



## Adelphi Society for Psychoanalysis and Psychotherapy

### President's Letter: More Voices

11/11/11—an auspicious date.

On November 11, 2011 the Adelphi Society for Psychoanalysis and Psychotherapy issued a newsletter after a five-year absence. It was produced on the same day that ASPP was gathering for Jonathan Jackson's thought provoking colloquium on Mindfulness. The excitement in the room that night was palpable as people spoke about the new newsletter. Some people had even printed copies that they brought with them, excitedly pointing out pictures and asking about upcoming events. I can't thank Gail Grace enough for producing the first issue and here we are, reading the second one. As editor, she is continually reaching out to the ASPP community for articles and your responses are very much appreciated.

ASPP kept up its busy pace since 11/11/11. In our first issue, I updated you on ASPP events from the past year and what was planned for the year to come. In this issue, you will hear from members about our recent colloquia, theater event and Midwinter Party. I'm thrilled that we have added more voices to the newsletter.

In the past few months, many members have expressed pleasure in ASPP's vibrancy. This vitality reflects of the dedication of our officers and members-at-large. At the end of this year all of our officers will need replacements. Our Society is in good stead with Matthew Tedeschi our President-elect, taking on the position of President. This coming spring, we will need to elect the positions of

Secretary, Treasurer, President-Elect and Members-at-Large. Just as we've added more voices to our ASPP Newsletter, we need to add more voices to the ASPP Board.

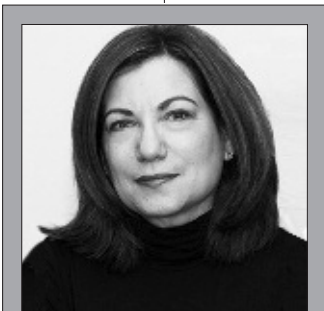
I'm sure that you have heard this before, but we need greater participation from our

membership in order to maintain our vitality. As we have done with the Newsletter, ASPP would be best served by more voices, sharing their ideas and the responsibilities of running this great organization. Currently, we have a bright and vibrant board with many great ideas for our membership, (such as a Retreat weekend in November 2012). What we need to

bring many of these ideas to fruition are more members willing to give of themselves in order to bring more to our wonderful analytic community.

When you receive your Nominations Ballot in the next few weeks, please consider placing your name next to an office. Or consider placing a willing colleague's name. Or consider a not-so-willing colleague—they'll come to enjoy the camaraderie and the experience of greater interactions with friends and colleagues and perhaps they will even be grateful they were asked. Or consider becoming a Member-at-Large. Think about what it is that you can bring to ASPP and then bring it.

ASPP, just like any other organizations, is only as strong and vibrant as its membership. We need you! ■



Joyce Bloom, Ph.D.,  
President, Adelphi Society  
for Psychoanalysis and  
Psychotherapy

### News from the Postgraduate Programs

Mary Beth M. Cresci, Ph.,D., ABPP

The Postgraduate Program in Psychoanalysis and Psychotherapy is undertaking an important accreditation process this year. We are submitting an application to the Accreditation Council for Psychoanalytic Education (ACPE) to be accredited as a psychoanalytic training program. ACPE was established as an autonomous accrediting body about 10 years ago. It is an outgrowth of the efforts of the Psychoanalytic Consortium, composed of the four major psychoanalytic organizations—Division 39 of APA, the American Psychoanalytic Association (APsaA), the American Academy of Psychoanalysis and Dynamic Psychiatry (AAPDP), and the American Association for Psychoanalysis in Clinical Social Work (AAPCSW). The four member organizations of the Consortium agreed on a set of standards for psychoanalytic education, and ACPE uses those standards in accrediting psychoanalytic programs. ACPE is currently applying to the US Department of Education to become the national accrediting body for psychoanalytic educational programs.

We decided to make our application to ACPE for several reasons. As a university-based program it is appropriate that we obtain proper accreditation when it is available. As ACPE gains recognition from the US Department of Education our training program will have added distinction through our accreditation. In addition, we will be supporting standards for psychoanalytic training on a national level that will enhance our profession. Certainly our candidates and alumni will benefit from

being affiliated with an accredited psychoanalytic training program.

**T**he ACPE Accreditation Committee, chaired by Rick Hansen and including Jack Herskovits and myself as members, has been hard at work on our application for some time. Fortunately, our program's standards are in keeping with ACPE standards. Our primary job has been to pull information together to demonstrate those standards to an outside observer. We hope to submit our application to ACPE in a few weeks. We will next be preparing for a site visit that will include visits to our classes, observations of supervision, a review of our records, and observations of committee or faculty meetings that are scheduled during the visit. I thank the officers and members of ASPP for your support and cooperation in helping us throughout the accreditation process. We hope to announce a successful outcome very soon.

### Jared Treiber, Ph.D.

I received my doctorate in clinical psychology at Walden University in Minneapolis, MN. I did my internship at a clinic in North Texas, which also included a rotation at a state hospital. While on internship I became fascinated with forensic psychology, and how psychoanalytical work helped me to better understand the behaviors I witnessed and heard.

