

CAPA NEWS



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Elise Snyder, M.D.

President's Letter

CAPA in 2019

CAPA has been more successful than any of us could have imagined. I am repeatedly told, the most prestigious foreign psychodynamic psycho-therapy training program in China. Each year about 160 mental health professionals from more than 30 cities apply (40 are accepted) for the 2-year Basic Training: 4 class hours/week for 30 weeks a year, plus 1 hour of individual supervision. Most students immediately enter low fee psychotherapy or psycho-analysis. The best Basic graduates enter the 2-year Advanced Training. Fifth Year programs include Infant Observation, Supervision Training Teacher Apprenticeship, and many, many others. All CAPA training is in English. Two thirds of the Advanced graduates apply for distance psycho-analytic training, mainly at APsaa institutes. At present, there is one graduate of analytic training, 28 candidates at APsaa institutes (from years 1-7), and 7 candidates at non APsaa institutes. Convincing institutes to do distance training has been difficult. Many older analysts are not comfortable with distance training. Also, IPA rules require a long period of local analysis which is not possible for most Chinese students, particularly now, when the US government has refused to give visas to many Chinese students. APsaa is negotiating with the IPA. We hope for a good result soon.

The 400 CAPA members are mainly from the USA, but also from Canada, Central and South America, Europe, and Australia. 200 members teach, 200 supervise, and 200 treat. Many members generously do several things. Supervising and teaching are pro bono. CAPA's goal has been to train a sufficient number of Chinese mental health professionals to take over psychodynamic training in Mandarin. In cities with sufficient students and graduates, local organizations hold meetings, offer peer supervision and other activities. All this is possible because of the extraordinary generosity of CAPA members and the hard work of CAPA students. It is nonetheless difficult to believe that so much has been accomplished. We need your help to continue this exciting and worthwhile endeavor.

Editor-in-Chief's Letter



Karyne E Messina, Ed. D.

About our new format...

Welcome to the new format and new sections of our newsletter as well as to our new name, CAPA NEWS. New sections will include

THE PRESIDENT'S LETTER

THE EDITOR-IN-CHIEF'S LETTER.

THE EDITOR'S QUIZ will be included in each newsletter. This short quiz about CAPA and its members will help promote a spirit of community. A prize will be given to the first CAPA member who answers the questions correctly and submits the answers to the Editor-in-Chief. Please send responses to me: dr.karynemessina@gmail.com

CAPA EVENTS will promote CAPA's mission by describing recent events in China and the West .

OUR CAPA FAMILY will include pictures of people who participate in CAPA events, ceremonies and celebrations. Please contact the editor about mages you want us to consider including.

NEWLY TRANSLATED BOOKS section will keep you informed about important books in the field that have been translated into Mandarin.

UPDATES FROM APSaA will provide the opportunity to review quickly important events occurring within the American Psychoanalytic Association.

PSYCHOANALYTIC NEWS AND RESEARCH will include articles related to psychoanalytically-oriented ideas and their effect on people in various parts of the world.

BOOKS will include a list of recently published books and book reviews written by CAPA members.

LETTER TO THE EDITOR section will provide an opportunity to share ideas with the Editor-in-Chief and other CAPA members. Please send submissions to dr.karynemessina@gmail.com.

IMPORTANT CAPA DATES will include events that involve CAPA teachers and students

OTHER DATES TO REMEMBER will list important programs, lectures and presentations given by CAPA members. If you know of future events in which CAPA members are participating, please write to the Editor-in-Chief, dr.karynemessina@gmail.com .

WELCOME TO NEW CAPA MEMBERS will list and welcome new members.

CAPA'S ORGANIZATIONAL STRUCTURE lists members and staff who participate in CAPA'S governance.

VOLUNTEER EDITORS AND SUGGESTIONS FOR CAPA NEWS ARE VERY WELCOME



Do you Know?

