

NAPsaC Board of Directors Meeting Minutes
October 15, 2017

Officers:

President – Lee Jaffe (APsaA)
Vice-President – Drew Tillotson (PINC)
Secretary – Caron Harrang (NPSI)
Treasurer – Sandra Borden (APsaA)

Directors:

Lee Jaffe and Harriet Wolfe (APsaA)
Louis Brunet (Canadian Psychoanalytic Society)
Judith Felton and Paula Ellman (Contemporary Freudian Society)
Randi Wirth and Phyllis Sloate (interim) (Institute for Psychoanalytic Training and Research)
Kenichiro Okano (Japanese Psychoanalytic Society)
Tak Yoo Hong (Korean Psychoanalytic Society)
Beth Kalish and Terry McBride (Los Angeles Institute and Society for Psychoanalytic Study)
Caron Harrang and Maxine Nelson (Northwestern Psychoanalytic Society and Institute)
Andrea Kahn and Leigh Tobias (Psychoanalytic Center of California)
Judith Lewis (Vermont Study Group/non-voting)
Maureen Murphy and Drew Tillotson (Psychoanalytic Institute of Northern California)
Yuhua Clare Lin (Taiwan Study Group/non-voting)

Absent: Sandra Borden, Yu-hua Clare Lin, Judith Felton, Judith Lewis
Maureen Murphy, Maxine Nelson, Kenichiro Okano, Phyllis Sloate, Harriet Wolfe

The meeting (Zoom videoconference) was called at 3:00 pm Pacific/6:00 pm Eastern Time.

I. June 18, 2017 Minutes

The June 18, 2017 minutes were reviewed and unanimously approved.

II. Executive Session. Lee Jaffe reporting.

Lee Jaffe requested that the Board move into Executive Session to discuss a matter pertaining to email communications. A motion was made and seconded. The minutes of this portion of the meeting will be circulated to Directors only per Robert's Rules.

III. Treasurer's Report. Lee Jaffe reporting for Sandra Borden (absent).

1. Our balance in checking account as of October 7, 2017 is \$19,380.73.
We have spent \$15,686.40 so far in 2017. We have not yet received an E-Journal bill for 2017, which will arrive in late December or early January. We added two new expenses this year, Directors & Officers Insurance and acquiring a Registered Agent. A Registered Agent allows us to have a permanent address in New York State, as required per NAPsaC Articles of

Incorporation. The Agent will forward mail to the Treasurer who may reside anywhere within the NAPsaC region.

To date we have decreased spending in three areas: website maintenance, conference expenses and travel reimbursements. These adjustments may allow us to reallocate funds for co-sponsoring conferences and increasing travel reimbursement for those who represent NAPsaC at IPA and regional meetings. With our usual end-of-year balance of approximately \$20,000, we should be able to safely increase these expenses.

Action: A proposal to increase reimbursement will be presented at the December board meeting. This proposal will include reimbursement policies for

- a. Travel expenses for NAPsaC Reps at organizational meetings (IPA, EPF, FEPAL).
- b. Funding for Reps at scientific meetings.
- c. Funding for other joint meetings (e.g. APsaA and CPS).

2. We now have a permanent legal address and Registered Agent. The address is:

NAPsaC
c/o Spiegel & Utrera, P.A., P.C.
1 Maiden Lane, 5th floor
New York, NY 10038

Fee for this service will be \$139.95 annually. There was also a one-time NY State filing fee of \$117.90 (2017).

3. IPA Treasurer, Andrew Brook has expressed openness to co-sponsoring future events with NAPsaC expense sharing for these events. This offer was the outcome of a recent query from NAPsaC regarding IPA possibly supplementing our budget. They are unable to make a direct contribution without co-sponsoring an event as this is not done for the other two regions (EPF and FEPAL). However, the IPA is interested in NAPsaC's continued growth and may be able to assist us through co-sponsorship.

4. NAPsaC dues

Directors agreed that NAPsaC activities are constrained due to our limited budget and that dues cannot be raised until our members have a good sense of what might be accomplished if we raised dues that is not possible now. Lee asked for volunteers to identify specific benefits of belonging to NAPsaC that we can convey to our members. Leigh Tobias volunteered to chair an ad hoc committee to identify these benefits and what could be done if we have a more robust budget. Andrea Kahn and Caron Harrang volunteered to work with Leigh on this initiative.

