

NAPsaC Face-to-Face Board Meeting Minutes
Waldorf Astoria Grammercy Suite
January 21, 2017
9:45 AM - 1:15 PM EST

Present: Maureen Murphy (MM) (PINC; Chair), Beth Kalish (BK) (LAISPS: Co-chair); Sandra Borden (SB) (Treasurer), Leigh Tobias (LT) (Secretary)

Louis Brunet (LB) (CPS); Paula Ellman (PE) (CFS DC); Judith Feldman (JF) (CFS NY); Caron Harrang (CH) (NPSI); Lee Jaffe (LJ) (APsaA); Andrea Kahn (AK) (PCC); Terry McBride TM (LAISPS); Maxine Nelson (MN) (NPSI), (CPS; Phyllis Sloate (PS) (NAPsaC Outreach and Advocacy, Pres CIPS); Drew Tillotson (DT) (PINC); Randi Wirth (RW) (IPTAR, CIPS); Harriet Wolfe (HW) President (APsaA).

Absent: Japan, Korea, Taiwan Representatives; Judith Lewis, VT; Marilyn Rifkin, IPTAR

Visitors: IPA Leadership: Stefano Bolognini (SB), Alexandra Billingham (AB), Virginia Ungar (VU), President-Elect, IPA; Sergio Nick (SN) IPA President-Elect; Andrew Brook (AB), Treasurer; Arlene Richards (AR), NA Rep. Paul Crake (PC), IPA Executive Director.

Note: Jorge Palacios-Boix, will succeed Louis Brunet as President of the Canadian Psychoanalytic Society (CPS) in June 2017: jorge.palacios-boix@mcgill.ca .

PART I: Meeting with IPA Leadership:

Welcome from MM to NAPsaC Board and IPA Board guests.

AB: Happy with development of NAPsaC; good changes.

From NAPsaC to IPA Leadership regarding Modification of Eitingon; Frequency of sessions.
(*Note: I have included a nearly verbatim discussion, for clarity.*)

CH: One beginning question: where did the idea come from, to modify Eitingon?

SB: This issue has been present a long time. The IPA has a variety of different situations that are cultural and that can impede societies in their own efforts under existing rules. This issue emerged 12 years ago with the recognition of 3 models of training; before, the other two did not exist. We wanted not to split, deny, this reality, of how Societies were actually operating. If we did not recognize the reality IPA would operate at a double level, as if all Societies are the same when we are not. We found we to need adapt our standards to what is going on, however, this change does NOT imply that any Society has to change its rules, methods. We each need to decide what is best for each one.

IPA has 12,500 members; of that number, 3,000 offer analysis at 3x week. There are complex phenomena that affect this, and we have to take into account or we are detached from reality. One contribution is the difference between the models. Another is the aging of the analyst

population, and the training of new analysts and the need to find cases for training them. Also there is the fact that patients change because of a complex social process of parenthood, when both parents work, specifically the mother, which affects the mother-baby relationship and the analysts inherit this change as well. That is, four times is too much because the early relationship has been disrupted. Often the patients withdraw if hear 4x, b/c early relationship is disrupted. Many analysts find that they need to start with a cautious lower frequency, to create the working relationship. This is the reason many candidates do not find suitable patients in time to fulfill the requirement. So, many changes have been needed to adapt to this reality.

In addition, within the French model, there are 3,000 that use 3x per week. Green, La Planche, Argentinian analysts, many good analysts, and this makes us cautious about the mandatory statement of absolute 4-5x. We also heard of societies that in order to adjust, changed from Eitingon model to French just for the frequency. This is not a good reason to change, but has happened nonetheless. And this happens while these groups still put the training analysis during training, as in the Eitingon model, while in French model, the analysis finishes before training, and in training the candidate starts supervision.

So these issues do not come as a lowering of the ethical and training standards. Rather they reflect psychoanalytic cultural differences. I use this metaphor: the difference between African and Asian Elephants. African elephants are larger in size because they live on the Savannah and fight a lot of other large and strong animals, like lions, hippos, etc. The Asian elephants are smaller because they live in the forest, among dense trees and vegetation, and would be handicapped for their survival if they were too big. So, due to different environments, have different size.

VU: I support this way of thinking, and add some information: that IPA Executive Committee (ExCom) received 3 letters asking for an adjustment (2 Europe, 1 LA). These letters were not asking for permission, but for information, and the IPA Board had to give an answer to them. They want to keep Eitingon model, but reduce frequency.

