

ACADEMICIANS AND PSYCHOANALYSTS DIALOGUE IN THE INSTITUTE'S ACADEMIC TRACK

Psychoanalytic theory, which explores unconscious conflicts and motivations, can illuminate many fields of study. Some academics have enriched their professional work through psychoanalytic training, without becoming practicing psychoanalysts. Locally, three scholars have taken the track less traveled at the Psychoanalytic Institute of the Carolinas: Patrick Miller, Sarah Miller and James Cowan.

Patrick Miller, PhD, an Assistant Professor of Philosophy at the University of North Carolina-Chapel Hill and the Managing Editor of *The Journal of the History of Philosophy*, recognizes the dynamic connection between philosophy and psychoanalysis. Bridging the two disciplines, he has written *It All Started With Plato*, (co-authored with Sarah Miller) and *Happiness and Desire in Aquinas and Lacan*, and presented a lecture to the NC Psychoanalytic Society titled "Oedipus Rex Revisited."

"The philosophical problems I have focused on," he writes, "are those about which psychoanalysis has a lot to say. These problems include: the constitution of the self, the source of moral motivation, and the relationship between components of the human, especially reason and the emotions, and the mind and the body."

In Miller's view, philosophy has much to contribute to psychoanalysis, such as an attunement to the theory-dependence of observation, a point which philosophers like Thomas Kuhn made famous in the wake of the epistemological investigations of Wittgenstein and Quine. Miller says, "I believe philosophers can help analysts bring to light, question, and then revise some of the deepest assumptions of their practices. These are assumptions not just about the structure of mind, but more significantly about what constitutes success in therapy, in other words, what constitutes a good life."

A NEW NAME FOR THE INSTITUTE:

As of November 1, 2005, the UNC-Duke Psychoanalytic Education Program has a new name: the **Psychoanalytic Institute of the Carolinas**.

Sarah Miller, a UNC graduate student in Comparative Literature researching female pathology and sexuality in classical and medieval texts, found both Freud's theories and the psychoanalytic way of listening to the unconscious valuable to her studies. "I am interested in how both medical and religious texts construct the healthy and sick female body, and how these constructions reflect and shape assumptions about female sexuality. Medical writers, Church fathers, hagiographers, and mystics were all

invested in the meaning of women's health, in the benefits and dangers of virginity, menstruation, intercourse, and pregnancy.

"But psychoanalysis is more than simply a chapter in the history of ideas about women's bodies and desires; it has also been very illuminating for me as a tool of literary analysis. Texts, like people, do not always mean what they say or say what they mean. They are always full of internal sub-texts, contradictions, and silences,

all of which contribute to their meaning."

The late **James Cowan, PhD**, who was an academic track graduate and UNC English Professor, applied his psychodynamic understanding to literary criticism.

"Psychoanalytic education has helped me in my work as a specialist in modern English literature by qualifying me to employ psychoanalytic ideas, from Freud's early theories to contemporary theories such as Winnicott's object relations and Kohut's self psychology, as I did in my book, *D.H. Lawrence: Self and Sexuality*."

Like the clinical candidates, the academicians enrolled in the Institute take courses in theory and technique for four years and experience their own psychoanalysis. University faculty and graduate students, as well as mental health professionals, are invited to explore their interest in psychoanalytic studies by contacting Administrative Secretary Betty Evans, (919) 490-3212, or by emailing unc.dukepep@verizon.net. Applications are due by March 1, 2006, for the class beginning in September 2006. For more information, go to www.unc-dukepsychoanalysis.org.



In May 2006, Patrick and Sarah Miller will graduate the Academic Track of the Psychoanalytic Institute of the Carolinas.

giving



"We support the NC Psychoanalytic Foundation because psychoanalysis provides an excellent path to the development of the competencies essential to emotional wellbeing and happiness for those of us not fortunate enough to have developed the skills at an early age. We want to ensure this path remains available to the many who can benefit from it."

—Michael & Candace Olander
Michael Olander, President of Apple Gold Group (Applebee's, Burger King and Johnny Carino's), is an Advisor to the NC Psychoanalytic Foundation

psychoanalysis in the Carolinas

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DR. DONALD ROSENBLITT RECEIVES REX AWARD

The John Rex Endowment Hands of Health Award will contribute \$10,000 to the Lucy Daniels Center for Early Childhood on behalf of Dr. Donald Rosenblitt, founding and current clinical director of this private nonprofit program devoted to promoting the healthy emotional development of young children. This annual award honors individuals whose innovative work helps improve the health of underserved children in Wake County. The Rex Endowment board stated that, "Dr. Rosenblitt is a child psychiatrist and psychoanalyst who, in partnership with Dr. Lucy Daniels, launched a ground-breaking program to apply the psychoanalytic model of emotional health in the preschool classroom. He is a model of dedication and compassion and a successful advocate for advancement in children's mental health services. His tireless work has earned Wake County national recognition as a hub for the highest quality mental health and education services for emotionally at-risk children."