If you are the first person to answer the quiz questions correctly and send your responses to the editor, you will win a prize. Please send your answers to: dr.karynemessina@gmail.com

1. *The response that is closest to the actual number of trips Elise has made to China will be accepted an a correct answer.* _____
2. *From how many cities have CAPA students come?* _____
3. *From how many cities have Basic Training Applicants come?* _____
4. *How many Institutes in the United States have CAPA graduates participating in analytic training??* _____
5. *Who said, "I am pleased by your intention, in whatever manner you care to carry out(to) introduce psychoanalysis to your native country, China." _____*
6. *Who was the 1st American CAPA analystwho conducted an analysis via Skype??* _____
7. *Who is CAPA's Dean of Students?* _____
8. *Who was the founder of We Chat?* _____



The winner will be announced in the next edition of CAPA NEWS.

Recent Events in China

In 2019 there were Graduation Ceremonies/Conferences in Beijing, Wuhan, Chengdu, Suzhou, Shanghai & Shenzhen and 5 other conferences. Elise Snyder was the only American present. Presentations were given by CAPA students and Graduates. A few Americans presented on Zoom.

BEIJING

BEIJING CONFERENCE, GRADUATION & BANQUET 10/26/19

9:00-9:05AM Welcome MC: **CHEN (Fanny)**

9:00-9:15 AM Welcome: **Elise Snyder**

Translator: **CHEN Hujing**

9:15-9:25AM Welcome ABC Rep: **Grace Xiao**

9:30-10:45AM PRESENTATION #1

Title: **Seeing Unconsciousness**

Translator: **WU Alice for Elise only**

Q&A: (10 minute)

11:00-12:00PM PRESENTATION #2

Presenter: **LAN Jiang (Sand)**

Title: **Psychoanalysis and Movies**

Translator: **WU Alice for Elise only**

12:00-2:00PM LUNCH (ABC Officers & Elise)

2:00-3:15PM PRESENTATION #3

Presenter: **SHAO Xiao (Major)**

Topic: **CAPA'S Psychoanalysis Vocabulary 3000**

Translator: **WU Alice for Elise only**

Q&A: (10 minute)

3:30-4:45PM PANEL DISCUSSION

Panel Members: **SHAO Xiao (Major), Elise Snyder**

LAN Jiang (Sand), SZE Maranda

Topic: **The Path of Psychoanalytic Career**

Translator: **CHEN Huijing (Marina)**

Q&A: (10 minute) Elise Q&A CAPA & Institutes

5:00PM GRADUATION CEREMONY

6:00PM BANQUET

FORESTRY UNIVERSITY CONFERENCE 10/24/2019

12:00-1:10 LUNCH with **Fei Zi and students**

1:40-3:10 Presenter **Elise Snyder**

Title: **Working with Defenses**

Translator: **LIU Teng**

3:10-3:40 Discussion and Q & A

4:00-5:00 PM- Talk with Fei Zi in his office

PEKING UNIVERSITY CONFERENCE 10/25/2019

XU Kevin

9:00-9:15 AM Introduction: **Kevin's Colleague**

9:15-10:45 AM PRESENTATION # 1

Presenter: **Elise Snyder**

Title: **Working with Defenses**

Translator: **Huang Jia Yu**

10:45-11:30 AM PANEL DISCUSSION: **DEFENSES**

Panel Members: **Elise, TBD**

11:30-12:00PM Q&A with audience

12:00-2:00PM LUNCH

2:00-3:30PM PRESENTATION #2

PRESENTER: **TBD**

3:30-4:30PM PANEL DISCUSSION: How to

develop Mental health services in China

Panel Members: **Elise, TBD**

4:30-5:00PM Q&A with audience

PERFORMERS AT BEIJING GRADUATION



WUHAN

WUHAN CONFERENCE, GRADUATION & BANQUET 10/29/19

Organizers: Sarah Hu, Tommy LI CHC

9:00-9:30AM Welcome & Introduction to CAPA

Presented by **GAO Qian (Angelina)**

9:30-10:50AM Welcome:

Presenter: **David Turner**

Topic: **Trauma, The Traumatic & Disassociation**

Translator: **LAN Wei (Vera)**

10:50-11:00AM Q & A (10 min)

11:00-11:1 AM - TEA BREAK

11:15-12:35PM - PRESENTATION #2

Presenter: **WANG Jian (Wayne)**

Topic: **The Quality of Emotion in Parenthood is the key**

Sto the Adolescent's Separation-Individualization

12:35-12:45PM Q & A (10 min)