After I graduated, I was accepted into the fellowship program for psychoanalysis at Derner. Since being a part of this program it has expanded my knowledge and allowed me to focus my interest and hone my skills. I currently work at a clinic in Garden City where I use the skills and knowledge that I am attaining. I work with an adult population where I see a wide range of disorders. Also, in this setting, I work with a number of clients whom are court ordered and/or on proba-



### Dov Finman, Psy.D.



I am a first year candidate and a Postdoctoral Fellow in the Postgraduate Program in Psychoanalysis and Psychotherapy. I completed my PsyD at the Arizona School of Professional Psychology and my MA at the Illinois School of Professional Psychology. Although I spent some significant time out of state, I was born and reared here in NYC. I am delighted to be back home and to have joined the Adelphi community. I live in Far Rockaway with my wife and our two children, Simcha, age 4, and Atara, 16 months.

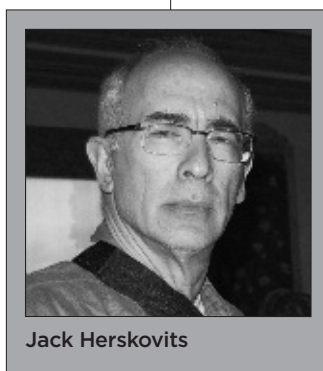
As a Fellow, I teach two undergraduate courses each semester, which I find tremendously rewarding. I also have the opportunity to see patients in the Postgraduate Psychotherapy Center. My other interests include forensic psychology and clinical health psychology. I previously completed presentence mitigation evaluations for the Office of the Public Defender in Maricopa County, while I lived in Phoenix, AZ. My interest in health psychology grew out of my training at the VA Hospital in Northern Arizona where I completed a rotation in primary care, treating vets with heart disease, chronic pain, and insomnia. ■

tion—this has also allowed me to continue working in an area that I am excited about expanding. After I complete my education and training at Derner, I would love to continue to develop my skills and work in a setting that I can combine the forensic and psychoanalytic aspects. ■

## News from The Postgraduate Psychotherapy Center

### Jack Herskovits, Psy.D

**A**s all of you know, the Postgraduate Psychotherapy Center has been in existence since the inception of our training programs. As the clinical arm of our training programs it has provided our candidates with clinical experience and has served as an asset in the building of our candidates and graduates private practices. Currently, the Center is providing treatment to over one hundred clients and the revenue of the Center has continually increased over the past five years. I am particularly proud of the fine clinical work our candidates provide to clients and the improvements and innovations we



have been able to implement which have enhanced the quality and range of services we provide. In addition to revenue growth, there has been an improvement in patient retention. On the administrative end, Yvette Jones, the clinic Coordinator, has done a remarkable job of ensuring that our administrative responsibilities are

carried out in a timely and efficient manner. We are currently in the final stages of implementing a new computerized billing system created by the University IT department which will streamline our financial billing and record keeping. Some recent innovations to our clinical services include the following:

Several of our clinicians have been providing anger management counseling to clients mandated to the Center by the courts. We offer a ten session sequence of individual sessions incorporating psychodynamic and cognitive behavioral methods with these clients. Upon completion, clients receive a certificate of completion to present to the courts. Some of these clients have remained in treatment on a voluntary basis upon completion of their mandate, which is a credit to our therapists' clinical skills.

Last year we instituted a monthly group supervision for first year candidates which focuses on beginning treatment issues. Shelley Haber has been running these supervision groups in the Adult Psychoanalytic program. Her work with these groups has been a great asset to their clinical training.

Due to an increase in requests for marital/couple therapy, the Center will be offering a 12 hour training seminar in working with couples which will be run by Dr. Michael Zentman. Couples who request treatment through the Center will be assigned to those candidates and graduates who participate in this excellent training opportunity.

As the Postgraduate training programs grow, so do the demands for patient referrals to candidates in our programs. I would like to remind the ASPP community of this need in our programs and encourage all of you to utilize this resource for patients seeking low cost treatment. For patients with health insurance plans we do have several candidates and graduates who see patients through the Center who accept in network insurance. For those willing to be seen on an out of network basis, on our sliding scale fee structure, the fee can often be as low as the copayment they would have to pay if they were to be seen in-network.

With regard to the Colloquia programs cosponsored with ASPP we have an exciting series of presentations for the Spring and Summer. In addition, we are already working on some exciting presentation for the Fall of 2012.

I would like to invite anyone in the Community with an interest in supporting the Psychotherapy Center who would be willing to share potential referral sources or agencies/organizations who would benefit from our services to please get in touch with me at Jherskovits@adelphi.edu

Also, for any referrals, please pass along my direct contact information:

**Jack Herskovits, Psy.D.**  
**Director,**  
**Postgraduate Psychotherapy Center**  
**(516) 877-4841** ■

## Journey of a Psychologist

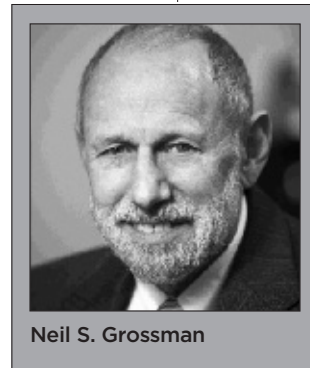
Neil S. Grossman, Ph.D., ABPP

My native language is psychoanalysis and psychodynamic psychology. My internship class, at the NYU – Bellevue – Medical Center, was the first one that was allowed to conduct psychotherapy. Since a psychologist doing psychotherapy was new at Bellevue we lucked out, in the sense that we were required to have a supervisor for each therapy patient. After my internship, I wanted to start a private practice but wouldn't consider that without extra training, so I entered the Adelphi Postdoctoral Program in Psychoanalysis. The program was so exciting and stimulating I couldn't sleep for hours after our Friday evening classes. While I was in the Adelphi Postdoctoral Program I consulted for a residential agency that evaluated and treated children. I learned that one had to understand the family system to intervene effectively with children. Therefore after I completed the Adelphi Program, I entered the Ackerman Institute Three-Year Family Therapy Training Program. Graduating this program I identified myself as a family psychologist and became active in that division of APA. I taught family psychology at a number of institutes and local universities. One of my interests was larger systems and I consulted for a number of child-care agencies. A brief article that I wrote at this time, and that I enjoy the most of everything I have written is "Survival Skills in White Water Canoeing, Family Therapy and Other Assorted Systems" (1989). I received a diploma, ABPP, in family psychology and eventual became a Board Member of the American Board of Family Psychology and served as a Trustee of the American Board of Professional Psychology. I was appointed to be the family psychology representative to, the Interorganizational Council for Accreditation of Postdoctoral Programs in Psychology, a newly formed organization that included the major licensing, accrediting,

and credentialing organizations in psychology. The goals of this council were to prompt APA to recognize specialties and the Committee on Accreditation to accredit specialty postdoctoral programs. Out of this organization developed the Council of Specialties in Professional Psychology, to which I was a representative and later became the president. This organization represented specialties to psychology and coordinated standards and procedures between specialties in professional psychology. I also was Chair of the Family Psychology Specialty Council, the organization that established the standards for training in family psychology and developed a network of programs in family psychology, and was president of Academy of Family Psychology, as well as vice-president of the division of family psychology. Working with these groups I learned in depth how organizations operate.

Another track in the journey was in forensic psychology. By chance I was asked to conduct a child custody evaluation and testify in court. The judge in this case liked my report and recommended me to other judges. Over time I was appointed to conduct evaluations in over 100 cases. Conducting in-depth evaluations for families going through the crisis of a divorce was fascinating. However, it was also frustrating because

my understanding of the family went in to a legal system that did not understand families well nor know how to use the information that was provided. Also, I wanted to intervene and help the families but that was unrelated to the forensic evaluator's role. I looked for other ways to intervene with these families who were in crisis.



Neil S. Grossman

The role of a parenting coordinator fascinated me and I received training as such. (A parenting coordinator is a trained professional who works with families that are having difficulty adhering to their court ordered, or agreed upon, parenting plan.) A goal of mine is to effect change in the legal system regarding divorce. Yes, this is a grandiose goal but early on I actually had some success. I was able to prompt a pilot

study in Nassau County for Parenting Coordination. This was the first official use of parenting coordinators in New York State.

Later, I became involved with divorce mediation and collaborative divorce. Now, I consult with people who are divorcing and do pre and post-divorce mediation. I am focused on people talking to a mental health specialist about how to divorce before they divorce. (See Grossman and Pruett, 2008, *Changing the Culture of Divorce*.) People who go to court to divorce short change themselves because the court system was not designed to address this type of dispute.

In APA, I chaired the Family Forensic Task Force of the Division of Family Psychology and was a Liaison from this Division to the APA/ABA Subcommittee. I co-edited a special issue of the *Journal of Family Psychology* on Family Psychology and Family Law and in the introduction to the this issue of the *Journal* defined Family Forensic Psychology (Grossman and Okun, 2003).

Locally, I prompted the Psychology and Law Committee of SCPA and helped prompt the NYSPA Forensic Division. Psychology needed to have input with the legal system on a state and local level. I now am chair of the Psychology and Law Committee, SCPA, and am president-elect of the Forensic Division, NYSPA.

Currently, I am working to start a Long Island Interdisciplinary Forum (LI-IDF) which is modeled after the Interdisciplinary Forum in NYC. That Forum has a focus on the intersection of mental health and family law. In the Forum, topics that interconnect the disciplines and conflicts caused by differences in the imperatives of the two disciplines are discussed. Key organizations representing psychology, law and the judiciary will send members to the LI Forum. Another current project is the development of Parenting Coordination Guidelines and

## ASPP Newsletter

Vol. 19, No. 2

Winter 2012

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The ASPP Newsletter is an official publication of the Adelphi Society for Psychoanalysis and Psychotherapy whose membership is open to the candidates, graduates and faculty of the Postgraduate Programs in Psychoanalysis and Psychotherapy, Gordon F. Derner Institute of Advanced Psychological Studies, Adelphi University, Garden City, NY 11530. Copyright ©2011 by the Adelphi Society for Psychoanalysis and Psychotherapy, Inc. (ISSN 0897-5841). The Newsletter is published Fall, Winter, Spring and Summer. Please submit manuscripts in electronic form only to [gailgrace8733@aol.com](mailto:gailgrace8733@aol.com).

Training Standards on a local and statewide level and the inclusion of minimum training in national guidelines.

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## Letters to the Editor

Letters to the editors are welcomed. Please send comments, submissions and opinions to [gailgrace8733@aol.com](mailto:gailgrace8733@aol.com).

## Discussion of Dr. Jackson's Presentation

Jason Stewart, Psy.D.