Action: Leigh will report on the results of this initiative at the December Board meeting.

5. Considering the cost of administrative support for NAPsaC President.

This item was deferred and will be taken up at a future Board meeting.

IV. Current Business

1. Task Force on Officers' Titles. Maureen Murphy & Louis Brunet reporting.

Maureen and Louis circulated a report prior to this meeting on their investigations regarding NAPsaC Officers' titles (Appendix A), recommending that Chair and Co-Chair be changed to

President and Vice President. A motion was made to accept the recommendations in the report that passed by a 2/3 majority. One Director voted to abstain and the rest voted to approve including three who sent their proxy votes to Lee Jaffe prior to this meeting.

Action: Lee will change the NAPsaC Bylaws to reflect the new titles and send to Drew to post on the NAPsaC website.

A question was raised as to whether voting is one vote per member organization, or if alternate Directors can vote along with the primary Director.

Action: Voting protocols will be clarified at the December Board Meeting.

2. Report from IPA meetings in Buenos Aires. Lee Jaffe reporting.

A list of all meetings attended by Lee Jaffe (President) and Drew Tillotson (Vice President) at the IPA Congress in Buenos Aires and Lee's remarks during the closing ceremony were circulated to Directors prior to this meeting (Appendix B).

3. Program Committee – Drew Tillotson (Chair) reporting.

Drew is recruiting additional committee members from the Board and liaisons from the program committees in other organizations (e.g. CPS, APsaA, CIPS) to serve on the Program Committee.

a. The Canadian Psychoanalytic Society is sponsoring a conference on May 31-June 3, 2018. Drew is exploring with Louis Brunet whether NAPsaC can participate.

4. Website (<https://napsac.info>) – Drew Tillotson (Chair) reporting.

Information is being added to the website as Directors discuss and approve content so that members have greater awareness of our mission, governance, and activities. San Diego Psychoanalytic Center (SDPC) Administrator Michelle Spencer is working on a pro bono basis to make updates to the site as directed by Drew. Donna Winter at Totera Web Systems is Webmaster.

- a. The Board reviewed a document detailing the History of NAPsaC (See June Board Meeting Minutes: Appendix A). One error on the voting procedure (page 2) was noted and corrected. A motion was made to add the document to the website and passed by unanimous vote of the Board, including proxy votes submitted to Lee prior to the meeting by Sandra Borden, Phyllis Sloate, and Harriet Wolfe.
- b. The Board reviewed an Anti-discrimination policy for publication on the website (Appendix C). A motion was made and passed by unanimous vote of the Board, including proxy votes submitted to Lee prior to the meeting by Sandra Borden, Phyllis Sloate, and Harriet Wolfe.
- c. The Executive Committee (Lee Jaffe, Drew Tillotson, Sandra Borden and Caron Harrang) proposed adding a Board of Directors page to the website including the name, degree and organization represented for each Director along with a photo and city, state or province and country. A motion was made and passed by unanimous vote of the Board to promote greater visibility of the Board to our members and colleagues from other regions (EPF, FEPAL) by adding this information to the website.
- d. The Executive Committee (Lee Jaffe, Drew Tillotson, Sandra Borden and Caron Harrang) recommended adding approved minutes to the website to promote greater transparency of our governance and activities to members and colleagues from other regions. Some directors favored posting minutes on a public page while others prefer

to have approved minutes stored on a “members only” password protected page. A motion was made to post minutes on a public page until a “members only” page can be constructed. The motion carried unanimously.

Action: Drew will work with Webmaster Donna Winter to determine the best placement for the aforementioned documents on the NAPsaC website. He will then direct Michelle Spender to make these updates to the website.

5. Vermont Study Group continuing with NAPsaC. Lee Jaffe reporting. Lee Jaffe reported that Vermont will be continuing with NAPsaC.

V. New Business

1. Reconsidering the NAPsaC Board Meeting time and day of week.

The ExCom suggests changing our meeting time so as to not be contiguous with monthly CIPS Board Meetings on the 3rd Sunday. Directors discussed possible times, including the impact on Korean Director, Tak Yoo Hong, and decided on the 1st Sunday at 5:00 PM Pacific/8:00 PM Eastern.

2. A flyer was distributed to Directors prior to this meeting describing IPA Working Parties scheduled for February, 2018 concurrent with APsaA’s winter meeting.