12:45-2:00PM - LUNCH

2:00-3:45PM PRESENTATION #3

Presenter: **Elise Snyder**

Topic: **Moral and Ethical Codes**

Translator: **LI Shunmei (Amy)**

3:45-3:50PM Q & A (10 min)

3:50-4:00PM TEA BREAK

4:00-5:30PM PRESENTATION #4

Presenter: **LU Lin (Grace)**

Topic: **Losing and Repairing the Link**

Translator:

Q&A: (10 minute)

5:30-6:00PM GRADUATION CEREMONY

CHENGDU

CHENGDU GRADUATION & CONFERENCE 11/2/2019

Organizer: **CPPA - PRES. YANH Xin (Matthew)**

9:00-9:20AM OPENING REMARKS **ELISE SNYDER, YANG XIN**

9:20-10:40 AM PRESENTATION # 1 (ZOOM)

Presenter: **Debbie Kirschbaum**

Topic: **PTSD in Sexual and Physical Abuse Survivors**

Translator: **CHEN Yuanyuan (Jessie)**

10:40-11:00AM TEA BREAK

11:15-12:20 PM - PRESENTATION #2

Presenter: **LAU Linna**

Topic: **Reverie in Therapy**

Translator: **TANG Hualu (Helen) - for Elise**

12:20-2:30PM - LUNCH - **Elise & CPPA members**

2:30-3:50PM PRESENTATION #3

Presenter: **Elise Snyder**

Topic: **Moral and Ethical Codes**

Translator: **LUO Xinyao (Nancy)**

4:10-5:30PM Case Study

Presenter: **TANG He (Justin)**

Discussant: **GU Jianling, Eric Jiang XIE Ling**

Host: **He Song**

Host: **Zhang Yu (for Elise)**

5:30-6:10PM GRADUATION CEREMONY

6:30-9:30PM BANQUET

MENTAL HEALTH CENTER OF CHENGDU

(No. 4 People's Hospital) 11/1/2019

Organizer: **TANG Ke (Justin)**

9:00-11:00AM PRESENTATION & Q & A

Presenter: **Elise Snyder**

Title: **Working with Defenses**

Translator: **Jia Jia**

11:00-1:00PM Tour of Facility, Lunch

WEST CHINA HOSPITAL - RESIDENTS

Organizers: **Xu Jiajun, YU Ming (Harry)**

10:00am-12:00PM PRESENTATION

Presenter: **Elise Snyder**

Title: **Psychoanalysis & Globalization**

Translator: **YU Ming (Harry)**

Q & A (10 min)

12:00PM LUNCH **Elise, West China Hosp Group**

CHENGDU PSA PROFESIONAL ASSOCIATION 11/1/2019

Organizer: **YANG Xin (Matthew)**

1:30-2:30PM REGISTRATION

2:30-2:40PM WELCOME BY CPPA

2:40-4:00PM PRESENTATION # 1

Presenter: **Eric Jiang**

Topic: **Psychoanalysis Journey-**

Freedom and Ethics in PSA

Translator: **LONG Xiaofeng for Elise**

4:00-4:20PM TEA BREAK

4:20-6:00 PM - PANEL DISCUSSION

Panel Participants : **Elise Snyder, ZHENG Yu, TANG Lujia**
YANG Xin

Topic: **How Psychodynamic Counsleors Develop**

Themselves in this Era

Host: **WANG Bei**

Translator: **Eric Jiang**

6:30:00-9:00PM DINNER **Elise and CPPA Members**

SW UNIVERSITY FOR FINANCE & ECONOMICS:

UNDERGRADUATES 10/31/2019

Organizer: **YANG Xin (Matthew)**

3:00-5:00PM PRESENTATION

Presenter: **Elise Snyder**

Title: **Becoming One's Own Person**

Translator:

Q & A (10 min)

SUZHOU

Suzhou Conference and Graduation

Suzhou Mental Health Center (approx 300 people)