I was excited to learn that the first colloquium I was to attend at Adelphi would be about mindfulness and psychoanalysis because both of these areas influence my practice of therapy. The presenter, Dr. Jonathan Jackson, is well known to the Adelphi community as a psychologist, director, and professor. He also completed an eight week course in mindfulness based stress reduction with Jon Kabat-Zinn who is a world-renowned authority on the use of mindfulness for healthcare, well-being, and the decrease of human suffering. Dr. Jackson made compelling conceptualizations of certain processes of mindfulness and psychoanalysis as two ends of the same stick. A brief review will give a glimpse of what he presented.

Dr. Jackson began his presentation by defining mindfulness as purposefully paying attention to the present moment, without judgment or attempts to control the contents of consciousness. He noted that mindfulness is used in third wave behavior therapies which include acceptance and commitment therapy, mindfulness-based cognitive therapy, dialectical behavior therapy, and mindfulness-based relapse prevention for addiction. In these therapies, the use of mindfulness has various purposes ranging from a distress tolerance/self-soothing skill in dialectical behavior therapy to facilitator of psychological flexibility in acceptance and commitment therapy. There is also a mindfulness oriented approach to performance enhancement which I integrate into my sport psychology practice.

Dr. Jackson introduced and described what are referred to as the eight attitudes of mindfulness and compared these to similar processes in psychoanalysis. One of the attitudes that he described is known as beginner's mind. Beginner's mind is an attitude of

curiosity and non-attachment with ideas. Dr. Jackson suggested this to be a favorable attitude for therapists. He compared beginner's mind with Freud's concept of evenly hovering attention in which one should "withhold all conscious influences from his capacity to attend. . . . simply listen, and not bother about whether he is keeping anything in mind" (Freud, 1912), Bion's idea of being "without memory and desire," and Daniel Stern's concept of the "independence of self."

**D**r. Jackson also discussed the idea of "non-striving" as one of the eight attitudes of mindfulness. He described non-striving as the relinquishment of the need to control internal experiences. It is an attitude characterized by being rather than doing. Doing occurs when there is

incongruence between reality and one's desired reality. This incongruence triggers negative affect and action-oriented cognition aimed at reducing or eliminating the incongruence. When there is no accessible solution to resolve the incongruence, cognition gets stuck—attention narrows and rumination occurs. The developers of mindfulness based cognitive therapy, Zindel Segal, J. Mark Williams, and John Teasdale, have developed a theory that links this process with depression and demonstrated empirically that their associated technique prevents depressive relapse. In contrast, the being mode operates when we are not oriented toward any goals. The being mode eliminates the cognitive process of evaluation and the affective experience of pressure and allows any given moment to be experienced more fully. As psychologist Emanuel Berman put it, the being mode of mind includes "overthrowing, at least momentarily, the tyranny . . . and super-ego strain" of goal directed behavior.

Dr. Jackson compared mindfulness to a concept called attention oscillation. He described attention oscillation as a roaming mind and used the analogy of a revolving search light. Dr. Jackson presented attention oscillation as a means of making transference interpretations without letting go of a

hovering-like psychological stance. He further suggested that attention oscillation can be used by the therapists to observe their countertransference.

Dr. Jackson emphasized that mindfulness requires an attitude of acceptance. He clarified that acceptance is not a passive state of mind, but is the start of change. He said that with an accepting attitude, conflict can be tolerated because there is no need to resolve it. Thus, mindfulness may promote the development of client attitude amenable to psychoanalytic work.

Dr. Jackson discriminated between formal and informal mindfulness which are respectively formal practice or a person's general perspective on experience. I find this discrepancy particularly important for purposes of

technique because mindfulness in psychotherapy is often assumed to imply a structured meditation. I have found that concepts of mindfulness can be seamlessly woven into psychoanalytic work and that, in addition to utilizing specific mindfulness interventions, it is possible to engage our clients in ways that encourage and model

mindfulness as a productive style of interacting with the world.

Dr. Jackson discussed some of the empirically supported medical benefits of mindfulness, such as for chronic pain, blood pressure reduction, asthma, and diabetes. He also discussed research suggesting that mindfulness increases gray matter in areas of the brain related to learning, emotional regulation, and perspective taking. Of particular interest to me, as an athlete and sport psychologist, Dr. Jackson discussed the similarities between mindfulness and the experience of "flow" in sports.

Dr. Jackson ended his presentation with a group mindfulness practice with the audience followed by an active question-and-answer session. Overall, I found Dr. Jackson's presentation to be informative, enjoyable, and experiential. ■



Jason Stewart

## What is Clinical Sport Psychology?

Jason Stewart, Psy.D.

**C**linical sport psychology is an approach to treating athlete performance difficulties and increasing athlete well-being. It was developed by psychologists Frank Gardner and Zella Moore and is presented in their books *Psychology of Enhancing Human Performance* and *Clinical Sport Psychology*.

Clinical sport psychology is a holistic approach which integrates short-term performance needs with long-term personal and athletic goals. It is holistic because it operates from the perspective that client functioning cannot be neatly categorized as being "clinical" or as "sport" related, but that each athlete's situation is a unique amalgamation of performance, psycho-social, developmental and other contextual factors.

