

Process: Diversity and Difference in Psychoanalytic Thought and Practice – Year One Psychoanalytic Training

Facilitators: **Sandra C. Walker, MD** and **Rebecca Meredith, MA**
3rd Trimester 2018-2019: May 3, 2019 – May 31, 2019, 3:30-5:00pm

This course is intended to provide a forum in which Clinical Associates can become more aware of what may be unfamiliar and little explored acquired ideas about others who may be of a different race, ethnic background, gender, sexual orientation or gender identity. It will also touch on awareness of the experiences of others who are differently-abled.

This five-part course will not attempt to foster cultural “competence.” Rather, it will attempt to offer opportunities for curiosity and experiential reflection on aspects of “difference” and “otherness,” both in the clinician and patient, from a psychodynamic perspective in a safe environment. It is intended that the course might provide an opportunity for clinicians at the start of their psychoanalytic education to begin to identify areas that they may want to explore further in their own analyses and in their case consultations. The course is offered as part of SPSI’s intentional emphasis on fostering a professional environment better able to serve an increasingly diverse public and encouraging an increasingly diverse profession.

For some of the classes, the co-facilitators will be joined by a guest facilitator.

A syllabus of largely optional readings and videos will be offered, and class participants will be invited to offer other materials that they have found useful for inclusion in what will become a growing body of references. Classes will emphasize clinical examples from case material offered by both facilitators and Clinical Associates.

LEARNING OBJECTIVES:

At the end of this course, clinical associates will be able to

1. identify a few areas in which they experience discomfort when faced with diversity.
2. recognize ways in which the cultural and experiential biases and limitations of both analyst and patient can impact the work of treatment.
3. recognize the value of curiosity about areas of difference between analyst and patient with regard to enhancing capacity for empathic engagement.

Session 1: May 3

WHAT'S SO SCARY ABOUT RACE?

This class will be based on thought exercises intended to help participants identify areas of uncertainty, discomfort, or vacancy in their experience of race as well as ways in which this might impact alliance, transference and counter-transference in the clinical situation. (This class was offered to all Clinical Associates in Winter 2018 and received very positive feedback.)

Session 2: May 10

MY PEOPLE ARE NOT YOUR PEOPLE

Guest Facilitator: **Flaviane Ferriera, LMHC**. This class will explore difference in culture, religion, language, national origin, and experiences of immigration or dislocation.

Session 3: May 17

MY MIND/BODY ISN'T LIKE YOURS

Guest Facilitator: **Amy Ferlazzo, MSW, LICSW**. This class will explore differences in gender, gender identity, and sexual preference and their impacts on the lived experiences of patients and clinicians.

Session 4: May 24

I CAN'T HEAR YOU

Guest Facilitator: **Jacqui Metzger, MSW**. This class will look at disabilities, both visible and invisible, and focus on the impact of hearing loss on both clinician and patient.

Session 5: May 31

DISCUSSION AND FEEDBACK.

Since this is a new course, with a format different from that found in much of the curriculum, there will be much to be learned from the experience of presenting it. The final session will allow all participants to consider, both individually and collectively, the meaning of the experience for their development as clinicians. This feedback will be used for further development of the diversity aspects both of the course and of the overall SPSI curriculum.