Action: Directors will distribute to members of their local organization.

VI. The Next Board meeting is Sunday, December 3, 5:00 PM Pacific/8:00 pm Eastern via Zoom.

Appendix A

“Changing NAPsaC Officers Titles”
Prepared by Louis Brunet and Maureen Murphy

Introduction:

At the June 19, 2017 NAPsaC Board Meeting, the question of changing the officers’ titles from Chair and Vice Chair to President and Vice President in order to be consistent with the leadership titles of the other regional organizations was discussed.

Louis Brunet and Maureen Murphy were asked to explore the history of the current titles and recommend action going forward.

Process:

In order to ascertain the origin of the current titles, Arthur Leonoff, founding Chair of NAPsaC, and Harriet Bassaches, Past Chair, were contacted.

At the time of the formation of this iteration of NAPsaC in 2003, there was still considerable tensions among APsaA, the Independents and CPS. In order to move forward as democratically as possible, emphasis was on the mission of NAPsaC rather than its administrative structure. As Arthur puts it: The "Chair" designation was never debated or in question. NAPsaC functioned

like a committee with limited budget and limited potential. This does not mean that it wasn't important, as it represented the only recognized platform for dialogue in what was otherwise a completely split world of NAM psychoanalysis.

NAPsaC 2017:

When the title “Chair” was the designation, NAPsaC was a very different organization. Like most committees, it had no bylaws and voting was by consensus.

In the past 5 years, NAPsaC has moved from a committee format to an organizational one with the ratification of Bylaws, recognition as a Federal 501C3 nonprofit, and voting procedures. In addition, NAPsaC has fully participated in all regional organization meetings as well as a partner in the eJournal.

Typically, a Chair is responsible for organizing the work of a group, while a President also has a symbolic function of representing a group, an association, toward other groups or association.

Recommendation:

We recommend a change in the officers’ titles to President and Vice President not only to be consistent with other regional groups but more importantly to be in keeping with the current structure of NAPsaC.

Next Steps:

If the motion passes, the Bylaws will require revision accordingly.

Appendix B

“IPA – Buenos Aires Report: July 2017”
Prepared by Lee Jaffe

1. Meeting of Presidents with regional leaders in the afternoon (Tuesday).
 - a. Make NAPsaC known (whenever possible) ...complexities in N.A. known (NAPsaC, APsaA, CIPS, CPS, Japan, Taiwan, and Korea).
2. Make our limited budget and plans known; ask for support to be invited to other programs; positive response and interest in having us in other meetings.
3. NAPsaC Pre-congress Workshop (Wednesday): Terrific Clinical Meeting & another opportunity to describe NAPsaC.
4. Meeting with the eJournal (Thursday): Discuss making a more stable arrangement that will be housed in Montevideo at their society. I Learned reimbursement for editors has been intermittent and requested they consider a policy. In general, there is much support for the eJournal.
5. Lunch with IPA & Regional Leaders and Vice-presidents: (Thursday) Drew Tillotson. will convey his experience of the significance of NAPsaC that he experienced during this meeting.

6. IPA Program Clinical Exercise (Friday) – Excellently received with Drew Tillotson, Chair. The three times I’ve attended or been part of these Clinical Exercises there has been active participation of those attending...every time with us needing to end with people still wanting to discuss the case.

7. Closing Ceremony (Saturday) – EPF, FEPAL and NAPsaC Presidents were invited to speak. What follows is the complete text of my remarks:

“At this close of the 50th Congress of the IPA and the 24th Pre-Congress of IPSO, I take special satisfaction that the IPA & IPSO are working together, and that each of us leaders of the regional associations and the IPA regional organization are invited to share with you some of our reflections on the collaborations between the IPA and its regions. I will speak mostly to the crucial need for collaboration for North America.

Today, I represent the North American Psychoanalytic Confederation, or NAPsaC, which is the most recent regional group of IPA Component Societies. How recent, well...I’m often asked, “What is NAPsaC?” So let me start by answering that question.

NAPsaC is the North American regional group of IPA Component Societies. In the United States, NAPsaC includes the American Psychoanalytic Association or APsaA, the regional association within the IPA (comprised of 40 societies that were developed through APsaA, with a total of 3,078 members). NAPsaC includes 7 IPA societies in the United States that were developed directly through the IPA, with a total of around 700 members. NAPsaC includes the Canadian Psychoanalytic Society or CPS (with 7 branches developed through the CPS, with a total of 389 members), and lastly NAPsaC includes several Asian societies, Korea, Japan, Taiwan, until the IPA creates a fourth region for Asia.