Clinical sport psychology is based on a theory called the integrated model of athletic performance. This model is based on empirical findings in human sexual performance, sport psychology, and self-regulation. Self-regulation (not to be confused with emotional or affective regulation) is the capacity for metacognitive thought processes in the service of increasing the effectiveness of behavior. Metacognition is a psychological state in which internal experiences are conceptualized in broad, distal terms (i.e., in "big picture" terms) that foster a sense of choice instead of automaticity regarding one's behavior. As psychiatrist Viktor Frankl eloquently wrote, "Between stimulus and response, there is a space. In that space is our power to choose our response. In our response is our growth and freedom." The integrated model of athletic performance proposes that, in order to perform optimally, it is important to direct attention towards task relevant, present-moment, external contingencies and not to self-judgmental, worrisome, and future oriented cognitive content. This does not mean negative content needs to be escaped from or avoided; but that attention needs to be focused on external contingencies with an accepting attitude towards negative content.

An important aspect of this model is the concept of experiential avoidance. Experiential avoidance is the attempted avoidance of internal experiences as a means of regulating affect. Research suggests that most, if not all, psychological problems in living can be conceptualized as serving the function of experiential avoidance. Similarly, clinical sport psychology proposes that experiential avoidance functions as a mediator of athlete performance and overall athlete well-being. If attempts at experiential avoidance are made, the following cognitive process is believed to occur: The attempt triggers a metacognitive form of scanning for negative internal content. This action is ironically intended to bring into awareness any negative content that is simultaneously trying to be avoided – the mind is actually trying to find the same content it is trying to avoid. When this happens, focus is diverted from external stimuli toward internal stimuli and behavioral repertoires (and subsequent athletic performance) decrease in effectiveness.

Clinical sport psychology relies heavily on assessment of athlete difficulties as a means of determining appropriate treatment. Athlete-client difficulties are conceptualized as being either (1) the non-clinical need for performance enhancement; (2) sub-clinical levels of psycho-social difficulty that may or may not impact performance; (3) clinical problems that moderately/severely impact psycho-social functioning and may or may not impact performance; and (4) issues of sport termination.

The theory of clinical sport psychology has been applied to the development of a technical approach called the mindfulness-acceptance-commitment (MAC) approach to performance enhancement. Although the MAC approach is a psychological skills training program, it does not focus on controlling internal experiences as do most psychological skills training approaches. The MAC approach is based on acceptance and commitment therapy and mindfulness-based cognitive therapy (both third wave behavior therapies), and research on behavioral concepts of rule governed behavior and relational frame theory. Most traditional psychological skills training approaches em-

phasize the control of private internal experiences. This traditional approach attempts to isolate athletic performance as a discrete form of functioning that is not affected by external and internal contextual variables; and it contradicts the metacognitive stance associated with optimal human performance.

For an acceptance-based model of psychological functioning, it is counter-productive to consider internal experiences as positive or negative and even more so to try to control them. Acceptance-based models promote a way of experience in which internal experiences are considered to be naturally occurring phenomenon that do not have to be labeled, evaluated, or controlled. In fact, attempts to control internal experiences may contribute to the development of hypervigilance to internal processes associated with threat scanning – just the recipe for dysfunctional performance according to the integrated model of athletic performance. From this perspective, traditional psychological skills training may trigger attention that is task-irrelevant and subsequently disrupts the self-regulation process and functionality of performance.

The therapeutic action of the MAC program is proposed to occur via client development of effective self-regulation and values-directed behavior. Values-directed behavior is a concept associated with acceptance and commitment therapy which means engaging in a life that is vital and meaningful according to one's unique beliefs about what is important. It is based on natural contingencies (i.e., experienced consequences in the external world) as opposed to arbitrary contingencies (i.e., verbal-linguistic associations between hypothetical behaviors and outcomes). The MAC program can help athlete's improve their practice and training quality, competitive performance, and athletic enjoyment.

## ASPP Membership

All future newsletters will be sent and e-mailed to paid ASPP members only. Please submit your dues statement to Matt Tedeschi, Ph.D. at [drmjtedeschi@yahoo.com](mailto:drmjtedeschi@yahoo.com) or (631) 261-2085 .

It is important to remember that the MAC program is a performance enhancement tool that is appropriate for use with certain athlete-clients. These clients – based on a thorough assessment of their clinical and performance needs – are deemed psycho-socially successful enough such that the work can appropriately deviate from more clinically oriented technique. This means that clients with moderate to severe pathology would be more appropriately treated with more clinically oriented interventions. In many cases, these clinical interventions then serve as inadvertent performance enhancement tools due to an increase in overall functioning.

The MAC program follows an intervention protocol which consists of five phases. The phases are: education phase, mindfulness phase, values identification and commitment phase, acceptance phase, and integration and practice phase. The education phase includes (1) introducing the relationship between self-regulation and athletic performance; (2) discussing the athlete-client's prior performances; (3) explaining the concept of experiential avoidance and its relationship to traditional forms of self-regulation; and (4) introducing early cue detection which is the capacity to understand how internal and external events function as triggers for specific patterns of behavior.

The mindfulness phase includes (1) introducing the concept of mindfulness; (2) discussing the utility of mindfulness for facilitating the psychological state associated with enhanced performance; (3) teaching mindfulness techniques; (4) contrasting mindfulness with habitual, automatic tendencies to avoid negative internal experiences; and (5) teaching attention/refocusing skills.