AR: And if we add personal respect for colleagues all over the world, it leads me to believe we should trust what they say, and respond to them to allow them to work and flourish.

MM: My understanding is that a vote on this matter is to be in Buenos Aires. So, will there be an address to representatives before then?

AB: We will send out information from the IPA Board and the Committee.

PE: Do you want to hear what different societies think of this?

IPA Board: YES.

SB: Reaching all members to inform is difficult; so we decided to postpone to allow societies to respond.

MM: This is a reminder to our Board members that one of our functions to take back this info to our societies.

BK: I would like to add that the issue of 3-5 has been around for a long time; no pressure for change the way there is right now. The sentiment is mixed on IPA Board; some wanted it to be changed formally now; but so many letters, especially from CIPS, and others that said we have not talked enough to our societies. The Board listened, and pushed it to Buenos Aires.

PS: We started the process in December; each of our societies has begun working with the membership toward a comprehensive report.

PE: Even though I have heard this has been a process, for me (and CFS DC) it was out of the blue. So I wonder how many societies this is true for as well.

JF: At CFS NY it has been discussed at TA meetings for 2 years.

PE: There is perceived to be a pressure to make changes; even though you say formally allowing 3x week for the Eitingon model does not mean a Society must change, will not necessarily make a change, many will, just because there is pressure. (Asked for clarification re numbers of those that use 3x per week.)

SB: 2,000 officially members of the French; 1,000 more are unofficial, but not under the table. Not a lie, in other words. (Some discussion followed to clarify further; this is a hard number to really know).

JF: Thanks to IPA for delaying the vote; we have been developing a plan, but appreciate being listened to by IPA.

SN: Instead of a political battle; I wonder if we could start research that were trained 4-5, compared w 3x, and if there is a difference in outcome of training. Might be better way to decide.

HW: APsaA: Many were surprised, and concerned about the timeline. Outgoing chair of BOPS preferred more time. I have been struck by the perception that modifying the Eitingon is a change in "rules", rather than an opportunity for people to say what they are doing, and the ability to be open about it. If people cannot say what they are doing, research would be difficult. So, for example in SF, discussion is active, but the "rules" are neither the spirit nor the reality. The suggested change is seen as an offer of flexibility and regarded as a guideline for "best practice."

MM: Historically when something new comes on the scene, the first response is negative, here it seems to be the fear of "lowering the standard." So, I am grateful to Stefano for outlining a more dynamic understanding.

BK: Also one society could be creative, ex: 2 4x, 3rd case could be flexible 3 or 4 or 5 x week.

LJ: Not “if” but “that” people are doing this. It is not a “must” change; some people feel that pressure, but I find those that are trained are serious, and they can decide what is meaningful analytically. Hopefully we won’t suffer the tyranny of a consensus. I don’t know if it is simple majority, or 2/3? Also, we have begun to do some research about this: can one tell? Not so far.

SB: Simple Majority is used, as in the 3 Models vote.

CH: One question in my society: if frequency is more flexible, does it apply to the candidates’ personal analysis as well?

SB: A lot of variations already exist. Some work 3x week for training analysis. So, it is up to the Society to choose. There is not a single way to decide this. I am speaking of avoiding hidden or personal decisions not communicated to us by a Society, I am speaking of accepting what is really chosen by the Society.

AB: The standard problem of a democracy is the majority dictating to the minority. That is not the case here; no Society has to make a change; the Society still chooses their frequency.

PS: I think this is not just a numbers game: one has to consider the entirety of the training model. Second, the research mentioned, I would point out IPTAR’s research base looking at these issues that made the variable impact of frequency and duration, which each have a different impact. Here we are under the gun due to insurance companies, and something we need; it would help a lot to have the evidence.

AK: Like to address: the concern if others practice 3x week, I need to as well or I am at an economic disadvantage. I think this is a false issue. I know of 3x (lower) and other 4 or 5x; many want the “better” version; others the easier.

MN: Seattle is different, not like NYC; we already feel competition, not just frequency but also writing.

PC: Want to comment on PS comment about research: there is at the IPA level, the Open Door Committee: all major research outcomes on efficacy on psychoanalysis, including a massive German initiative that found positive impact. We don’t usually find students looking for lower standards. I wonder if there is a concern that may not be true, that different standards might not mean lower.

