

CUTV News Radio
Press Release for
Dr. Susan Kavalier-Adler

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Show dates:
Friday September 6th at 11am EDT (Jim)
Friday September 20th at 11am EDT (Doug)
Friday September 27th at 11am EDT (Jim)

FOR IMMEDIATE RELEASE

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CUTV News Radio Spotlights Dr. Susan Kavalier-Adler

New York, NY – Psychology and Psychoanalysis as clinical practices have a depth and range that are generally not known to the general public. So many people resort to medication when in-depth experiential work to understand oneself, and to prevent the repetition of self sabotaging behavior, is available with trained clinicians in Mental Health.

Dr. Susan Kavalier-Adler is a clinical psychologist and a psychoanalytic psychotherapist, who has been practicing in lower Manhattan for more than 40 years.

Though she's been in the field for many years, Dr. Kavalier-Adler is distinguished by her ability to innovate and experiment in a session with a client, as well as to listen very deeply to the many levels of communication.

"I'm the instrument to tune into the unconscious thoughts and feelings of the patient, but I'm also open to an improvisational state" says Dr. Kavalier-Adler. "The psychoanalyst is the expert to help the patient sort through their confusion, to recognize what their mind is saying to them, and to recognize how repressing the unconscious parts of themselves might be contributing to their problems. I work with adults, but part of that work is to help the adult work with the child inside." This also relates to understanding and healing trauma.

According to Dr. Kavalier-Adler, our interpretations of life come from the underlying psychic fantasies we carry with us. Uncovering your fantasy, and making it conscious, helps you have choices rather than compulsions.

"Many people are very much repeating negative patterns over and over again, self-sabotaging and also sabotaging relationships," says Dr. Kavalier-Adler. "I allow them to have the space for all their thoughts and feelings that come up in the moment, and help them see defensive operations that interfere with being fully present in the moment, which is also related to blocks in creativity, and to blocks in love and relationships and intimacy. I'm allowing thoughts and feelings, but I'm also welcoming psychic fantasies, dreams, nightmares, wishes and desires."

This willingness to explore what's possible in human psychology extends to Dr. Kavalier-Adler's writing as well. She specializes in "Object Relations," a school of thought that explores how the nature of our need for connection in relationships, which developed early in life, continues to affect our inner experience in the present. The author of 70 articles and 6 books, Dr. Kavalier-Adler is the Founder and the Executive Director of the Object Relations Institute, a state chartered educational institute that trains psychotherapists and psychoanalysts.

"One of my books, entitled *"Mourning, Spirituality and Psychic Change: A New Object Relations View of Psychoanalysis,"* discusses how, when people open up to grief, mourning and loss, they open up to all kinds of new possibilities. This 'developmental mourning' process awakens spirituality, creativity, and erotic passion. Developmental mourning helps those in the process of psychotherapy to find their true voice, as the formerly blocked or inhibited parts of the person emerge with the depth of feeling, loving, and intimate relating."

CUTV News Radio will feature Dr. Susan Kavalier-Adler in an interview with Jim Masters on September 6th and September 27th at 11am EDT and with Doug Llewelyn on September 20th at 11am EDT

Listen to the show on BlogTalkRadio

If you have a question for our guest, call (347) 996-3389

For more information on Dr. Susan Kavalier-Adler, visit www.kavalieradler.com, and email drkavalieradler@gmail.com

Questions:

- Who are you Dr. Kavalier-Adler? What do you do?
- Let's dive in right there. What is it about you and psychology? What's so interesting about it for you? Why did you pursue it in the first place?
- What is "object relations" clinical work?"
- It's that what it's all about? Are we repeating our negative patterns or growing and transcending it?
- I'm curious because I can tell that you have a very intense interest in this stuff. But I feel like the sharing space with your clients, that's a different thing. What is it within you that allows you to share space with people so that they can feel very vulnerable but also safe at the same time?
- You've been doing this a long time. Why are people still interesting to you?
- Ultimately, we're all just trying to make sense of something that doesn't have much explanation at the moment. Just the experience of being alive, you sign up for all that confusion when you walk into this universe and it's very difficult to make sense of it. We're all creating these fantasies that are driving our behavior so it's helpful to have a dialog about it.
- You're someone who really explores the nature of fantasy. That would scare most people away.
- When you're investigating things like erotic transference, what's happening there in terms of the fantasy? Is it abnormal? What motivates erotic transference?
- You create a safe space by accepting anything that is said in words. In any other context erotic transference is totally inappropriate, but it's actually part of the process and worth exploring without judgment. Let's just use this, just like you would use it in improv class.
- Using creative self-expression is really the path out of those feelings of anxiety and depression because you're tapping into your inherent wisdom and strength.
- Everyone who does this feels that meditative feeling. And if you do it enough, you get into that really wonderful place where you just catch the spirit. And it's so empowering and so freeing and you want to feel like that all the time. That's emotional health.
- How do you tune into the people you work with clinically so as to do work that allows them to discover unconscious parts of themselves, which need to speak?
- You mentioned that your lifelong abilities as a writer and as a dancer help you in your work as a psychoanalytic clinician.
- What are you most proud of?