



Tampa Bay Institute for Psychoanalytic Studies, Inc

3404 62nd Street East, Bradenton, FL

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TBIPS Newsletter Vol. XV, Issue II. Summer (Jun) 2023



Volume XV, Issue II,
Summer 2023

Greetings from the President

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Dear Reader:

I, like many, have watched in dismay over the past months as the APsA family split, old guard or new, right wing or left, much like the gaping division evident in our country. It has been painful, frightening, disheartening. In Florida, where I was born and raised, the governor speaks of freedoms while orchestrating the limitation of freedom to think, speak, have agency over our own bodies. In my rural home, my neighbors support Trump; many declined the COVID vaccines; the kids next door have had no polio, chicken pox, or MMR vaccines, all the antithesis to who I am and what I believe. And I love them. Despite our differences we do for each other, include one another, and look out for each other, even if sometimes askance.

My parents believed charity begins at home and that a personal relationship could transcend difference. Is this not what psychoanalysis is about, the personal relationship, the negotiation of difference, the welcoming acceptance of the alien? Don't we hold lightly to our theories, suspending judgment? If digging in our heels means loss of relationship, isn't that as dangerous as loss of self while acquiescing to the other? Where is the capacity to maintain selfhood even in the face of difference?

With huge gratitude I thank the TBIPS faculty and student candidates for all their dedication to teaching and learning despite our differences in theory, religion, politics, and geography.

Lycia Alexander-Guerra, MD
President, TBIPS
941-741-8949

TBIPS Newsletter Volume XII, Issue I

Training in Psychoanalysis and Psychotherapy

TBIPS embraces pluralism and emphasizes a comprehensive contemporary view of psychoanalysis and features a multi-cultural and theoretically diverse faculty, including, but not limited to, expertise in Intersubjectivity, Relational, and Self Psychology.

The TBIPS training program represents the most current, up-to-date theories in psychoanalytic thought. TBIPS embraces *pluralism* and emphasizes a *comprehensive* contemporary view of psychoanalysis within the context of a mutually shared and respectfully open paradigm between faculty and candidates. We offer a multi-cultural and theoretically diverse faculty, including, but not limited to, expertise in Intersub-

jectivity, Relational, and Self Psychology, whose teaching style is student focused with the goal of offering the opportunity for dialogue between varying schools of thought and to engage and encourage candidates to think *critically* about psychoanalytic concepts.

Inquiries Welcome. To Apply:

Contact Lycia Alexander-Guerra at 13919 Carrollwood Village Run, Tampa, 33618 or 813-908-5080; or go to Tampapsychoanalytic.org "Home"

Seminars may be taken individually or as part of certificate programs in psychoanalytic psychotherapy or psychoanalysis

We are always seeking additional faculty to volunteer to teach and/or design TBIPS courses. Contact Dr. Alexander-Guerra at tbinstitutepsastudies@gmail.com to join us in this exciting endeavor.

TBIPS CURRICULUM

TBIPS recognizes that, because many people come to us suffering from the Trauma of childhood abuse and/or other horrific events or from the relational trauma of chronic misattunement and misrecognition, our curriculum must weave into it a deep understanding of child development, attachment, and the effects of trauma. Semesters currently run 16 weeks long. Courses are open to individual students as well as to candidates seeking full psychoanalytic training. TBIPS invites candidates to frequently update the syllabi.

Semester I	FIRST YEAR	Semester II
Intro to Psychoanalytic Concepts I Practical Analytic Subjectivity I Continuing Clinical Case		Intro to Psychoanalytic Concepts II Development Continuing Clinical Case
SECOND YEAR		
Relational Concepts I Developmental Issues: Narcissism and Shame Continuing Clinical Case		Relational Concepts II Developmental Issues: Attachment Continuing Clinical Case
THIRD YEAR		
Repetitive Painful States Group or Couples Therapy Continuing Clinical Case		Trauma (8 weeks) and Gender (8 weeks) Practical Analytic Subjectivity II Continuing Clinical Case
FOURTH YEAR		
Psychosoma Hate, Envy, and Destruction in the Clinical Encounter Continuing Clinical Case		Focus on Psychoanalytic Contributors and Topics* Electives (candidates design) Continuing Clinical Case

* courses which focus on specific theorists (Winnicott, Ferenczi), and topics (Spirituality, Racism).