The values identification and commitment phase includes (1) introducing the concepts of values; (2) helping clients determine their values; (3) fostering clients' use of behaviors that reflect their values; (4) connecting these concepts to both athletic and personal domains; and (5) introducing the concept of cognitive defusion which is the distancing of one's behavioral repertoire from arbitrary rules.

The acceptance phase includes (1) introducing rule-governed behavior in order to promote cognitive defusion; (2) discussing the negative impact language can have on performance; and (3) integrating the ideas from each of the phases into a comprehensive package of theoretical knowledge and practical skills.

The integration and practice phase includes (1) promoting the use of the previously learned ideas and skills; and (2) addressing related problems or concerns.

My practice is influenced by clinical sport psychology and the MAC approach. I have found that each of my athlete-clients differs in his or her need for focus on interpersonal/intrapsychic dynamics or performance issues and that these needs fluctuate throughout treatment. I have also found that interpersonal/intrapsychic and performance issues can influence and symbolize each other. An awareness of these dialectics has helped me promote avenues of communication and has influenced my treatment conceptualizations and technique. ■

## A Yoga Conundrum: Why Are So Few Men Interested?

Morton Kissen Ph.D

**O**n a visit to Kripalu (The premier yoga training center) for dinner with my wife, Judy, during our recent vacation in the Berkshires, it struck me that there were many women present but very few men.

Similarly, my yoga classes which I have faithfully attended two or three days a week for the past six years, since the dreadful illness and death of my daughter, Jennifer, have always been predominantly women and only a handful of men. I have many male friends who, knowing my wish to share the stress-reducing virtues of yoga, have made it clear that they had no interest in joining me some time to give it a try. I am reminded

of my summers at tennis camp with Ted Saretsky and of the many Derner colleagues who joined us there or gladly participated in the frequent tennis tournaments we organized. Certainly, I seldom felt the reluctance or resistance of men to participate that I have noticed since I gave up tennis, no longer being able to tolerate my poor playing,

**P**erhaps my own circle of male friends consists of men who are not interested in an activity that does not involve "keeping score". I have noticed my own admiration of the women in my classes and their wonderful body flexibility compared to my own rather tight muscular development which seems to restrict the range of my flexibility for the various postures and stretches that we do during each class. I guess I am furtively "keeping score" but am also fully aware that I am not supposed to do that in these classes. Over time, I have become more accepting of the limited flexibility of my body and mind, although I hate to admit it, and have felt less competitively aware of what I vs others around me can do. This is something I was never able to do with my tennis game.

Since I am feeling in a somewhat confessing mood, I must also admit that the idea for this article comes from missing the male camaraderie that I always had during my tennis days. Since I have little desire to go back to tennis and am restricted to ESPN for my competitive sports fixes, I am yearning for more men to join me in my love of yoga—thus far, to no avail. I have vaguely heard of the idea of a yoga Olympics which, not to be too chauvinist, might draw more men in. But to me that seems to be out of sync with the very nature of yoga.

Perhaps I need to resign myself to being surrounded by women in a beloved non-sport or is it a sport? I have begun to interview the few men who are in my classes about their thoughts about the seeming disinterest of men with yoga. I recently attended an ex-

citing International Association of Yoga Therapists symposium at Kripalu on the topic of how yoga is more and more being integrated into the U.S. military as an antidote to PTSD, with the blessings of the Chairman of the Joint Chiefs of Staff. The largely female audience once again was evident. The presenters made it clear that the word "yoga" was not to be used in the program description for the soldiers. Instead, some much more palatable term such as

"health and wellness" training was to be utilized for the mostly male participants. Indeed, a young West Point graduate, who happened to be a marine commander, in the audience spoke up and emphasized that the attractive mostly female yoga instructors need to be aware of their potential impact on their mostly

male class members because their contact with women may be limited during their military service.

This gives me an idea for how I might be able to get more men to participate in my classes. Maybe if I don't use the word yoga and instead use a more palatable term such as health and wellness, I will succeed in inducing a few male friends to join in. Indeed, this may revolutionize the already extremely popular yoga industry by bringing more men into the fold. Anyway, I dream on. ■



Morton Kissen

## Carl Bagnini's New Book—

**KEEPING COUPLES IN TREATMENT: WORKING FROM SURFACE TO DEPTH** will be published by Jason Aronson, Summer 2012.

Carl is doing a workshop at Indiana University for the Indiana Society for Psychoanalytic Thought. The topic is: **Treating Narcissistic Disorders in Individuals and Couples**, on March 1st, 2012.

## Save the date! for our Spring Conference on Saturday, May 19, 2012

### THE TRANSFORMATIVE IMPACT OF THE THERAPIST-PATIENT RELATIONSHIP: Attachment Theory, Mentalization/Self-Reflection and the Intersubjective Field

Keynote Speaker: Stephen Seligman, D.M.H.

Clinical Professor of Psychiatry, University of California, San Francisco ; Joint-Editor- In-Chief, Psychoanalytic Dialogues,. Currently at work on: *Life Over Time: Attachment, Intersubjectivity and Developmental Psychoanalysis*, to be published by Routledge.

What is it that is transformative in psychotherapy and psychoanalysis? In response to this question, Dr. Stephen Seligman stresses the importance of the dynamic, reciprocal interaction between the patient and the therapist, the intersubjective field, in which the two participants experience and influence each other in ways that are growth enhancing to the patient and, potentially, to the therapist as well.

