Supervising Analyst, AIP and NY Medical College Psychoanalytic Institute. Clinical Professor of Psychiatry, former Dean, AIP; Medical Director, Karen Horney Clinic. Award for Excellence from the American College of Psychoanalysts (2008) for his editorship of the *Journal of the American Academy of Psychoanalysis and Dynamic Psychiatry*, Past president of the Academy. Editor, Karen Horney's *Final Lectures on Psychoanalytic Technique* (Norton 1987). Recent publications include "When Long Term Therapy is Not Long Enough" (*JAADP* Spring, 2011).



**DANIELLE KNAFO, PhD**, Faculty, Doctoral Program in Clinical Psychology, LIU Faculty, and Supervisor, NYU Postdoctoral Program for Psychoanalysis. Author of: *Egon Schiele: A Self in Creation* (Fairleigh Dickinson U. Press, 1993); *Living with Terror, Working with Trauma* (Jason Aronson 2004) *Unconscious Fantasies and the Relational World*, (The Analytic Press 2005); *In Her Own Image: Women's Self-Representation in Twentieth-Century Art*, (Fairleigh Dickinson U. Press 2009); and *Dancing with the Unconscious: The Art of Psychoanalysis and the Psychoanalysis of Art* (Routledge 2012).



**ERIC MENDELSON, PhD**, Faculty, Supervisor, Training Analyst at Westchester Center for the Study of Psychoanalysis and Psychotherapy; National Institute for the Psychotherapies (NIP) Program in Psychoanalysis & Psychotherapy, and National Training Program; Faculty, Adelphi University Postgraduate Program in Psychoanalysis and Psychotherapy. He has published papers on various aspects of the patient/therapist relationship with emphasis on the intersection of role-defined and personal aspects of the analyst's participation.



**LOIS OPPENHEIM**, PhD, Faculty & Chair, Montclair State U. Dept. Modern Languages & Literature; Visiting Scholar, Columbia U. Psychiatric Inst.; Scholar, Assoc. Member, NYPSI; Honorary Member, WAWI. Her recent books include: *The Painted Word: Samuel Beckett's Dialogue with Art* (U. of MI Press, 2000), *A Curious Intimacy: Art and Neuropsychanalysis* (Routledge, 2005). She is working on a new book, *Imagination from Fantasy to Delusion* (in press). She has published more than eighty papers. Host of NYPSI's "Conversations with . . ." interview series, and co-creator of the mental health documentary film *How to Touch a Hot Stove* (2011).



**ARLENE KRAMER RICHARDS**, EdD, Fellow, Training and Supervising Analyst, IPTAR; Training Analyst, New York Freudian Society & IPA; Faculty, Tongji Medical College of Huazhong University of Science and Technology at Wuhan, China. Former President, Div. 39, APA. Coauthor *Dream Portrait* (IUP 1992), coeditor *Fantasy, Myth and Reality* [for J. Arlow] (IUP 1988), *The Spectrum of Psychoanalysis* [for M.S. Bergman] (IUP 1994), and *The Perverse Transference* [for H. Etchegoyen] (Jason Aronson 1997).



**GEORGE SAGI**, MD, Faculty, Weil-Cornell Medical College, Columbia University Center for Psychoanalytic Training and Research, Past President of the Association for Psychoanalytic Medicine; Presentations at the Association for Psychoanalytic Medicine's 2002 Symposium, and at the Ferenczi Society Conference in Budapest, Hungary in 2004.



**LUCILLE SPIRA**, PhD, LCSW, Member, New York School for Psychoanalytic Psychotherapy and Psychoanalysis (NYSPP); Facilitator, NYSPP literary group. Presentations on loneliness at NYSPP, NPAP, APsA and APA (Div. 39). Former Faculty, NYU Silver School of Social Work, Hunter College. Published articles in various psychoanalytic and social work journals on loneliness and other areas of interest.



**NATHAN SZAJNBERG**, MD, Training Analyst, Israel Psa. Society; member, Assoc. for Psa. Medicine, Columbia U., S.F. Center for Psa., Former Sigmund Freud Prof. of Psa., Hebrew U., Wallerstein Research Fellow in Psa. Author *Educating the Emotions: Bruno Bettelheim and Psychoanalytic Development* (Springer 1992), *Reluctant Warriors: Israelis Suspended Between Rome and Jerusalem* (IPBooks 2011); coauthor *Lives Across Time / Growing Up: Paths to Emotional Health and Emotional Illness* (Karnac 2008). His latest project is a book on Ethiopian/Israeli 6-yr.-olds and their families (in progress).