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Registration Fall Semester 2023

**Each course is an hour and fifteen minutes. All Courses meet for 16 Wednesdays:
Sept 20, 27; Oct 4, 11, 18, 25; Nov 1, 8, 15, 29; Dec 6, 13, 20, 2023; Jan 3, 10, 17, 2024.**

Registration deadline is Aug 11, 2023 and requires a mandatory subscription fee to PEP (psychoanalytic electronic publishing). **Fees:** \$300 for a single course; \$250 per course if enrolled in 3 or more courses. PEP annual fee is \$50.

Courses offered this Semester:

Repetitive Painful States Wednesdays 8:00am-9:15am Clinicians often find themselves wondering why it is so difficult to negotiate change with patients who are chronically depressed, hopeless, negative, lonely, and/or angry, who stay in abusive situations, continue to use mind- and mood-altering substances, and/or persist with eating disorders, that is, patients who find themselves uncannily recreating familiar maladaptive and painful relationships. In this course, we will discuss how psychological pain is managed and mitigated. We will look at memory systems, neuroendocrinology, attachment styles as they contribute to maintaining a less than optimum attempt at homeostasis, and the role of dissociation and enactment as communication of unsymbolized experience.

Couples Therapy Wednesdays 9:30am-10:45am Couples Therapy challenges one to practice new ways of being and experiencing interpersonal and intersubjective relationships with an immediacy more palpable for the participant than often experienced in individual treatment. Many clinicians are reluctant to treat couples because they consider themselves inexperienced in this valuable treatment modality. This course will encourage participation in experience with couples while providing theoretical background and practical skills to treat them.

Clinical Case Conference Wednesdays 11:00am-12:15pm This course is designed to support the clinician's work and offers opportunities to integrate clinical material with psychoanalytic concepts, including ethics, and ways to deepen the psychoanalytic process, with a focus on the therapist's self-reflection, the clinical relationship, and ways to facilitate what is mutative for the patient. Attendees are encouraged to present case material.

TBIPS Fall 2023 REGISTRATION FORM

_____ **Repetitive Painful States** (16 weeks) **Weds 8:00-am-9:15qm** Sep 20, 2023-Jan 17, 2024.
Fee: \$300 for a single course; \$250 if enrolled in 2 or more courses.

_____ **Couples Therapy** (16 weeks) **Wednesdays 9:30am-10:45am** Sep 20, 2023-Jan 17, 2024.
Fee: \$300 for a single course; \$250 if enrolled in 2 or more courses.

_____ **Clinical Case Conference** (16 weeks) **Weds 11:00am-12:15pm** Sep 20, 2023-Jan 17, 2024.
Fee: \$300 for a single course; \$250 if enrolled in 2 or more courses.

_____ **PEP** subscription \$50

_____ Late fee \$50 if received after (Aug 11) deadline

_____ **Total Payment Enclosed** including PEP subscription
(one course: \$360; two courses: \$560; three courses: \$810).
(refund policy: 85% 7 days before classes begin)

Registration deadline is August 11, 2023. Deadline is for all application material, registration form, and payment. We cannot provide papers through a subscription to PEP (psychoanalytic electronic publishing) unless paid by deadline.

Name _____ Degree _____ License # _____ State _____
Address _____ City _____ State _____ Zip _____
Email address _____

Email completed form (and CV if first time registrant) to tbinstitutepsastudies@gmail.com
For payment go to tampapsychoanalytic.net and click on payments and donations.

CANDIDATE CORNER



Sevasti Gkioka is a Psychologist (BSc, MSc), and Relational Psychotherapist (PgD) having completed her 2nd year of psychoanalytic studies at the Tampa Bay Institute for Psychoanalytic Studies (TBIPS). She received her Bachelor in Psychology at the National and Kapodistrian University (NKUA) in Athens, Greece, her hometown. “Since my Bachelor studies, my internship in a Psychiatric Clinic treating forensic psychiatric patients, and my Master in Forensic Psychiatry (NKUA), my professional interest falls into two fields: contemporary psychoanalysis and female criminality and victimization.”

Having completed her specialization in relational psychoanalytic psychotherapy at the Institute for Relational and Group Psychotherapy (IRGP) Sevasti got familiar with the ways group theories can evolve and enrich our relational way of thinking. Thus, she is currently training in Yalomian group therapy, while being honored with her selection as a probationary regular member at the same Institute (IRGP). She is also a member of the International Association for Relational Psychotherapy and Psychoanalysis (IARPP), the American Group Psychotherapy Association (AGPA), and the Hellenic Forensic Psychiatric Association.