9:00-9:10AM WELCOME

9:10-10:40AM ZOOM PRESENTATION #1

Presenter: **Ira Moses**

Topic: **Countertransference Conflicts with Acting Out and Setting Limits**

Translator: **YANG Ruifeng (Renee)**

10:40-10:50AM Q & A

10:50-11:00AM TEA BREAK

11:00-12:30PM PRESENTATION #2

Presenter: **Elise Snyder**

Topic: **Working with Transference and Countertransference**

Translator: **HU Wei (Laura)**

12:30-2:00PM LUNCH with **EWS, Chapter Leaders**

2:00- 3:30PM PRESENTATION #3

Presenter: **Elise Snyder**

Topic: **What is PSA & What is CAPA**

Translator: **WU Qi (Grace)**

3:30-3:40PM Q & A

3:45-5:15PM PRESENTATION #4

Presenter: **Tang Zhen**

Topic: **The dynamics of compulsive personality**

Translator: **YE Gang**

5:15-5:25PM Q & A

5:30PM Graduation Ceremony and Dinner

SHANGHAI

CAPA Shanghai Conference & Graduation

Shanghai Mental Health Center

8:30-8:45AM OPENING CEREMONY - **Elise** (Didi will translate)

8:45-9:00AM Group Photo

9:00-10:00AM PRESENTATION #1

Presenter: **Jacky Song**

Title: **Film and Psychoanalysis**

Q & A: (15 minute)

10:00-10:20AM TEA BREAK

10:20-12:00PM PRESENTATION #2

Presenter: **Elise Snyder**

Title: **Psychoanalysis and Globalization**

Translator: **Jessica Wang**

Q & A: (15 minute)

12:00-1:30PM LUNCH CAPA Students and CAPA Visitors

1:30-2:30PM PRESENTATION #3

Presenter: **Wendy Wen**

Title: **How Does Psychoanalysis Cure?**

Q & A: (15 minute)

2:30-2:40PM TEA BREAK

2:45-3:45PM PRESENTATION #4

Presenter: **Rachel Zhang**

Title: **DR Stern's Infant - Analytic Perspective of Early Development**

Q & A: (15 minute)

3:45-4:00PM NON CAPA Audience leaves

4:00-5:00PM GRADUATION CEREMONY **Elise Snyder**

5:00-5:30PM Welcome NEW CAPA Students

6:00-8:00 PM Banquet

SHENZHEN

CSO SHENZHEN CONFERENCE & GRADUATION

11/10/2019

Organizer-ZHENG Chen (Asa)

9:00-9:10AM OPENING REMARKS

9:10-10:05AM PRESENTATION #1

Presenter: **ZHANG Qing (Rachel)**

Topic: **DR Stern's Infant - Analytic Perspective of Early Development**

Translator:

10:05-10:20AM Q & A

10:30-11:45AM PRESENTATION #2

Presenter: **Summer WANG**

Title: **Narcissism and Its Discontents**

Translator: **DUAN Jingya (Melody)** - to sit next to Elise

11:45-12:00PM Q & A

12:00-2:00PM LUNCH w/Elise, Shenzhen Leaders & Organizers

2:00-3:30PM PRESENTATION #3

Interview and Panel Discussion: **JADE with Elise, Summer and Asa**

Topic: **Ethics Discussion**

Translator: **DUAN Jingya (Melody)** - to sit next to Elise

3:30-3:45PM Q & A /Discussion

3:45-5:00PM PRESENTATION #4

Presenter: **Maranda SZE**

Topic: **Psychoanalysis and Autism**

Translator: **DUAN Jingya (Melody)** - to sit next to Elise

5:00-5:15PM Q & A

5:15-5:45PM GRADUATION Ceremony (Dinner to follow)

Newly Translated Books

Books recommended by the Curriculum Committee and published by the ECNU Press

Which has permission to use the CAPA Logo because of the excellence of the translations



