A NEW FREUDIAN SYNTHESIS
CIPS Series on The Boundaries of Psychoanalysis
Series Editor: Meg Beaudoin, PhD, FIPA

When Theories Touch: A Historical and Theoretical Integration of Psychoanalytic Thought by Steven J. Ellman

CIPS
CONFEDERATION OF INDEPENDENT PSYCHOANALYTIC SOCIETIES
www.cipsusa.org

The Confederation of Independent Psychoanalytic Societies (CIPS) is the national professional association for the independent component societies of the International Psychoanalytical Association (IPA) in the USA. CIPS also hosts the Direct Member Society for psychoanalysts belonging to other IPA societies. Our members represent a wide spectrum of psycho-analytic perspectives as well as a diversity of academic backgrounds. The CIPS Book Series, The Boundaries of Psychoanalysis, represents the intellectual activity of our community. The volumes explore the internal and external boundaries of psychoanalysis, examining the interrelationships between various psychoanalytic theoretical and clinical perspectives as well as between psychoanalysis and other disciplines.

Published and distributed by Karnac Books

Orders
Tel: +44 (0)20 7431 1075; Fax: +44 (0)20 7435 9076
E-mail: shop@karnacbooks.com
www.karnacbooks.com
A NEW FREUDIAN SYNTHESIS
Clinical Process in the Next Generation

Edited by
Andrew B. Druck, PhD,
Carolyn Ellman, PhD, Norbert Freedman, PhD and Aaron Thaler, PhD

KARNAC
We dedicate this work to our loved ones: our parents, who live on in our memories; our spouses, whose love and support we count on every day; and our beloved children and grandchildren, who provide us with optimism about the future.
CONTENTS

ACKNOWLEDGEMENTS xi

EDITORS AND CONTRIBUTORS xiii

INTRODUCTION xvii
Andrew B. Druck, Carolyn Ellman,
Norbert Freedman and Aaron Thaler

CHAPTER ONE
Modern conflict theory: A critical review 1
Andrew B. Druck

CHAPTER TWO
Modern structural theory 25
Andrew B. Druck

CHAPTER THREE
States of consciousness 51
Sheldon Bach
CHAPTER FOUR
New developments in the theory and clinical application of the annihilation anxiety concept 65
Marvin Hurvich

CHAPTER FIVE
Breakdown and recovery in the analysis of a young woman 97
Aaron Thaler

CHAPTER SIX
On shame in narcissistic states of consciousness:
   Clinical illustration 131
Mary Libbey

CHAPTER SEVEN
Anonymity: Blank screen or black hole 157
Carolyn Ellman

CHAPTER EIGHT
Ferenczi’s concepts of identification with the aggressor and play as foundational processes in the analytic relationship 173
Jay Frankel

CHAPTER NINE
Cultivating meaning space: Freudian and neo-Kleinian conceptions of therapeutic action 201
Neal Vorus

CHAPTER TEN
“Secretly attached, secretly separate” art, dreams, and transference-countertransference in the analysis of a third generation Holocaust survivor 219
Michal Talby-Abarbanel

DISCUSSION OF “SECRETLY ATTACHED, SECRETLY SEPARATE”
Trauma in action: The enacted dimension of analytic process in a third generation Holocaust survivor 239
Gil A. Katz
CHAPTER ELEVEN
A Freudian synthesis: Reflections and a perspective 249
Norbert Freedman

REFERENCES 265

INDEX 287
ACKNOWLEDGEMENTS

The editors would like to give special thanks to Fredrick Perlman, past president of CIPS, Meg Beaudoin, and the CIPS board of directors, who had the wisdom and vision to create this innovative book series, which makes it possible to communicate recent developments in psychoanalysis to our colleagues, especially in North America. Further, we are thankful for the way that Meg, as the series editor and liaison with Karnac, has been with us throughout every step of this process.

We recognize the contribution of the IPTAR series of Controversial Discussions (created by Norbert Freedman), a component of the programme in pre-psychoanalytic education, which was the impetus for many of the chapters contained in this volume.

We are grateful to our teachers from the New York University Postdoctoral Program, our colleagues at IPTAR and at the New York University Postdoctoral Program, and the students and supervisees from both places that continually help us to formulate and change our ideas. We are especially grateful to our patients who are the true inspiration for our continual growth.
We also want to thank each other for the effort each of us put into the book, for the emotional support, intellectual contribution, and editorial work of each, without which we could never have done it.