LB: In Canada we have both models. Many more students ask for Eitingon rather than French; and not only based on language, either. Students choose according to the analysts and theories.

AB: Candidates look at attractiveness of a Society in many ways. Need look at how healthy is our organization, rather than the standards.

PE: How does this transition of executive power feel for the Board?

SB: I feel like Obama, but she (President-elect Virginia Ungar) is not Trump!

PE: (to VU) could we hear your ideas?

VU: Not only am I not Trump, but I am also the first woman President of IPA; it is a huge responsibility. The new administration will be a continuity. I will be the 3rd Latin American (LA) President; I am happy that there are projects that ensure the continuity; Stefano and Alexandra have invited us, involved us for 1 ½ years, and now in monthly meetings as well. This helps to make a very good transition for us. We want to keep the improvement between IPA and the Regional Associations; we will try to maintain this as well as IPA and membership. It will take open dialogues, personal exchanges. One idea, which is not new, is to continue to stress that we have the best training to offer for candidates. We would like to work to convey the idea of psychoanalysis where young people are working; on the “battlefields.” We want to promote as much psychoanalysis as possible.

SN: We used to talk about IPA Psychoanalysis as the “in room” psychoanalysis; we have found many analysts also work “outside” the room: schools, clinics, old and young people, etc.

VU: This is not only about recruitment; but also we think we have developed a precious tool and we do not need to keep in a special box; we can use it in the community; in the field, and other places.

AB: Unlike the US government, there are some strong factors built into continuity and information, which is that at each Board election at least half the board is re-elected. Also the officers are not re-elected at the same time. These both ensure continuity.

MM: Another element is that we have the Executive Director, Paul Crake, and he also provides this seamlessness. Thank you, Paul.

SB: It is of note that when we see the percentage of voters, we see that North America (NA) does not vote as much. We hope you help us invite NA colleagues to help us get out voters. That means these members are not in contact with the parliament that discusses these issues; we hope this will improve.

MM: How much your administration has helped us as a body, and we have known you are behind us. THANK YOU! And we look forward to VU and SN as well.

[IPA Officers and staff left the meeting]

PART II: Business Meeting

Minutes: Reviewed and approved unanimously

Treasurers report: Sandy Borden
Projected Income and expenses for 2017 distributed (Appendix 1)

TM: New revision includes the Ejournal? Yes

CH: Does the website costs include the Find An Analyst cost? Yes
LT: reviewed Find An Analyst: will send 'opt in' procedure to all again. (Appendix 2)

CH: What are the shared conference costs? NAPsaC panel.

BK: How does end of year compare? --down. SB recommends a dues increase. Discussion regarding comparison with other regions; an on-going conversation. February is the month that dues letters go out. It will depend on the new NAPsaC admin; however this should happen as well.

MN: Helpful to have comparison with the budget of the year before as we go forward.

LB moved to accept; CH second. *Treasurer's report approved unanimously.*

NAPsaC/APsaA TF report: has been reviewed in December. Now we have the proposal of the two-tier voting system. The Board again reviewed Appendix 2 on the December 2016 minutes for this voting system. We will test this for two years. APsaA approved already.

TM and AC: *Moved and seconded to accept model for two years (until Annual Face-to-Face January 2019). The two-tier system was unanimously approved. The next vote will be two-tier; we will try this system as proposed for 2 years.*

PART III NAPsaC Chair Maureen Murphy's "State of NAPsaC"

MM: Highlights of the actions for the four years:

2012: Set of circumstances that provided heart and will from its 'fossiled' position. Many people on this Board helped. NAPsaC and APsaA have been working together well; three sets of leadership have helped. To recap:

Infrastructure: We approved the Bylaws 2012. With that we could have our own bank account and 501 c 3. Sterling so helpful to us, pro bono, thanks to Rick Perlman.

We established quarterly meetings, rather than once per year; helped us move along.

Recently we have tried Zoom for the teleconferences (courtesy APsaA), and that helped as well. The dues were raised from \$2.00 to \$5.00.

Voting on the Two Tier system as of today. Brings a core infrastructure into place.

Programmatic: What is NAPsaC and what does it do for me? We have worked for visibility and access.