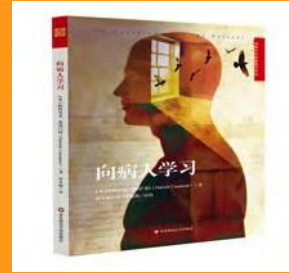
New Books



The Maturational Processes and Facilitating Environment
By D.W. Winnicott



Object Relations in Psychoanalytic Theory
By J. Greenberg & S. Mitchell



On Learning from the Patient
By Patrick Casement



The Ego and the ID
By Anna Freud



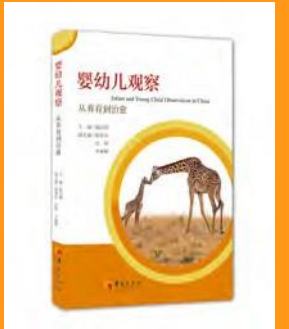
The Matrix of the Mind Practice
By Thomas Ogden



The Interpersonal World of the Infant: A View from Psychoanalysis and Developmental Psychology
By Arnold Cooper



Introduction to the Psychoanalytic Psychological Practice
By Alessandra Lemma



Infant and Young Child Observation in China
By Maranda Sze



Introduction to the Practice of Psychoanalytic Psychotherapy
By Ernest Becker

Books written in 2017-2019 by CAPA members

Psychotherapy: A Practical Guide, by Jeffery Smith, published by Springer, 2017. This book is a complete beginning to intermediate textbook of psychotherapy. By focusing on the common infrastructure of all therapies, including the psychodynamic perspective, it approaches our profession in a way that makes sense regardless of orientation. Since CAPA students have been exposed to multiple orientations, it helps them integrate what they learned from other sources, as they become immersed in psychoanalysis.

Patients, Patience and the Talking Cure: A Week in the Mind of a Psychotherapist, by Mary Davis, published by IP Books. It is available on Amazon--search for the book title. The author, Mary Davis, thinks of her new book as a professional memoir, "...a week in my work life, that shows how analytic psychotherapy can be used in a general psychiatric practice, in analytic cases, weekly psychotherapy, supportive psychotherapy, and even medication management." It is intended for young therapists, so it might be particularly useful for CAPA teachers or students.

Psychoanalysis & Group Field-A Ferenczian Perspective

by Emanuele Prosepe and Marco Piccinini, published by Alps in Italian

The book originates from psychotherapeutic group practice and from reflections on which factors make it possible to practice under specific conditions, with patients with borderline and/or psychotic organizations. By comparing of Freud and Ferenczi, we examine how these and other psychoanalysts have laid the foundations. An adequate therapeutic stance in a group context, requires some changes. For clinical reasons, a reinterpretation of Ferenczi's work on identification, introjective dynamics, bonds and Relationships was made.

Misogyny, Projective Identification and Mentalization: psychoanalytic, social and institutional manifestations,

by Karyne Messina, published by Routledge, 2019

This book examines how the psychoanalytic concept of projective identification may explain the construction of society and how it has enabled misogyny to be expressed in social, political, and institutional settings. The exploration of how misogyny has affected the perception and treatment of women through an analysis of examples of individual women and groups of women with reference to the erasure of women's contributions and the trauma that arises sets a new agenda for understanding how misogyny is expressed socially.

They left it all behind, Trauma, Loss and Memory Among Eastern European Jewish Immigrants and Their Children

By Hannah Hahn, published by Rowman & Littlefield 2020.

This book explores the influence of historical events on the psychological lives of pre-1924 Eastern European Jewish immigrants. Trauma was a potent influence on their lives. This book's psychoanalytically informed life stories based on 22 in-depth interviews with immigrants' adult children and tells the tales of these immigrants and their children.

Archetypal Nonviolence King, Jung and Culture,

by Renee Cunningham, published by Routledge, 2020.

The American civil rights movement symbolized a pivotal point in American history and provided a glimpse into the collective psychological process of cultural development. During the Selma marches in 1965, Martin Luther King, Jr. utilized nonviolent activism as a means to unite the country against racism, resulting in the passing of the Voting Rights Act of 1965, Renee Cunningham analytically explores the nonviolent movement in analysis and the concept of CG Jung's individuation as it occurs in a bidirectional flow between the individual and culture.