Andrew B. Druck
Carolyn Ellman
Norbert Freedman
Aaron Thaler
Sheldon Bach, PhD is an adjunct clinical professor of psychology at the New York University Postdoctoral Program in Psychotherapy and Psychoanalysis and a training and supervising analyst at the Institute for Psychoanalytic Training and Research (IPTAR) and at the New York Freudian Society. He is the author of *Narcissistic States and the Therapeutic Process, The Language of Perversion and the Language of Love,* and *Getting from Here to There: Analytic Love, Analytic Process.*

Andrew B. Druck, PhD, ABPP, (editor) is a fellow (training and supervising analyst), past president, former dean of training, and faculty member at the Institute for Psychoanalytic Training and Research (IPTAR). He is a clinical assistant professor of psychology, faculty member and supervising analyst at the New York University Postdoctoral Program in Psychotherapy and Psychoanalysis. He is the author of *Four Therapeutic Approaches to the Borderline Patient.*

Carolyn Ellman, PhD (editor) is a training and supervising analyst at the Institute for Psychoanalytic Training and Research (IPTAR) and the New York Freudian Society. She is an adjunct clinical professor and supervising analyst at the New York University Postdoctoral Program in Psychotherapy and Psychoanalysis.
Program in Psychotherapy and Psychoanalysis, and a clinical associate supervisor at City University Clinical Psychology Department. She is the senior editor of *Modern Freudians* and *Omnipotent Fantasies and the Vulnerable Self*.

**Jay Frankel, PhD** is a faculty member at the Institute for Psychoanalytic Training and Research (IPTAR) and is an adjunct clinical associate professor and supervisor at the New York University Postdoctoral Program in Psychotherapy and Psychoanalysis. He is a supervisor at the Manhattan Institute for Psychoanalysis and in the Child and Adolescent Psychotherapy Training Program at the William Alanson White Institute. He is an associate editor of the journal *Psychoanalytic Dialogues*, and author of many psychoanalytic journal articles and book chapters on topics including play, trauma, identification, the analytic relationship, child psychotherapy, and the work of Sándor Ferenczi. He is co-author of *Relational Child Psychotherapy*.

**Norbert Freedman, PhD** (editor) is a training and supervising analyst and former president at the Institute for Psychoanalytic Training and Research (IPTAR). He is an adjunct clinical professor and supervising analyst at the New York University Postdoctoral Program in Psychotherapy and Psychoanalysis, professor emeritus of psychiatry and former director of clinical psychology, SUNY Downstate Medical Center. He is the author of numerous publications on the clinical and empirical study of symbolization and transformations in the psychoanalytic process.

**Marvin Hurvich, PhD, DP, ABPP**, is a training and supervising analyst at the Institute for Psychoanalytic Training and Research (IPTAR), the New York Freudian Society, and the New York University Postdoctoral Program in Psychotherapy and Psychoanalysis. He is professor of psychology at Long Island University, Brooklyn Center, a diplomate in psychoanalysis, and a member of the International Psychoanalytic Association. He is co-author, with L. Bellak and H. Gediman, of *Ego Functions in Schizophrenics, Neurotics and Normals*, and his current writings are on theoretical, clinical, and empirical aspects of annihilation anxieties.

**Gil A. Katz, PhD** is a faculty member, fellow (training and supervising analyst), and former dean of training at the Institute for Psychoanalytic Training and Research (IPTAR). He is a clinical
assistant professor of psychology, faculty member, and supervising analyst at the NYU Postdoctoral Program in Psychotherapy and Psychoanalysis. He is the author of psychoanalytic articles on enactment and the therapeutic action of psychoanalysis.

**Mary Libbey, PhD** is a training and supervising analyst and faculty member at the Institute for Psychoanalytic Training and Research (IPTAR). She is a supervising analyst and faculty member at the NYU Postdoctoral Program in Psychotherapy and Psychoanalysis.

**Michal Talby-Abarbanel** is a clinical psychologist trained in Israel and a licensed psychoanalyst in New York. She is on the faculty of the New York Counseling Center and is an associate member of the Institute for Psychoanalytic Training and Research (IPTAR). She is in private practice in New York City.

**Aaron Thaler, PhD** (editor) is a faculty member and supervisor at the Institute for Psychoanalytic Training and Research and the IPTAR Child and Adolescent Psychotherapy Training Program, and he leads the IPTAR Study Group on Winnicott. He is a faculty member and training and supervising analyst at the Psychoanalytic Training Institute of the New York Freudian Society. He is a supervising analyst at the New York University Postdoctoral Program in Psychotherapy and Psychoanalysis.

**Neal Vorus, PhD** is a faculty member and supervisor at the Institute for Psychoanalytic Training and Research (IPTAR). He is an adjunct clinical assistant professor at the NYU Postdoctoral Program in Psychotherapy and Psychoanalysis, and an adjunct assistant professor of psychology at John Jay College of Criminal Justice.
In every analysis, we arrive at critical moments, turning points that often occur far along into the work. These moments, which often replay significant traumatic biographical events, define the course of the analysis. They make it real, they actualize the verbal content, and the way in which they are navigated strongly influences the depth and success of the analytic endeavour. In this volume, we see how contemporary Freudian analysts have integrated different currents in Freudian theory and technique to deal with the challenges of these moments. Further, we see how, and why, the fabric of an analysis, the analytic frame within which these critical moments arise, the context that allows for these moments to emerge, is shaped first by the analyst and then by the analyst-patient dyad.