Sevasti is currently working as a psychotherapist in private practice, conducting individual and group sessions in-person and online. She shares her passion for forensic psychology, a newly rising field in Greece, as a co-author on various e-learning educational programs of NKUA in the topics of forensic psychology and criminology. Her experience as a psychologist – having previously worked at the Greek National Suicide Prevention Hotline and the Greek Suicide Prevention Center, as well as the Day Center for refugees suffering from psychiatric disorders (KLIMAKA NGO) – has allowed her to empower herself professionally in matters of deontology, crisis intervention and cross-cultural and multidisciplinary treatment approaches.

A few words about her experience at TBIPS: The psychoanalytic training program of the Tampa Bay Institute for Psychoanalytic Studies was introduced to me by the Institute for Relational and Group Psychotherapy (IRGP). I am more than glad to be part of a multidisciplinary and multicultural group of candidates mutually contributing to an open dialogue about psychoanalysis. The faculty members are all experts in the field helping us to delve into varied psychoanalytic concepts, with the most helpful for me, being already trained in relational school of psychoanalysis: Self Psychology, Attachment Theory, and neuropsychological studies. The richness of the program is based not only on the plethora of psychoanalytic papers discussed in class, but also on faculty and candidates collaboration and equal participation sharing valuable material from our experience in therapy. Critical thinking and peer to peer professional support are encouraged in group supervision (Clinical Case Conference) with the help of our supervisors' guidance and insightfulness. Having the option of a long distance learning program is an opportunity for every psychotherapist to expand one's way of thinking and enrich one's psychotherapeutic work, to become familiar with multiple theories and therapeutic styles, and to have a fruitful dialogue on their combination in clinical practice. Looking forward to our next semester and the new co-trainees, while giving a farewell to the candidates, companions to our TBIPS journey, who have completed their studies so far.



Tampa Bay Psychoanalytic Society (TBPS)

SPEAKER PROGRAM MEETINGS

TBIPS students, candidates, and faculty, and the Tampa Bay professional mental health community are fortunate to have the local Tampa Bay Psychoanalytic Society to bring interesting speakers to the area to share their expertise. Now that TBPS has gone virtual it is able to offer its many excellent presentations to a worldwide audience,

TBPS' 2023-2024 Speaker Program Schedule:

September 23, 2023 — Sandra Buechler (9:30am-12:30pm EST)

October 14, 2023 — Michelle Stephens (9:30am-12:30pm EST)

November 11, 2023 — Robert Grossmark (9:30am-12:30pm EST)

January 20, 2024 — Steven Stern (9:30am-12:30pm EST)

February 17, 2024 — Kathryn Zerbe (Note: 1:30-4:30pm EST)

March 16, 2024 — Jane Hall (9:30am-12:30pm EST) [her book featured on p.7]

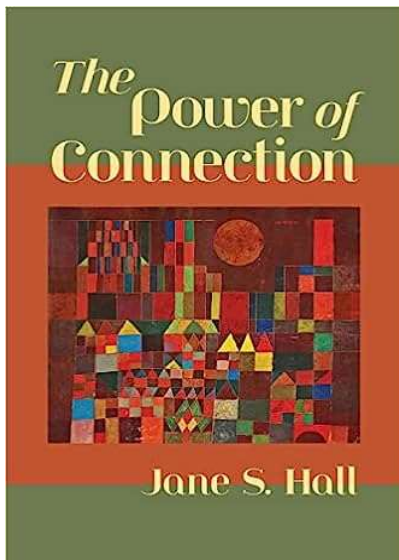
April 13, 2024 — Aisha Abbasi (time TBA)

One outcome of the 2020 (and beyond) Covid-19 pandemic, TBPS discovered that people from around the country and the world could now attend its programs (for a very nominal fee) and from the comfort and convenience of home. This year most programs are from 9:30am-12:30pm EST with a couple from 1:30-4:30pm EST to accommodate west coast presenters. Those licensed in Florida can receive CEUs/CMEs posted to CEBroker (free to its members, a fee for non-members). For details and more information go to <https://tbps.wildapricot.org>.