GROUP PONDERES MIND-BRAIN CONNECTIONS

In Fall 2005, a new Neuro-Psychoanalytic discussion group led by psychoanalysts David Moore, PhD, and Laurie Pahal, MD, began to meet and discuss Nobel Prize winning psychiatrist Eric Kandel's book, *Psychiatry, Psychoanalysis and the New Biology of the Mind* (2005). Kandel went to medical school planning to become a psychoanalyst but ended up doing neuroscience research. He explores how learning, including talk therapy, changes neuronal connections. On February 17, 2006, the group will review Chapter 6, "Neural Science." Anyone who is interested in joining this study group should contact David Moore at (919) 225-0497 or dmoore712@nc.rr.com.

NCPS HOSTS ANALYST DR. ETHEL S. PERSON

Ethel Spector Person, MD, will speak on "Forgiveness" to the North Carolina Psychoanalytic Society at 10am on Saturday, May 6, at the Lucy Daniels Center, Cary. This Scientific Program is open to mental health professionals only. At 9am, a pre-talk will introduce the psychoanalytic concepts relevant to the lecture. Dr. Person, a training and supervising analyst at the Columbia University Center for Psychoanalytic Training has published ten books. The lecture fee is \$25 for non-member mental health professionals and free for NCPS members and trainees.

Psychoanalytic Psychotherapy Study Center of NC is now accepting applications for Fall 2006 classes.

A one year Introductory Course and a two year Advanced Curriculum will be offered in Fall 2006. For more information visit www.ppscnc.com, email info@ppscnc.com or mewilner@verizon.net. Applications are due July 7, 2006.

THREE DISTINCT ROADS: INSTITUTE GRADUATES THREE CHAPEL HILL PSYCHOANALYSTS

Laurie J. Pahel, MD, Psychoanalyst In September 2005,



Laurie J. Pahel, MD, graduated from the UNC-Duke Psychoanalytic Education Program. This culminated a long, complex educational path for her. She graduated *summa cum laude* from East Carolina University with a bachelors degree in music, double-majoring in music therapy and music education. While at East Carolina, she worked with autistic children as a student music therapist, taught high school band students as a student teacher at New Bern High School, and worked with severely mentally ill patients as a music therapy intern at Dorothea Dix Hospital. While teaching elementary music and middle school band in the Durham City Schools she planned her course of study in order to fulfill requirements to apply to medical school.

After graduating with honors from UNC School of Medicine, Dr. Pahel entered residency training at UNC Hospitals as an Obstetrics and Gynecology resident. Dr. Pahel missed working with psychiatric patients and she was accepted for residency in psychiatry at UNC. She began her psychoanalytic training in her last year as a psychiatry resident.

Having graduated from the Institute, she wishes to acknowledge her three children for their resilient fortitude, her husband David for his love and support, her patients for their courageous work, her supervisors and adviser for their wise guidance, and her analyst for his grace under fire. Dr. Pahel welcomes adults to her psychoanalytic psychiatric private practice in Chapel Hill.

Sandra U. Bennett, MA, Psychoanalyst Sandra U.



Bennett, MA, also graduated from the UNC-Duke Psychoanalytic Education Program in September—the first Licensed Professional Counselor and Licensed Marital and Family Therapist to graduate from the Institute. “Becoming an analyst has made my life so much richer than I ever thought possible. It has opened up a

way of interacting and working with people that is extremely meaningful and rewarding. I have a tremendous amount of appreciation for those close to me that have made this possible—my husband Steve (himself an advanced candidate) and daughter Madison, my clients, my training analyst, and my supervisors. They have all given me emotional support, encouragement, and a vast amount of meaningful knowledge about myself and emotional life in general.”

In her private practice in Chapel Hill, she works with adults, children, couples, and families. She has specific

expertise in working with early trauma, grief and loss, and sexual problems. Ms. Bennett is a therapist with the Center for Psychological and Family Services, a group that partners with churches in the Triangle area of NC to address mental health needs within a Christian context. Ms. Bennett will continue her analytic education through the Psychoanalytic Institute of the Carolinas Child and Adolescent Program.