In 2013 we made the decision to NOT launch another separate NAPsaC conference, but rather to collaborate with our member organizations that have larger national conferences. First was the CIPS Clinical Conference, in NYC, on Trauma organized by Randi Wirth and Phyllis Sloate. There was a NAPsaC-sponsored panel discussion and cocktail party on Friday evening. It was very successful. It was the first time NAPsaC invited other Regional Representatives from the other regions, which involved us taking the step, as the two other Regional Organizations do to host those visitors by paying those Regional visitors' registration and hotel; it is the custom that

the visitors' Region pays their airfare. Sergio Nick from FEPAL and Alexandra Billinghamurst from EPF attended. A CIPS books series volume emerged from that conference panel that Terry McBride and Maureen Murphy are editing.

The next collaboration was the CIPS Clinical Conference in Los Angeles: Empathy, Creativity and the Shared Transitional Space. We invited IPA Board members Stefano Bolognini and Alexandra Billinghamurst (EPF) and Alejandro Nagy (FEPAL). There was again a Friday evening panel sponsored by NAPsaC that included the Regional visitors, as well as some North American (NA) Reps to the IPA Board, and Drew Tillotson of PINC. This was also a very interesting and engaging panel. A cocktail party followed.

The next co-sponsored NAPsaC event was with APsaA in June in Chicago. This was a panel mounted with the help of CFS NAPsaC Board member Paula Ellman that was distilled from the conference mounted by North American IPA Committee On Woman in Psychoanalysis (COWAP) on Violence against Women that Paula helped mount in March 2016.

Today we will have another co-sponsored meeting with APsaA, the NAPsaC Clinical Workshop. We mounted one of these clinical workshops at the Boston Congress 2015. This is a clinical format we have borrowed from FEPAL. Clinical material is submitted, without knowing the gender nor the region of the analyst; the patient's material is heavily disguised, removing gender identity as much as possible. There is a panel of three members, hopefully from different regions, a reader and a moderator. The material is projected for the audience to see; after the panel responds, comments are opened from the floor. It has been a very creative clinical collaboration each time.

A NAPsaC Clinical Workshop has just been accepted to present at the Buenos Aires Congress this summer. We have been given a Wednesday morning slot, which should encourage people to attend. This time we will have 2 panels: an adult case and a child case. Child panel will feature Virginia Unger (LA), Victor Bonfilio (NA), Claudia Frank (EPF). The adult panel will feature Jean-Wolfe Bernstein (EPF); Martin Gauthiers (NA); and Adrianna Prengler (NA and LA).

Outreach:

We worked to at least list outreach efforts of each organization on our website; probably needs updating.

Inter-Regional Relations:

We have sent our Representatives to participate in Stockholm, Berlin, Cartagena, and Buenos Aires. Has helped us be more recognized, and enriched our understanding of the work they do as well.

The Ejournal: this is another significant opportunity to interact with the other Regions. Do look at it. www.psychanalysis.today The current issue on violence has gone to 12,000 hits on the site.

BK: A lot of our members do not know how to access. We need to help them find it.

CH: We could add a page on NPSI website to link to these regional connections. Ease of access helps.

MN: How many per year?

MM: 4 times per year; 8 authors each time; one video; MM invited others to share.

LB: I just want to say that I have been pleased to participate from Canada. There is a problem of continuity from one President to the next on my Society. I will talk to the new President of CPS about NAPsaC. I feel NAPsaC slowly coming into a meaning, and will be interesting for us and explain to my membership who and what is NAPsaC.

MM: We would also hope for a joint-program in Canada.

LB: I will bring to the program committee, we will work on that.

PE: At one time, before we were NAPsaC, we were 'NAIPAG', a mostly clinical interaction, with LA Region, and with translators. Very enriching. Maybe link with EPF and FEPAL in this inter-regional way.

TM I went to one in Puerto Vallarta; FEPAL, very useful.

RW: Invitational? --Was in the past; would not be invitational now.

HW: It is a good idea to focus on clinical work; the more we can be NAPsaC, the better.

CH: NAPsaC known at NPSI; Candidate president talks all the time.

PE: Are there opportunities for NAPsaC Chair to meet with other Regional Presidents.

MM: Yes; this is the reason for the Regional exchange. Note also that the papers from the EPF Congress are archived; anyone can go to the EPF website to find those papers. FEPAL papers are mostly in Spanish and Portuguese.

RW: We can let our membership know of these meetings as well. Need advertise via NAPsaC as well.

CH: Would it be possible for anyone to come to those inter-regional meetings?