Book Review



***They left it all behind, Trauma, Loss, and Memory Among Eastern European Jewish Immigrant and Their Children,* by Hannah Hahn, Review by Karyne Messina, ED. D**

In this book, Hannah Hahn explores the atrocities her grandparents faced in Eastern Europe prior to 1924 and the trials and tribulations they experienced as they immigrated to America to escape anti-semitic violence, torture and intense shame. She also studied the lives of others who had relatives who faced many of the same problems. She did this by interviewing 22 children of people who left Eastern Europe between 1918 and 1924. Some relatives of her interviewees left to escape violence and extreme poverty, others were trying to regain a sense of dignity; most all came to America to survive some type of severe psychological and/or physical abuse.

It is of interest to note that Dr. Hahn's book is about the history of European immigrants yet its content is also very current. What seems to be a common theme among immigrants who have suffered violent treatment in their homeland is the way in which encapsulated trauma often appears to be projected from their conscious awareness; projected onto the next generation where it resides without words. This kind of disavowal can lead to difficulties for many generations. Those experiencing wordless trauma are certainly confused by what they know but cannot say. They are often only aware of the silence that has surrounded "something" tragic that happened to their relatives. As Hahn puts it, "When trauma is too difficult to be processed, it is communicated unconsciously from parent to child. It lives on in the child in a wordless but visceral intrusion of the past, and in the process, trauma is repeated rather than worked through (Hahn, 2020, Pgs. 224-225)."

Psychoanalytic Research

The Media is Not the Message- the Relationships is: On the Effectiveness of Distance Treatment

By Robert M. Gordon, PhD ABPP

Gordon, R.M. (2019). The Media is Not the Message- the Relationships is: On the Effectiveness of Distance Treatment; *Academy Forum*, 64, 2, 17-18.

The fundamentals of a therapeutic relationship have not changed since Freud's day, but the opportunities for it has changed. Today psychodynamic treatment is now available anywhere there is tele-communications. But how effective is it?

The China American Psychoanalytic Alliance through its Research Grant Committee has been supporting the study of this very complex issue. To research something with many interdependent variables is best accomplished with expert and consumer opinions.

Our first empirical study was published in 2015. Gordon, Wang, and Tune, (2015) asked 176 CAPA faculty and treaters their opinions about the effectiveness of teaching, supervising and treating over videoconferencing (VCON) to Chinese students and patients. Our results indicated that the faculty and treaters felt that over-all VCON minimally reduces effectiveness and that individual client characteristics may be a significant factor in effectiveness. Most of the therapists in this study, about 60%, rated treatment to CAPA students over VCON as similar to in-person office work.

We then wanted to look at the issues that concerned the low raters of effectiveness. Gordon, Tune & Wang, (2016) found that treaters who gave low ratings of treatment effectiveness (about 40% of treaters) felt that video-conferencing mostly did not compare well to in-person psychotherapy in exploring the mental life of the patient. Nevertheless, low raters of effectiveness and higher raters of effectiveness generally agree that treatment over VCON is valuable since it offers high quality treatment to under-served or remote patients, and it is valuable when the patient is house-bound or travel would be impractical.

Our next step was to assess the Chinese consumers of distance training and treatment (Gordon & Lan, 2017). We surveyed our CAPA graduates who received their psychoanalytic treatment during their training. Ninety graduates who were currently seeing patients responded to our survey. They made excellent respondents since they are highly intelligent, high functioning consumers with an unusual degree of insight and objectivity into the effectiveness of their training and treatment as compared to the average psychotherapy patient. be mpractical.

Our next step was to assess the Chinese consumers of distance training and treatment (Gordon & Lan, 2017). We surveyed our CAPA graduates who received their psychoanalytic treatment during their training. Ninety graduates who were currently seeing patients responded to our survey.