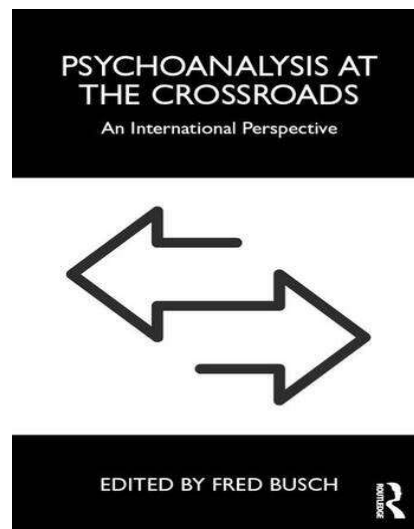
TBPS also offers a **Psychoanalytic Discussion Group** which meets the third Wednesday of the month (Sept.- June) 7:30-9:00pm. This year we will be reading **Risking Intimacy and Creative Transformation in Psychoanalysis (Relational Perspectives Book Series)** by Lauren Levine. The group is free to all TBPS members and meets by Zoom. Any mental health professional in good standing with their licensing board is invited to become a TBPS member. Go to <https://tbps.wildapricot.org> to join.

BOOK NOTES

We feature two recently published books this summer: [The Power of Connection](#) by Jane Hall and [Psychoanalysis at the Crossroads](#) ed. Fred Busch. We are grateful to both author/editor for their personal comments about their writings and for allowing us to include them here.



and



The Power of Connection (by Jane Hall; Pub: IPBooks)

In response to a colleague, Jane Hall wrote on the ApsA listserv:

I never found the term "evenly hovering attention" a helpful phrase although I understood Freud's intent. My experience has shown me that if I put on my "therapy hat" (my metaphor for listening to my patient which includes using other senses and my own thoughts)* as we travel together, we get to explore old and new places leading to new understanding. Sometimes we lose touch or feel lost (what some call resistance) but when that happens, I might say "let's figure out how we got here." This way I engage my partner in solving mysteries. Why? Because some people have never realized that they have the answers and come to the 'all knowing' therapist never realizing this. Along these lines I do not feel pressured to make interpretations and instead aim for figuring things out together. Phrases like 'what do you make of that? With a particularly shy or frozen patient I might ask the patient what she would think if a friend shared the same situation. Why? To build the patient's self-esteem.

Praise for The Power of Connection by Jane Hall:

Psychoanalytic thought, including some of its bedrock ideas is changing and so is technique. Oedipus is no longer the star. Sex no longer takes center stage. ***The Power of Connection*** by Jane Hall, author of ***Deepening The Treatment*** will be of interest to those who provide depth therapy.

"Jane Hall gives us a 'fresh', melodic, openminded and profound text that deserves readers who 'know how to listen'. Her progressive vision of psychoanalysis, born of experience and love of healing, is wise and courageous, demystifying what is merely formalist and pointing to the truth. A valuable book to recognize and protect the most authentic values of our psychoanalytic work."

—STEFANO BOLOGNINI, IPA Past President

"Jane Hall weaves a creative tapestry of psychoanalytic thinking, clinical work, neuroscience and child development. This tapestry is interwoven with strands of poetry and music. Probing many of the traditional assumptions of psychoanalytic theory, *The Power of Connection* always returns to the essential question: how do therapists and patients connect in conversation and how does that conversation lead to change. An engaging and enlightening read for all in the mental health field."

—KERRY MALAWISTA, PHD, author of *When the Garden isn't Eden*, and the novel, *Meet the Moon*

Psychoanalysis at the Crossroads (Ed. Fred Busch; Routledge 2023)

Fred Busch writes about what led to this publication:

Over the last twenty years, I had grown concerned with what seems to me is an increasing feeling of ennui that has taken over what I thought was central to psychoanalysis...i.e., the psychoanalytic method and the goals of psychoanalysis, issues that I consider crucial to the legitimacy of our profession. At this point we have multiple perspectives of what is psychoanalytic technique, often in conflict with each other, with little attempt to resolve differences. Not an easy task, but I fear that within our field too many of us have come to favor the comfort of conviction over the discomfort of doubt. We listen to opinions that make us feel good, instead of ideas that make us think hard. We see disagreement as a threat to our convictions and our egos, rather than an opportunity to learn. We surround ourselves with people who agree with our conclusions, when we should be gravitating toward those who challenge our thought process.

One example is the increasing number of themed-journals, where primarily those of a particular theoretic persuasion publish, quoting those of the same ilk, without bothering to incorporate or even know of contradictory positions. Further it was my belief that we hadn't confronted certain issues for political reasons, and that we were drifting towards others without rigorous discussion. It is from this perspective that I asked a number of internationally well-known psychoanalysts if they would be interested in contributing to a book on psychoanalytic crossroads. I hoped to capture their current thinking about a broad landscape of psychoanalytic issues.