MM: Explained we could try. Some meetings are closed.

HW: Could invite the regional reps to *this* meeting.

RW: Could be invited to a teleconference as well.

PS: Who pays for what? Membership does not know in the main what we are doing; still a problem.

MM: Couldn't agree more: why programmatic is so important.

[Louis Brunet had to leave the meeting.]

Thank you gifts to Maureen and Beth: thank you for excellent work in developing NAPsaC to this cooperative effort is has become today.

BK: I would like to share some of my long history with NAPsaC. From NAIPAIG all that could be managed was a name-change to NAPsaC. It is very gratifying to have the developments that Maureen just outlined. I thought long and hard about the commitment to co-chair when asked, because it was so contentious in the past. Thanks to Maureen it has been collaborative and fruitful.

I want to think more about the membership on Board, as PS said, with NAPsaC. IPA has the "link function"; the aim is for every society to have one link person to IPA. To sit on the IPA Board means that my function is to represent the whole region, but I do have a CIPS and NAPsaC voice, and experience, as well. Current admin has really supported us. We need to do everything we can do to keep every IPA President aware of NA Region. Human contact is the secret. This is really happening, and been a pleasure. To have an IPA rep on this NAPsaC Board has also been a plus.

PE: There is an IPA NA Board Nominating Committee that nominates reps to run, and is the place for this Board to turn to have someone run. It is the conduit.

LJ: Seven principles of leadership from Nelson Mandela: simultaneously from front and behind. What I hope to do.

PART IV New Business

MM: Very gratifying for me, gotten to know many I would not have otherwise. Thank you for working together: "Yes we can, Yes we will!"

MM and LT will *clean the Bylaws by inserting this new voting system to make them up to date.*

Move to succession: Harriet Wolfe, current President of APsaA has appointed Lee Jaffe, President-Elect, to Chair NAPsaC. He has a strong identification with IPA partly due to his work with IPSO in the past; he is Psychologist as well, the first as APsaA President. He is reliable to be broad and inclusive.

The NAPsaC Board delivered a unanimous *Vote of Confidence that this Board of NAPsaC endorses Harriet's decision to appoint Lee Jaffe as NAPsaC Chair.*

Note that this is a two year term; with option to re-up in two years if desired, or can pass the baton.

PE: Good timing to interface with NAPsaC and for APsaA to know the value of this organization; get them engaged.

HW: APsaA has a new Task Force: Value, Engagement, and Community. Consultant: Lowell Applebaum. Its charge is to determine what of value do members of APsaA get from APsaA and also from IPA and NAPsaC. How do we best inform members of our organizations about what we intend and what we are doing?

LJ: Can we make a hyper-link to each organization on the website?

LT: Already there.

PS: Each NAPsaC organization could make a link to APsaA on our own websites as well.

LJ: These are my tentative goals for the NAPsaC website: *to make clearer that the hyper-links are there; make the goals pop; the centennial film functional; a tab to a page with the current board with contact info brief description, and maybe photo. A contact person from the page to be able to reach. Having a way to see the Bylaws.*

LT: We do have a Bylaws portion on the Find An Analyst portion of our site.

RW: Vote to authorize the funds may help to go-ahead?

LJ: May get proposal from 2 people to get a good deal.

CH: The administrator at NPSI does the changes herself. Would be lower price point if we had one.

PE: Can there be a part-time admin via our societies? IE, use an admin already in place, but NAPsaC pays the fee.

MM: This will be investigated, a proposal made, and then we will talk about what to do.

CH: Can we set our quarterly meetings at a particular time? The group decided: **3rd Sunday at 3PM Pacific/6PM Eastern, 4 times yearly; 90 min: March, June, October, and December. This will be a trial to see if the NAPsaC and CIPS Board meetings on the same day are convenient or confusing.**

MM: Need a NAPsaC Program Committee.

HW: **Next APsaA congress is February 14-18, 2018 at the New York Hilton. In 2019, it is the weekend before or February 6-10, 2019.**

The meeting adjourned at 1:15 PM, EST.