We used the Comparative Psychotherapy Process Scale (CPPS) along with our survey questions. We found that distance psychoanalytic training was highly effective. The number of years of CAPA distance education correlated significantly with the number of years of personal psychoanalytic treatment, and also with the number of years working psychoanalytically with patients. The degree the graduates use a psychoanalytic formulation was best predicted by a greater number of years in distance education and the more days a week in personal therapy. This supports the idea that practitioners are more likely to become psychoanalytic in their clinical practice when they receive a longer period of training, as well as intensive psychoanalytic therapy themselves. The graduates' ratings of how they are currently practicing psychoanalytic psychotherapy were highly correlated with how their own therapists practiced psychoanalytic treatment, as measured by the CPPS items. Graduates highly rated the effectiveness of their own psychoanalytic therapy over VCON. The CAPA graduates thought that the therapist variables (warmth, wisdom, empathy, and skillfulness) were much more important in the effectiveness of their treatment than whether the treatment was in-person or with VCON, or the cultural differences with their therapist (1= Not important; 7= Highly important).

Warmth of therapist Wisdom of therapist Empathy of therapist Skillfulness of therapist

M = 6.0 SD = 1.2

M = 5.9 SD = 1.1

M = 6.4 SD = .85 M=5.4 SD = .96

Cultural similarity of therapist M = 4.1 SD = 1.4 The use of video-conferencing M = 3.9 SD = 1.5

In conclusion, there is a good deal of support for distance training and treatment and that the issues of tele-therapy and cultural differences seem to be minor and analyzable. However, what remains is the importance of the qualities of the therapist regardless of culture or media. The next issue that needs to be studied is what patient personality factors interact with the use of tele-therapy.

(Full copies of these articles are available on Research Gate or www.mmmpi-info.com)

References:

Gordon, R.M., Wang, X. and Tune, J. (2015). Comparing Psychodynamic Teaching, Supervision and Psychotherapy Over Video-Conferencing Technology with

Chinese Students. *Psychodynamic Psychiatry*, 43 (4), 585-599.

Gordon, R.M., Tune, J. and Wang, X. (2016). What are the characteristics and concerns of high and low raters of psychodynamic treatment to Chinese students over VCON? *Psychoanalysis and Psychotherapy in China*, 2, 86-96.

Gordon, R.M., & Lan, J. (2017). Assessing Distance Training: How Well Does It Produce Psychoanalytic Psychotherapists? *Psychodynamic Psychiatry*, 45 (3), 319-341

Trauma of Migration

-PART I by Joel Kanter, MSW, LCSW-

Although the psychoanalytic literature has frequently addressed issues involving separation, loss and attachment, the experience of “dislocation” encompasses much more than those phenomena. The lives of Chinese individuals, many of whom have moved multiple times during childhood and adult life vividly illustrates dislocation. Often, children leave the parental homes to live with relatives or pursue educational alternatives. Contact with family was often very limited. Many entered a new world that was disorienting in many respects. Bonovitz (2004) noted, the holding functions provided by familiar faces, voices, routines, customs, language, food, sights, smells, and sounds are abruptly lost, creating an internal sense of confusion, uncertainty, and unaccustomed disorganization. The sustaining, reassuring presence of the “things” of everyday life, hitherto taken for granted, is lost, creating an unexpected void in the internal landscape (p. 130).

The trauma of dislocation is impossible to overlook in the context of immigration, but many common experiences have similar, perhaps less dramatic, psychic effects: • children in divorcing families often have repeated dislocations as parents move, custody arrangements change, remarriages occur, ect. • for divorcing adults; homes are sold, social networks severed, and family life is dramatically altered. • “intranational” migration; rural to urban or vice versa, economically driven relocation. These dislocation experiences are traumatic in their own way. The impact of separation and loss from significant relationships is self-evident. Akhtar (2011) has described the importance of changes in the “non-human environment”. Sights, smells and sounds are all relevant, as are alterations of the cultural milieu; how people talk and interact in everyday life apart from the intimacy of family and friendships. These issues surface frequently in psychotherapy practice. Examples from my practice include: • military personnel deployment overseas and to war zones. • children in the child welfare system; foster care, changing familial arrangements. • adopted children. • college students living away from home for the first time. • college graduates living in a new locale with a new career. • elderly persons; moving to retirement communities, assisted living or nursing homes. All these dislocation experiences are traumatic. Some examples from my current caseload include: • a high functioning 60 year-old man whose alcoholic father from an upper class background died suddenly when he was 14. Subsequently, his newly impoverished mother moved from a large home in a desert city to a small town on the Pacific Ocean and remarried. • a 21 year-old African immigrant whose family found asylum in the United States when he was 18. After a year in this country, he enrolled in a small Midwestern college with perhaps 4 students from his nation. He became depressed and withdrew after six months. • a 45 year-old woman with schizophrenia who has been hospitalized at least 15 times, homeless for months at a time, jailed four times, and evicted from two apartments. a high functioning 60 year old man whose alcoholic father from an upper class background died suddenly when he was 14. Subsequently, his newly impoverished mother moved from a large home in a desert city to a small town on the Pacific Ocean and remarried. • a 21 year old African immigrant whose family found asylum in the United States when he was 18. After a year in this country, he enrolled in a small Midwestern college with perhaps 4 students from his nation. He became depressed and withdrew after six months. • a 45 year old woman with schizophrenia who has been hospitalized at least 15 times, homeless for months at a time, jailed four times, and evicted from two apartments.