I didn't know what to expect from the contributors, and therefore was surprised and pleased that their responses clustered around a few key topics...i.e., what is psychoanalysis as a treatment and profession, what are the pluses and minuses of psychoanalyst delving into the social issues of our time, institute and organizational functioning, and new ways of looking at certain basic psychoanalytic concepts. I think you will find the Chapters thoughtful, clear, and well argued.

Contributors: Werner Bohleber, David Bell, Rachel Blass, Stefano Bolognini, Roosevelt Cassorla, Shmuel Erlich, Abel Fainstein, Alannah Furlong, Sam Gerson, Arthur Leonoff, Eric Marcus, Cecilio Paniagua, Cordelia Schmidt-Hellerau, Alan Sugarman, David Tuckett, Virginia Ungar, Harriet Wolfe.)

Rimbaud: “*JE est un autre*” The Constructed Self

Parents who fear for the future of their rebellious teens might take heart from the life of Arthur Rimbaud who, born in Charleville on this date in 1854, wrote his renowned and iconoclastic poetry before the age of majority and lived, a runaway, his wild, debauched, drugging (to derange his senses) days in Paris, London, and Brussels while still a teen. Rimbaud then put poetry and rebellion behind him to become, for the remainder of his short life (he died in 1891 at the age of thirty-seven), a lucrative coffee and guns trader in colonial East Africa for a French trading company. Not unlike teenagers today, Jean-Nicolas-Arthur Rimbaud, before running off to Paris, scrawled graffiti (“Shit on God”) on town walls, smoked, grew his hair long, and mocked a town priest with an homage to his holy bowel movements (the poem “Squattings”).

Teens have been discovering and held anthem the revolutionary works of precocious, adolescent Rimbaud ever since. Marcel Proust, Jim Morrison, Bob Dylan (who refers in one of his songs to Rimbaud’s tumultuous experiment with homosexuality and Verlaine); singer-songwriter Patti Smith (who wrote Rimbaud’s *Illuminations* “became the Bible of my life.”) have all, in some way, cited Rimbaud’s influence. Even the film *Eddie and the Cruisers* (with its nod to the poetic lyrics of Bruce Springsteen) referenced Rimbaud, with Eddie’s lost album entitled *Seasons in Hell*.

Rimbaud wrote to his friend and former teacher Georges Izambard: “I’m working to turn myself into a seer: ... It has to do with making your way toward the unknown by a derangement of all the senses.” And “It’s wrong to say I think: one should say I am thought.” and “I is someone else”. Rimbaud was perhaps the most avant garde in this statement “*JE est un autre*” (I am an other) intimating, like Hegel before him, that the subjective self, the “I”, is constructed, the other, constitutive. A useful construct, yes, but within it are multiple components, opposing sameness, what today we call multiple selves.

And with nothing merely as its constructed façade, Rimbaud saw the value of writing not only of internal things but also of ordinary things as experienced through the unique subjective self. This required a new way of constructing poetry, including synesthesia (as Baudelaire had

done), such that chaos was captured in correct form (*Oh, that my keel might rend and give me to the sea!*). Soon after, he contacted the Symbolist poet Verlaine.

Mothers of prodigal sons might also appreciate that Rimbaud returned again and again, after many escapes, to the home of his own stern mother, his father having abandoned them when he was five. At fifteen, Rimbaud sought his fortune in Paris, for the Franco-Prussian war had led to closure of his school and he was too young to be allowed to be a soldier. This runaway, homeless in Paris, arrested, destitute, was, most likely, also raped. His suffering and early losses are reflected in his poetry. (See, e.g., *The Drunken Boat* below.)

In Enid Starkie's biography, she writes that Rimbaud gave up poetry when he realized it would not bring enlightenment. His mother's influence, when she wrote to encourage the suicidal Verlaine: "...each of us has a wound in his heart, more or less deep...true happiness consists solely in fulfilling of one's duty, however painful it may be. ...you'll see that misfortune will grow weary of pursuing you, and you'll become happy once more", may be evident in Rimbaud's choice to become an industrious trader of goods. In a twist of fate, his capitalistic endings perhaps mock his earlier work, just as his poems had earlier mocked French conventional verse, liberating it from its 19th century themes and form.