Dr Seligman's presentation will begin with an introduction to developmental conceptualizations that have emerged from infant observational research. He will present video vignettes illustrating the exceptional power of early infant-parent interactions, stressing how non-verbal and affective interactions provide the

basis for the child's internalized sense of self and sense of what to expect from others. This perspective has direct implications for understanding the process of psychotherapy.

A brief survey of important concepts related to personality development will be offered. These include: attachment theory and research beginning with Bowlby's assertion, that the child's tie, or attachment, to his/her mother is a prime motivator; attachment classifications; the "strange situation" studies; the linkage between trauma and disorganized attachment; the intergenerational transmission of the early attachment style; recent advances in helping children and adults develop the capacity to mentalize and to be self-reflective. All of these concepts will be integrated to bring the topic of intersubjectivity into clear, experience-near focus.

The conference also presents a lively round-table discussion featuring Dr. Seligman and Adelphi Postgraduate Program faculty members, Drs. Mary Beth Cresci, Elaine Seitz, Lisa Stern and

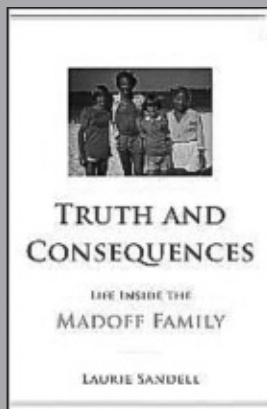
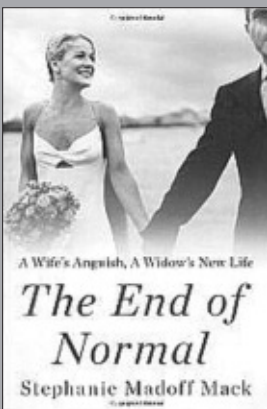
Michael Zentman discussing their work with adults, children, groups and couples. The afternoon portion of the conference will feature Dr. Seligman supervising Dr. Matt Tedeschi on the treatment of a sixteen year old traumatized girl.

Throughout the conference, Dr. Seligman and the other participants will use case examples and vignettes to illustrate how conceptualizations about infancy, intersubjectivity, attachment and mentalization affect how therapists think and act in their moment-to-moment interaction with clients. Audience members are encouraged to bring in case material for discussion.

This promises to be a most stimulating, thought provoking and enjoyable day. We hope to see you on Saturday, May 19th. The conference will be held on campus at the University Center. 5 CE credits will be offered.

See the attached article by Dr. Seligman to get a preview of some ideas that will be expanded upon in his presentation.

## ASPP Book Club Pot-Luck Dinner! Two Books on Family Interactions and Money!



END OF NORMAL  
by Stephanie Madoff Mack

TRUTH AND CONSEQUENCES: LIFE INSIDE THE MADOFF FAMILY  
by Laurie Sendell

Read one book or both for a discussion of family dynamics, psychopathology, and just plain greed.

ASPP Bookclub Pot-Luck Dinner will take place at  
Joyce Bloom's Home  
51 Belmont Drive North  
Roslyn, NY 11577

Sunday, March 4, 2012 5:00-7:00 PM



# What You Should Know About the New York State Psychological Association

**Herb Gingold, PhD, Graduate of the Derner Respecialization Program and The Post-Doctoral Program in Psychoanalysis**

**D**ear ASPP members, I've been an active member of the New York State Psychological Association for about 11 years and I've found it to be a tremendously enriching experience. In addition, it has been helpful in my own career development. In fact, you may not be aware of it, but NYSPA's political and lobbying efforts have made a significant positive difference to psychologists in NYS.

NYSPA is presently composed of 3000 psychologists throughout New York State (NYS). It is divided into local regions and thematic divisions. Members of ASPP may be interested in the Division of Psychoanalysis, one of the largest in the organization. I am currently the Treasurer of this division and chair of their conference committee. Every year, we present a conference on some area of interest. Recent conferences looked at Psychoanalysis and Neuroscience, New Views of Sexuality, and last October we explored the recent fascination with vampire movies and literature from a psychoanalytic perspective. Our conferences are well attended (usually 150+ people), offer CE credits, and provide a nice lunch and the opportunity to socialize with psychologists from all over NYS. Other divisions of interest are the Clinical, Independent Practice and Group Therapy Divisions. Each of these NYSPA divisions offers programs, training, and networking opportunities for psychologists. The regional affiliates also provide training and networking opportunities. There is a Division of Future Psychologists for students which sponsors an annual Internship Fair. The Division for Early Career Psychologists offers informative programs on building a practice and dealing with insurance. NYSPA has an active listserv which on a daily basis provides referrals, information on insurance, important legal problems, and

dealing with difficult patients. NYSPA also provides a free referral service, free and/or low cost legal advice, health insurance, and many other benefits to its membership.

One of the most important benefits of NYSPA is its representational and lobbying functions in Albany. NYSPA's insurance committee has helped members deal with difficulties getting reimbursement and has lobbied for in the interest of psychologists in Albany. We all benefit from these activities, despite the fact that only 1 in 3 NYS psychologists is paying for it! For example, NYSPA is currently fighting to allow psychology graduate students to complete their internship year BEFORE graduating. This will be very helpful to new students who would otherwise have to delay beginning their careers another year or two.