Akhtar, S. (1999). Immigration and identity: turmoil, treatment, and transformation. New York: Aronson. Akhtar, S. (2011). Immigration and Acculturation: Mourning, Adaptation, and the Next Generation. Lanham (Md), Aronson. Bonovitz, J (2004). The Child Immigrant. American J. of Psychoanalysis, 64 (2), 129-142. Kanter, J. (2004). Face to Face with Children: The Life and Work of Clare Winnicott. London, Karnac. Kanter, J. (2009). Clare and Donald Winnicott: Play, Holding and the Transitional Participant. In www.goodenoughcaring.com. Winnicott, D. (1953). Transitional Objects and Transitional Phenomena. International Journal of Psychoanalysis. (34), 89-9. **PART II will appear in February**

A full issue of *Psychoanalytic Inquiry*



**Overcoming Distance: The China
American Psychoanalytic
Alliance**

will appear in February

CAPA Events at February 2020 APsaA Meeting

Thursday, 2/13/2020, Distance Psychoanalysis and Psychoanalytic Psychotherapy. Co-Chairs, David Scharff and Dennis Shelby, Presenters, Dennis Shelby, Ralph Fishkin, Discussants, Jill Savage Scharff, Carolyn Sehon, and Janine Wanlass.

Thursday, 2/13/2020 Psychoanalysis and China: Distance Analysis from Both Sides of the E-Couch; Co-Chairs, Lana Fishkin and Elise Snyder, Presenters, Cuiqin Wen and Jianqin Xu, Discussant, Mark Smaller.

Saturday, 2/15/2020: Dim Sum meeting 2 Discussion Groups and Lunch

[SIGN UP FOR DIM SUM USA](#)

[SIGN UP FOR DIM SUM CHINA](#)

Other Meetings of Interest:

1. **Workshop: *The Art of Psychoanalysis: How Theory, Improvisation, and Style Transforms Lives*** by Alan Karbelnig, PhD, ABP, February 28 & 29, 2020; 9am – 3pm, Peking University Graduate School, Xilin, Shenzhen.

2. **Division 39 Annual Conference: Reckoning/Foresight, March 18-21 New York.**

Wednesday, March 18th, 5:00-8:00PM *Psychoanalysis Transcendent: Theory, Science, Skills for working with Transgender and Gender Expansive Individuals, Families and Communities*, Richard Ruth, PhD, Ben Morsa, PsyD, Kori Bennett, PsyD.

Wednesday, March 18th, 5:00-8:00PM *Collaboration or Collusion: Reckoning with Conflicting Loyalties in Assessment Supervision*, Sarah L Hedlund, PhD, Helen DeVinney, PsyD; Katherine Marshall Woods, PsyD.

Saturday March 21st, 4:15-5:15 Book Discussion: *Misogyny, Projective Identification and Mentalization: Psychoanalytic, Social and Institutional Manifestations.*" by Karyne Messina, Ed.D

Saturday March 21st, 5:30-6:30 Book Discussion: *"They Left it All Behind, Trauma, Loss, and Memory Among Eastern European Jewish Immigrants and Their Children."* by Hannah Hahn, Ph.D.



Welcome to New CAPA Members

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