Rimbaud's suffering is evident in this excerpt from Oliver Bernard's translation of *The Drunken Boat*

*But, truly, I have wept too much! The Dawns are heartbreaking.
Every moon is atrocious and every sun bitter:
Sharp love has swollen me up with heady langours.
O let my keel split! O let me sink to the bottom!
If there is one water in Europe I want, it is the
Black cold pool where into the scented twilight
A child squatting full of sadness, launches
A boat as fragile as a butterfly in May.*

- Lycia Alexander-Guerra, MD

Become part of the healing.

To volunteer as a clinician- psychotherapist through Veterans' Family Initiative, please call 813-908-5080.

To make a financial donation to help cover administrative costs, send your check tax-deductible contribution to:

T-BIPS; memo: VFI, and mail to: VFI, c/o TBIPS, 13919 Carrollwood Village Run, Tampa, FL, 33618- 2401

VETERANS' FAMILY INITIATIVE (VFI):



An Outreach Program of TBIPS

The mission of VFI arose from the need to help address with family members of veterans some of the difficulties with re-connecting as a family after separations and long absences, and in dealing with possible disabilities or illness of the veterans.

VFI (Veterans' Family Initiative) is one of the community outreach programs of T-BIPS (Tampa Bay Institute for Psychoanalytic Studies). This pro bono/ low fee program was established to serve family members (spouses and children) of veterans who served in Afghanistan or Iraq by offering low to no cost mental health psychotherapy services. Volunteers are licensed psychologists, mental health counselors, social workers, and psychiatrists like you from the Tampa Bay area who have volunteered their time to talk with veterans' spouses, children, couples, or family.

Volunteers provide psychotherapeutic services to family members who are interested in talking to a mental health professional and who are not already in therapy. The mental health clinician meets with a spouse, child, adolescent, couple, or family, on a weekly basis for little or no fee. All particulars are negotiated by you and the patient.

Volunteers do not work for or act on behalf of TBIPS, and TBIPS is not responsible for overseeing your work or its outcome. TBIPS' limited role is to connect potential patients with volunteers, and to coordinate and support the independent clinicians (by arranging peer consultation groups) who have so generously offered their services for the benefit of veterans' families.

As it will be helpful in the development of this program to learn what services families find most useful, VFI asks the volunteer therapist to report to VFI demographics (such as a child's age or that a spouse was seen). No names or other confidential information will be reported.

Treatment is strictly confidential, except as required by law to report elder or child abuse, domestic violence or any imminent danger to patients or others.

Mobius Strip Logo



Ehrenberg wrote that the analytic dialogue, including intersubjective experience, where transference is not separate from countertransference, requires “something like turning our experience ‘inside out’—opening ... the ‘internal boundary’ of the relationship and explicating our experience from inside. “

TBIPS chose as its logo the mobius strip (a common symbol for the interconnectedness of things and for infinity) because its inside and outside are inextricably connected. Just as the inside and outside worlds of human experience are contextualized in one another, the past always contextualized in the present, the present in the past, and foreground experience always embedded in background relationship and meaning, so, too, the analytic dialogue has no ‘inside’ and no ‘outside.’

TBIPS offers:

TRAINING Psychoanalytic courses and certificate programs offered.

DISCUSSION GROUPS for the latest literature in the field of psychoanalysis:

Relational Psychoanalysis Study Group: Relational literature, relational intersubjectivity, Object Relations, Attachment theory, Infant research, and many others discussed on the second and fourth Fridays of the month, September through June. **Self Psychological and Self-Intersubjective Psychoanalysis Study Group:** Colleagues discuss the latest articles in Self psychology and self (Systems theory) Inter- subjectivity on the first and third Fridays of every month, September through June.

SERVICE

Veterans Family Initiative (VFI): Inspired by the American Psychoanalytic Association’s SOFAR program, VFI offers pro bono or very low fee treatment to families of veterans of the Afghani and Iraqi conflicts. We have over a dozen dedicated and generous mental health clinicians around Tampa Bay from amongst our ranks who volunteer. You may volunteer, too.

THE ARTS bringing a psychoanalytic perspective to the arts and to issues of human experience.

Film Series: TBIPS proudly co-sponsored community outreach Film Series: 2008-09: *Women in Crisis*; 2009-10: *Fear of Difference: Diversity of the Holocaust Experience and 2010-2011: Developing Passions: On Sex, Relationships and Happiness* 2013-14: *Children and Trauma* 2014-15: *“The Return of the Repressed” Horror films* 2015-16: *“On Aging”*

Theater: Group outings to performances of interest, followed by dinner and discussion.