Suggested Resources

- Sankofa (1993), a film by Haile Gerima, available from the Seattle Central Branch Library or ScarecrowVideo. Group screening possible. A DVD can also be made available for viewing at SPSI. Suggest viewing before the first class.
- Powell, D. (2018), Race, African Americans, and Psychoanalysis, Collective Silence in the Therapeutic Situation, JAPA 66: 1021-1049 (attached as PDF)
- Stephens, M. (2018) , “Playing Out” our “Playing in the Dark”: Racial Enactments and Psychoanalytic Institutions, JAPA vol. 66: 941-950 (attached as PDF)
- Akhtar, S., ed. (2012), The African American Experience: Psychoanalytic Perspectives, Jason Aronson, UK (book)
 - Core Stories
 - Character Studies—Martin Luther King, Malcom X, Muhammad Ali, Oprah Winfrey, Barack Obama
 - Cultural Spectrum
 - Clinical Strands
 - Contributors include: Jan Wright, Dionne Powell, Salman Akhtar, Shawn Blue, Clarence Watson, David B. Campbell, Glenda Wrenn, Kimberlyn Leary, Forrest Hamer, Carlotta Miles, Christin Drake, Samuel Wyche, Cheryl Thompson, Dorothy Holmes, Jennifer Bonovitz
- Akhtar, S. and Kramer, S., eds. (2004), The Colors of Childhood, Roman and Littlefield, MD (book)
 - Contributors: Selma Kramer, MD; Daniel Freeman, MD; Calvin Settlege, MD; Carlotta Miles, MD; Salman Akhtar, MD; Purnima Mehta, MD; Jennifer Bonobitz, Ph.D; Henri Parens, MD
- (1999) Journal of Applied Psychoanalytic Studies, Kluwer Academic/Human Sciences Press, New York (available on PEP web)
 - Akhtar, Salman, The Immigrant, the Exile, and the Experience of Nostalgia, 1: 123-130
 - Apprey, Maurice, Reinventing the Self in the Face of Received Transgenerational Hatred in the African American Community, 1: 131-143
 - Brenner, Ira, Returning to the Fire, Surviving the Holocaust and Going Back
 - Howell, Amb. W. Nathaniel, The Poisoning of Nostalgia: Commentary, 1: 145-162
 - Volkan, Vamik, Nostalgia as a Linking Phenomenon, 1: 169-179
- Salman Akhtar on The Trauma of Dislocation, vimeo.com, November 14, 2010, <https://vimeo.com/1682864>
- Akhtar, S. (1995). A Third Individuation: Immigration, Identity, and The Psychoanalytic Process. J. Amer. Psychoanal. Assn., 43:1051-1084 (available on PEP web)
- Akhtar, S. (2016). Salman Akhtar on "A Third Individuation: Immigration, Identity, and the Psychoanalytic Process". PEP/UCL Top Authors Project, 1(1):17.

- Choksi, K. (2003). Children of Immigration. By Carola Suarez-Orozco and Marcelo M. Suarez-Orozco. Harvard University Press, 2001.. J. Appl. Psychoanal. Stud., 5(3):371-374. (available on PEP web)
- Saroop, S. (2004). Children of Immigration, by Carola Suarez-Orozco and Marcello Suarez-Orozco, Harvard University Press, 2002, 206 pp.. Am. J. Psychoanal., 64(2):219-222. (available on PEP web)
- Flax, Jane (1996), Taking multiplicity seriously: Some implications for psychoanalytic theorizing and practice. Contemporary Psychoanalysis, 32:577-593. (available on PEP-web)
- Pula, Jack (2015), Understanding gender through the lens of transgender experience. Psychoanalytic Inquiry, 35:8, 809-822. (current content; attached as a pdf)
- Corbett, Ken (2008), Gender now. Psychoanalytic Dialogues, 18(6):838-856. (available on PEP web)
- Dimen, Muriel and Virginia Goldner. Chapter 10: Gender and Sexuality. In: Textbook of Psychoanalysis, 2nd Ed. Gabbard, Litowitz, and Williams, Eds. American Psychiatric Publishing, 2012. (attached as a pdf)
- Hertel, RK. (2003) Analyzing the Traumatic Impact of Childhood Visual Impairment. JAPA, 51(3) 913-939. (available on PEP web)

Other resources of interest:

[https://en.m.wikipedia.org/wiki/Balm_in_Gilead_\(book\)](https://en.m.wikipedia.org/wiki/Balm_in_Gilead_(book))

biography of Margaret Morgan Lawrence, MD, the first African-American psychoanalyst)

https://books.google.com/books/about/Black_Psychiatrists_and_American_Psychia.html?id=owbMbj6c6wC&printsec=frontcover&source=kp_read_button

book containing chapter on black psychoanalysts

<https://www.nytimes.com/2016/08/21/opinion/sunday/becoming-disabled.html>