The work presented here demonstrates how modern analysts have translated and retranslated the contributions of analysts on whose shoulders we stand, including Freud, Winnicott, Loewald, Kohut, and others. The editors asked each contributor to show how they, in their unique way, have taken the work of first and second generation theorists and made it their own, specific to the kind of psychoanalytic work that is most often practised today. We see how our authors have deconstructed and then reinterpreted the work...
of our predecessors. These authors (representing three generations of analysts) are an out-growth of a series called Controversial Discussions at the Institute for Psychoanalytic Training and Research (IPTAR) in New York City. None of our authors had any knowledge of the other contributors’ chapters. Thus, we, as editors, were curious to see what contemporary Freudian theory and practice would look like through the lens of these contemporary Freudians.

* * *

The opening chapters provide a theoretical overview, demonstrating the evolution of Freudian theory and the ways in which different founding analysts’ work can be integrated. The later chapters, forming the bulk of this volume, translate that frame into clinical process and demonstrate different emphases in contemporary psychoanalytic work. We found that the papers demonstrate how analysts confronted with clinical dilemmas—for example, patients who cannot, for various reasons, use interpretations productively—find ways to address these dilemmas while deepening the analytic process. In this effort, we will see how central elements of psychoanalysis, such as interpretation and the nature of the patient-analyst relationship, have also been deconstructed and redefined as we enter a new century.

As you will notice, perhaps the greatest commonality between the various clinical papers is an intense focus on the subtleties of clinical process. We can see this in different ways. First, there is the discussion of the phenomenology of the patient’s conscious experience and shifts in his or her affective state. Many of the analysts write of the mutative effect that results when the analyst enters the patient’s conscious, as well as unconscious world, in one way or another. Further, we can understand some of our authors’ focus if we take the common statement “I interpreted to the patient that …”. Previous analysts focused on the content of what was interpreted; our authors look at the context of such statements. For example, to whom was the analyst interpreting? Is there a patient capable of appreciating the analyst’s perspective, different from that of the patient? What kind of interpersonal action is an interpretation? What is the “meta-communication” in an interpretation? To what extent does it deepen an experiential process, or disrupt it? Why does the analyst choose to interpret at a given moment? From where does the interpretation
come—to what extent is the analyst following the patient’s clinical process and to what extent is the analyst following his or her theory? How much does an interpretation reflect joint discovery by the patient and analyst, and how much does it reflect the analyst finding what he or she believed must be there unconsciously?

Interpretation historically has been viewed as the major mutative factor in psychoanalysis, although its nature and role have been reworked over time by generations of analysts. In this volume, one finds further examination and reinterpretation of the concept and its mutative role. Many authors stress how the analyst offers interpretive space, that is, psychic space within which interpretations can be considered, played with, and taken in, perhaps in a transformed way, by the patient. At one point in time, the analyst offered an interpretation. Now interpretation is seen as something discovered by the patient. It may be an affirmation of the patient’s newly-discovered voice, a statement reflecting the patient’s, as well as the analyst’s, creativity.

As the reader goes through the papers, he or she will see that many of the authors discuss patients with great difficulties in the sense of self, unintegrated self and object states, senses of self that feel false and inauthentic, annihilation fears, and struggles with humiliation and shame. The analysts describe working in an analytic regression that provides the context for emotional connection between analyst and patient, one that is, in a major way, mutative. One quickly sees that certain “classical” elements of psychoanalytic work are understated or missing, such as reliance on drive, defence, resistance, and interpretation. These traditional elements of Freudian theory and technique are not highlighted because, for most of our authors, they are assumed and taken for granted. They are seen here through the prism of a larger context of personal integration. It is this larger context that is highlighted, and traditional elements are subsumed or re-interpreted within it.

What is stressed is a developmental focus: how a sense of authentic self, a developed “mind”, comes into being through the patient-analyst relationship. The analyst is often mostly a “subjective” object whose function is to reflect, affirm, bolster, and participate in some fundamental way in the needs of his or her patient’s psychic structure. It is believed that a more developed mind and authentic sense of self comes into being through a complex and subtle interplay of
internalization of the analyst and the patient’s own creative process. Thus, “transference” is understood as much in terms of the current patient-analyst relationship as past relationships. The analyst looks at his or her current role in the patient’s psychic state as much as his or her role as an object from the past. He or she attends to what the patient needs in the present as well as what he or she unconsciously repeats from the past. This way of thinking, along with different theoretical emphases, makes different observations and insights possible and the reader is treated to case presentations, which illustrate the work of contemporary innovative Freudian analysts.

The reader will find that a new synthesis has taken place in which the relationship with the analyst is a crucial element in setting the stage for patients to take a closer look into their own inner world. This detailed examination of the clinical techniques that were implied but not developed by analysts such as Winnicott, Ferenczi, Kohut, and Loewald has led to a new Freudian synthesis, which is the unique contribution of this volume.