**JAMIESON WEBSTER**, PhD, Faculty, Institute for Psychoanalytic Training and Research, Eugene Lang College, Supervisor, clinical psychology doctoral program, City University of New York. Author of *The Life and Death of Psychoanalysis: On Unconscious Desire and its Sublimation* (Karnac 2011). She has published articles on clinical and theoretical psychoanalysis with an interdisciplinary focus on feminine sexuality, philosophy, and aesthetics.



**KENNETH WINARICK**, PhD, Faculty, Supervisor (and former Director), Psychological Internship Training Program, Karen Horney Clinic. Past President, Director of Training, Training and Supervising Analyst, The American Institute for Psychoanalysis, Karen Horney Psychoanalytic Center. Advanced Candidate, Child and Adolescent Psychoanalytic Program of the New York Freudian Society. Recipient of the APA Edith Sabshin Teaching Award.



# Announcements

Some Transcripts & recordings of the presentations will be available online after the conference at:



[www.internationalpsychoanalysis.net](http://www.internationalpsychoanalysis.net)

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**Past Symposia books include:**

(2009) *Greed: Sex, Money, Power, & Politics* (ed. Elizabeth Ronis and Leslie Shaw)

*The Dream After a Century: Symposium 2000 on Dreams*

(ed. Melvin R. Lansky)

(1998) *The Seduction Theory in Its Second Century: Trauma, Fantasy, and Reality*

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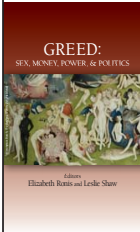


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*Elizabeth Ronis and  
Leslie Shaw, editors*



## Greed: Sex, Money, Power, & Politics

Greed was central to the recent American financial debacle. The debacle destroyed many trillions of dollars of wealth across the globe and vastly diminished the status of the United States as a model for economic life. Yet our understanding of greed and how it operates has remained primitive. Greed is, however, a desire; a desire for wealth and the trappings of wealth. Now, psychoanalysis has come to the rescue. Desires are what psychoanalysis is all about. In this fascinating collection of papers, we get insights and explanations not only of the phenomenon but of many of those at the heart of the debacle who appear to have been driven by greed.

—Marvin Zonis, Professor Emeritus, Booth School of Business, The University of Chicago.

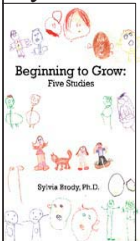
*Fred Sander et al.*



## Created in Our Own Images.com

Revises a forgotten comedy of W.S. Gilbert (of Gilbert & Sullivan), *Pygmalion and Galatea* (1876). Pygmalion, a sculptor, has made numerous copies of his wife. One of them, Galatea, comes to life and falls in love with her creator. The characters find themselves in a social and ethical entanglement of comic proportions that must be resolved by the play's end. The play thus evokes cloning at the start of the 21st century, the roles of men and women in 19th-century Victorian England and the discovery of psychoanalysis in the 20th. Expert writers from fields as diverse as History, literature, psychology, the arts, and sciences discuss the implications of the play with speculation and commentary on the ethics and future of life in the "Age of the Genome."

*Sylvia Brody*



## Beginning to Grow: Five Studies

*Beginning to Grow: Five Studies* describes work with five children from infancy to maturity at age 18. The children's growth is traced with regard in terms of conflict and ego strength. Children's drawings are used to illustrate their lines of development by focusing on the drives towards voyeurism and exhibitionism.

"This is a book not to be missed by anyone who works with children. It provides an incisive history of infancy research and a longitudinal study of development from birth to age 18."

—Arlene Kramer Richards, Ed.D.

## REGISTRATION FORM

Send this form with a self-addressed stamped envelope to:

### SYMPOSIUM 2012

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& Students			

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All proceeds after expenses go to the sponsoring journals.

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**Participants:**

Sandra Buechler, PhD, Richard Gottlieb, MD,  
Irwin Hirsch, PhD, Jonathan House, MD,  
Douglas Ingram, MD, Danielle Knafo, PhD,  
Eric Mendelsohn, PhD, Lois Oppenheim, PhD,  
Arlene Kramer Richards, EdD, George Sagi, MD,  
Lucille Spira, PhD, Nathan Szajinberg, MD,  
Jamieson Webster, PhD, Kenneth Winarick, PhD

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