I don’t have the time to go into detail about the complex history of organized psychoanalysis in North America, but let me share with you a few of the realities and challenges within NAPsaC and the IPA that beg for collaboration. Fourteen years ago work began to organize NAPsaC. I have learned of impressive efforts that were made to overcome substantial obstacles to developing a functional organization...and the work continues. To this day, for example, great differences in the size of the societies in NAPsaC challenge efforts to develop a Board with a mutually acceptable form of governance, representation and decision making that all feel is equitable. To give you a sense of this challenge, the societies represented on NAPsaC’s Board range from one that accounts for 65% of NAPsaC members and dues to another that accounts for 1%. Thankfully, recent efforts at collaboration have resulted in a proportional voting system for financial decisions on the Board. Real progress.

Also, our North American region carries the burden of a history of discrimination, limiting which mental health professionals were allowed to seek analytic training in the United States. This discrimination has left hurts, resentments and sensitivities, both within and between our organizations; again, the details being beyond the limits of my time. In short, however, these differences I mention (and others) have fostered a kind of organizational balkanization in North America, which many leaders in NAPsaC and the IPA feel is detrimental to psychoanalysis.

We must face vital questions. Will we be weakened by discrimination over our differences, or will our diversity be met with a spirit of inclusive tolerance that can strengthen us? Will our

institutions speak the language of cooperation so we can work together, or the language of past hurts that will divide us? Many others and I feel that collaboration is not a luxury, but a necessity; that we need to collaborate inwards so we can be effective outwards; that we need to focus on an obligation to make sure the precious value of psychoanalysis is cultivated by working together. To put it in ancient terms, we are the keepers of a flame...and we must insure it does not go out.

So let me return to the reason I was invited to speak today, which is to share reflections on collaborations between the IPA and the Regions. For North America, NAPsaC is the only IPA regional group that represents the possibility of a regional collaboration of all its IPA societies and the IPA. In working towards this goal, the role of the IPA is critical. First, like this meeting right now, it is the IPA that brings the IPA regional groups and the IPA regional association together to learn from and work with each other and the IPA. Second, we need the IPA to help us develop a NAPsaC that can accommodate the complex identities and realities of our region, including the reality of our having a formal IPA regional association: the American Psychoanalytic Association, with its own 100-year history and identity.

In closing, I believe NAPsaC and the IPA must work together to address our challenges, like all the regions, with an overriding spirit of responding to the question: “What can we do together for psychoanalysis?” The IPA can be a force in helping us merge our complex North American organizational identities. This will not be easy, which is precisely why we need this collective wisdom. We cannot afford to fail, or we will have a dysfunctional clash of organizational identities within the IPA and the regions.

Before ending, I want to mention a few examples of our organizational potential to work together successfully. Twenty-six years ago, when I sought psychoanalytic training in San Diego, my being a psychologist not a physician, I faced nearly insurmountable odds. We changed that, sadly requiring a lawsuit. Still, mental health professionals no longer have to meet special requirements to get analytic training. Eighteen years ago, when I became IPSO President, there was no collaboration between IPSO and the IPA. We changed that. Now we have joint IPA/IPSO Congresses. I’m not naïve, it won’t be easy, but constructive change is possible. Many of us have seen it and been a part of it.

So let me close with some guidance from Albert Einstein, who spoke of collaboration. He advised: “work together to find simplicity from clutter...work together to find harmony from discord...and work together to find opportunities from difficulties.” As for my personal advice: I hope we keep in mind that certainty is not wisdom and certainty is not evidence. Nobody’s idea of what is right will be everybody’s idea of what is right. Thank you for your attention.

Appendix C

“NAPsaC Anti-Discrimination Policy”

The North American Psychoanalytic Confederation (NAPsaC) is committed to being an organization that is free from all forms of unlawful exploitation, harassment or intimidation on the basis of race, color, religion, sex, sexual orientation, gender identity or expression, age, disability, marital status, citizenship, or any other characteristic protected by law. It is the intention of NAPsaC to take appropriate action to prevent, correct and, if necessary, discipline behavior which violates this policy.