Appendix 1

NAPsaC Projected Income and Expenses for 2017

Income:

| | |
|-----------------------------|-----------|
| Balance from 2016 | 13,877.13 |
| Dues (at \$5.00 per member) | |
| APsaA (1,600 members) | 8,000 |
| CPS (328) | 1,640 |
| IPTAR (163) | 815 |
| CFS (140) | 700 |
| PINC (95) | 475 |
| PCC (76) | 380 |
| LAISPS (62) | 310 |
| JPS (32) | 160 |
| NPSI (18) | 90 |
| KAC & KSG (6 - approximate) | 30 |
| Total Income: | 26,477.13 |

Expenses:

| | |
|---|--------|
| E-Journal (1/3 of \$25,000) | 8,500 |
| Website Maintenance | |
| Ongoing maintenance - average monthly service is 1.5 hours; at \$115 per hour = \$172.50 per month | 2,070 |
| Constant Contact fee per month = \$43.55 | 522.60 |
| Event Calendar (MyCityScene) is \$10 per month | 120 |
| Travel Reimbursements | |
| Estimate of inter-regional Reps travel expenses - includes flight expense from one NAPsaC Rep to EPF and to FEPAL Congresses, plus visiting one FEPAL or EPF Rep expenses to our NA region (registration, hotel, meals) | 4,000 |
| Conference Expenses | |
| Coffee bill at Waldorf for NAPsaC annual meeting | 550 |
| Shared meeting expenses (panel cost with CIPS or APsaA) | 5,000 |
| Accounting Services (tax preparation, etc.) | 600 |
| Miscellaneous Expenses (postage, apostilled documents, etc.) | 150 |

| | |
|-----------------------------|-----------------|
| Total Expenses: | 21,512.60 |
| End of Year Balance: | 4,964.53 |

Appendix 2

How to opt-in to NAPsaC Find-An-Analyst Website

FIND AN ANALYST
www.findananalyst.org

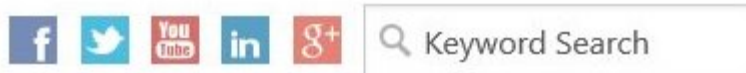
Sponsored by the North American Psychoanalytic Confederation (NAPsaC)

Please note that you must be a member of the IPA to be listed on the NAPsaC Find An Analyst website. Additionally, you need to permit the release of your information from the IPA database for your listing to appear on Find An Analyst.

Here are the instructions to authorize IPA to release your information to Find An Analyst:

1. Go to the main IPA website: www.ipa.world.
2. On the top right of the screen click sign in.

[Sign In](#) [Español](#) [Français](#) [Deutsch](#) [Cart](#)



3. Use your IPA username and password to do that. Your username is normally your email address but you may have/can personalize this.

Sign In

Username

Password

Remember me


Forgot [my password](#) or [my username](#)

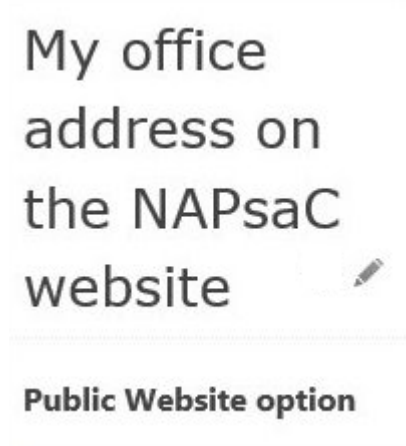
[Create a new account](#)

4. If you have forgotten your password, click “forgot my password” and follow the instructions. If you have forgotten your username click “forgot my username” and follow instructions. As an IPA Member, do not click “create a new account” as this generates a non-member account. If you have any problems, please contact the IPA (ipa@ipa.world) who will be please to assist you.
5. Once you're logged in, go to Members on the top menu bar—on the right, and select MY IPA.

Indicates you are logged in



6. A page with your name etc. will open. All editable fields on this page are shown with a pen symbol . You can add your birthdate to give some substance to the ageing debate or you photograph that could be useful for www.Psychoanalysis.today etc.
7. In the 2nd column you'll see a box that says my address on NAPsaC.



8. There is a pen icon in that space. Click on the icon and another box will open.
9. Check the box that says “office address, phone number and website.” This allows IPA to release your information to NAPsaC (Find An Analyst).

10. Click Save and close.

Once you have agreed to have your information listed, it will appear on the Find An Analyst site. Please allow a short time for your listing to appear.

If you have difficulties with the aforementioned directions or general questions about your Find An Analyst listing, please me at caron@caronharrang.com.

Caron Harrang, LICSW, FIPA
Secretary
North American Psychoanalytic Confederation