Julia L. Danek, MD, Psychoanalyst Julia L. Danek, MD,



graduated from the UNC-Duke Psychoanalytic Institute in October 2005. A psychiatrist, she works with adults in private practice in Chapel Hill. While most of her practice is dedicated to psychoanalysis and psychoanalytic psychotherapy, Dr. Danek

also sees patients for medication management and supervises psychiatry residents from UNC Hospitals. She finds the application of psychoanalytic concepts invaluable in understanding and helping patients no matter what treatment modality is employed.

Dr. Danek is a graduate of the North Carolina School of Science and Mathematics, Davidson College, and the UNC School of Medicine. Her internship and residency were with the Department of Psychiatry at UNC Hospitals, where she developed an appreciation for intensive psychodynamic psychotherapy and a respect for the insights offered by supervisors who were analysts. Dr. Danek notes that most of her twelve years of private practice have involved some form of study of psychoanalytic theory and technique and participation in the local analytic community. She feels deeply appreciative of the opportunity to know and to learn from the many good and talented people associated with the Institute, Society, and Foundation.

The North Carolina Psychoanalytic Foundation presents
Fifth Annual Public Lecture Series

Judith Viorst

**Grown-Up Marriage &
Parenting Our Children**

March 4, 2006

Graduate, Washington Psychoanalytic Institute
Author of *Necessary Losses*, *Imperfect Control*,
Grown-Up Marriage and the beloved children's classic,
Alexander and the Terrible, Horrible, Very Bad Day

For more information:

www.ncpsychoanalysis.org or (919) 847-2323

PHILANTHROPIC SPIRIT SOARS AS NCPF WELCOMES NEW FREEMAN SOCIETY MEMBERS

The North Carolina Psychoanalytic Foundation is delighted to welcome four new members into the Freeman Society, its philanthropic program named for co-founders Connie and David Freeman. Members of the Freeman Society are individuals committed to advancing the Foundation's mission and helping secure the future of psychoanalytic education, training and treatment by making planned gifts.

At a recent dinner hosted by John Boswell and Barbara McMullan to honor and celebrate members of the Freeman Society and the Education Committee of the Psychoanalytic Institute of the Carolinas, the Foundation announced that **Susan and Harold Kudler, Carroll Heins and Elizabeth Raft** have all become new members of the Freeman Society. Other members include Charles Keith, Heather Craige and Connie and David Freeman.

Planned gifts offer numerous opportunities for donors to accomplish their philanthropic goals in ways that complement their overall financial goals and estate plans. Harold Kudler, Chair of the NCPF Board and a psychiatrist at Duke and the Veterans Affairs Medical Center in Durham, and his wife Susan, an educator, are naming the NCPF as a beneficiary in their wills.

"Susan and I thought about this quite a bit. Psychoanalysis brought us to North Carolina and has been an important part of our lives. We want to do our part to give back to the psychoanalytic community and to the greater community through the Foundation," said Dr. Kudler.

Carroll Heins, an NCPF board member and retired

clinical social worker, is naming the Foundation as a beneficiary of an IRA. According to Ms. Heins, "I knew I wanted to do something meaningful for the Foundation and to support psychoanalysis. This seemed to make sense. Leaving an IRA to my children would carry with it a potentially significant income tax obligation for them. The Foundation won't have that burden so the entire gift will be put to good use."

Elizabeth Raft, MD, a psychiatrist in Chapel Hill, is creating an endowment in memory of her husband, David Raft, who was a dedicated training analyst and teacher. The David Raft Community Outreach and Education Endowment will initially support students studying in the Psychoanalytic Psychotherapy Study Center.

In announcing her gift, Dr. Raft stated that, "David was very committed to psychoanalytic education and training and I think he would be pleased that this gift will support students pursuing their psychoanalytic education, including non-medical mental health professionals."

Charitable giving of any kind—through financial contributions, volunteering, or donating cans of food—is clearly a noble and rewarding pursuit. Through planned giving—choosing the right assets to give at the right time—you make the most of your gifts. You can support the organizations and institutions you love in a way that fits your individual interests and situation.

To learn more about how to make a planned gift to the NC Psychoanalytic Foundation, please call **(919) 847-2323**, or email info@ncpsychoanalysis.org.

The 2006 Calendar of Psychoanalytic Events
is posted on the NCPF website:
www.ncpsychoanalysis.org

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