On the personal level, one of the largest benefits has been the relationships I have developed with many other psychologists all over the state. They have become a network to call when I need advice, want to get and make referrals, have an insurance question or want to talk about a difficult case. As a member of NYSPA Council, including a two year stint on the Executive Committee, I learned about governance which has served me well in other capacities. By organizing programs and conferences for the Divisions of Psychoanalysis and Adult Development and Aging and NYSPA itself, I met many important individuals in our field and have been able to promote interest in psychoanalysis in the organization. I have had the opportunity to make presentations at divisional, regional and statewide conferences, opportunities which have made me a better speaker and given me more visibility in my specialties. I have been encouraged to write articles for NYSPA's peer reviewed journal, *The New York State Psychologist*. These are only a few of the benefits that I have enjoyed.

For those who don't want to be active members, just knowing you are contributing to the welfare of your field in NYS (and nationally, as NYS is active and influential in APA) may be satisfaction enough, given the big changes in the field and in health care in the near future. We need a voice at the table and NYSPA is your voice. Join it! ■

## Freud's Last Session

**Laurie Schwartzer LCSW**

**A**s a new member of the Adelpi Society for Psychoanalysis and Psychotherapy, I was fortunate to attend the event on Sunday January 15, Freud's Last Session. The play, written by Mark St. Germain was a wonderful interpersonal encounter by Freud and C.S. Lewis. As the playwright explained, he wanted to depict two strong characters with different beliefs and see what would ensue. The actor playing Freud, Tuck Milligan was a standby and it is hard to imagine how anyone could have done a better job. I was sitting next to an actor who said he could not believe that this standby played both roles when necessary.

The play takes place during the second world war and the feeling is that you are there reliving history as the two men debate the existence of God. As the conversation develops one learns about both Freud's and C.S. Lewis' fathers and it is hard to tell who is psychoanalyzing whom at various points.

At the end of the play, there was an opportunity to speak to the playwright and the actors and ask questions as well as have our picture as a Society taken with them.

After the play we met at a restaurant/tavern where we all enjoyed food and libations. I got the chance to meet some of the people I have emailed or heard of and was impressed by the warm community Adelpi offers. I thank Joyce Bloom for coming up with the wonderful idea to meet in this forum. ■



## At the Midwinter Party



Heather Perrin-Boyle with her daughter.



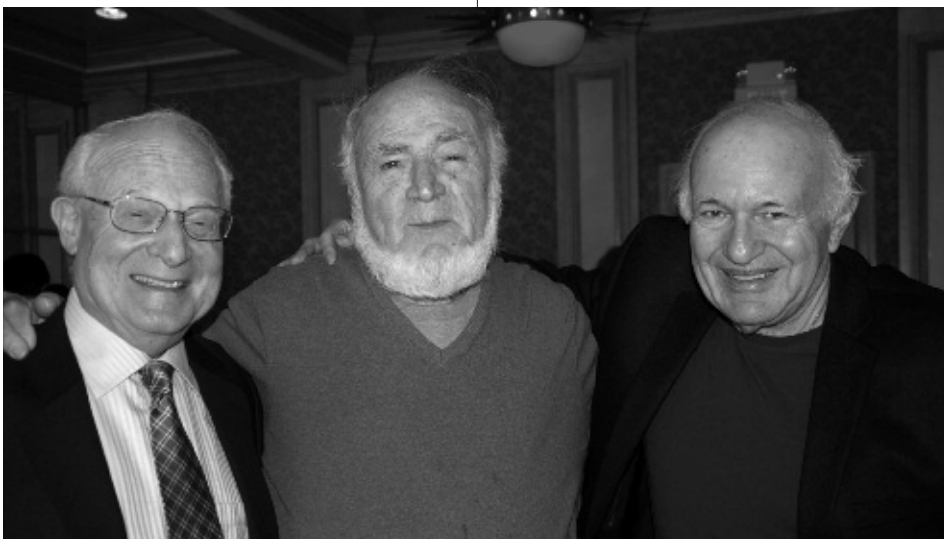
Theresa and Jason Stewart, Megan O'Rourke-Schutta and her husband, Jim.



Shelley Haber and Roberta Costanzo



George Kingsley, with his wife Darcy and their daughter.



Stephen Hyman, Bernie Frankel and Ted Zaretsky



## Spring Colloquium

Friday, March 23, 2012 at 7:30pm

Sue Erikson Bloland

### **"The Importance of Shame in Contemporary Psychoanalytic Theory and in Understanding the Quest for Fame"**

In this presentation Sue Erikson Bloland, author of the memoir, "In the Shadow of Fame", will discuss the evolution in psychoanalysis from the early emphasis on guilt to the contemporary view of shame as an even more profound and pervasive cause of emotional distress in everyday life. The essential interrelatedness of shame and the pursuit of fame will also be discussed.

Date TBD:

Masha Yaglom

### **"Working with Orthodox Jewish Clients"**

This presentation will focus on the characteristics of Jewish Orthodox life that frame the internal world of an observant Jew. Spiritual practices, life cycle experiences, family and communal life, and other important aspects of Orthodox life and beliefs will be discussed and analyzed in their application to the formation of conscious and unconscious value system, self, identity, transference, treatment goals and expectations.

## Save the Date for an ASPP Retreat

Friday, November 9-11, 2012  
in Rhinebeck, NY with guest  
speaker Freud scholar

John Kerr, author of  
**A Dangerous Method**

Look for more information in  
our next issue.



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