

Center for Modern Psychoanalytic Studies

A New York State Licensure-Qualifying Institute

Chartered by the Board of Regents of the University of the State of New York

Sixteen West Tenth Street. New York, NY 10011-8707

tel: 212-260-7050 · fax: 212.228.6410 · cmeps@cmeps.edu · www.cmeps.edu



cmeps The Center for Modern Psychoanalytic Studies' (CMPS) **Certificate Program in Psychoanalysis**, one of the premier psychoanalytic programs in the country, offers students comprehensive training in the theory and practice of psychoanalysis. Our graduates are prepared to meet the clinical challenges of today, knowing how to utilize both their intellectual and emotional understanding to treat a wide range of mental disorders.

CMPS holds an absolute charter from the State of New York and is recognized by the State of New York as a licensure-qualifying institute for those seeking licensure in psychoanalysis. Bulletins are available at the Conference or by contacting the Center: 212.260.7050 · cmeps@cmeps.edu · www.cmeps.edu

Informational Open Houses are held one Tuesday of each month at the Center to introduce prospective candidates to our program. **Open House Dates:** 2013: December 10, 5:30; 2014: January 7, 1:30; None in February; March 4, 5:30; April 1, 1:30; May 13, 5:30; June 10, 1:30. For more information or to set up an appointment, contact CMPS: 212.260.7050 · cmeps@cmeps.edu.

CMPS Extension Division offers courses, conferences, workshops, and special events that bring a modern psychoanalytic perspective to a broad range of topics. Twice each year the Extension Division offers an "Introduction to Modern Psychoanalysis" class for those interested in learning more about psychoanalysis and psychoanalytic training. Open to the lay and professional public. Most events and workshops are free of charge.

CMPS One-Year Program is designed to enhance the work of professionals in the fields of mental health, education, the arts, humanities, and business, by introducing them to principles of modern psychoanalytic theory & technique.

CMPS Research Library offers a catalogued collection of psychoanalytic books, journals, reprints, and reference publications. Wifi is available throughout the school.

Modern Psychoanalysis, published by CMPS since 1976, presents modern psychoanalytic ideas and techniques of interest to practitioners and the public. It is indexed on PsychInfo and at www.cmeps.edu. *Modern Psychoanalysis* is also available online through Psychoanalytic Electronic Publishing (PEP). For information, call the CMPS office: 212.260.7050.

The CMPS Consultation & Referral Service, which is located in the Center building, offers affordable short- and long-term therapy for a range of life's challenges which may include: anxiety, depression, addiction, job stress, difficult relationships, the challenges of adolescence, and mid and late life. For information or for an initial consultation call: 212.228.6036 or visit · www.cmepsTalkingHelps.org.

CONTINUING EDUCATION INFORMATION

The Center for Modern Psychoanalytic Studies (CMPS) is approved by the American Psychological Association (APA) to offer continuing education for psychologists. The Center maintains responsibility for this program and its content. CMPS is also an approved provider of Continuing Education under the auspices of the Continuing Education Program of the NYS Chapter of the National Association of Social Workers (NASW) ■ **Learning Objectives:** Participants will learn to: 1) explain the neurological dynamics that underlie the repetition compulsion 2) describe how free association changes brain chemistry and functioning 3) compare Lacanian psychoanalytic theory to modern analytic theory in terms of their understanding of the repetition compulsion 4) utilize clinical techniques with patients to loosen entrenched repetitions and resistances 5) identify the consonance between modern neuroscience and modern psychoanalytic theory and technique. ■ **Instructional Level:** Intermediate ■ **Intended Audience:** Mental health practitioners, psychoanalysts, psychotherapists, and clinicians. **Conference attendance is awarded 5 CE credits.** CEC & CEU forms available at Conference registration desk and should be turned in at the end of the day. Information: 212.260.7050 · cmeps@cmeps.edu

New York Graduate School of Psychoanalysis

A branch of the Boston Graduate School of Psychoanalysis

Master of Arts in Psychoanalysis

■ **OPEN HOUSES MONTHLY** ■

NYGSP—Sixteen West Tenth Street. NYC 10011
212.260.7050 · www.nygsp.bgsp.edu

cmps

CENTER FOR MODERN PSYCHOANALYTIC STUDIES
Sixteen West Tenth Street NY NY 10011-8707

Non-Profit
U.S. Postage
PAID
New York, NY
Permit No. 0313

The Repetition Compulsion Revisited

CMPS Annual Conference

Saturday

December 7th. 2013

The Repetition Compulsion Revisited

|| Maggie Zellner || Lucy Holmes || William Hurst || Mary Shepherd

CMPS Annual Conference
Saturday, December 7th, 2013

NYU's Eisner & Lubin Auditorium, Helen & Martin Kimmel Center for University Life
60 Washington Square South, across from Washington Square Park, New York City

The Repetition Compulsion Revisited

IN “BEYOND THE PLEASURE PRINCIPLE,” Freud (1920) hypothesized a human compulsion to repeat that is more primitive, more elementary, and more instinctual than the pleasure principle, which it overrides. Working in the service of the death instinct, this compulsion seeks to return the organism to an earlier state of affairs. Originating in the unconscious, the repetition compulsion is tenacious, ungovernable, and remarkably resistant to analytic intervention. One of the challenges of being a psychoanalyst is watching patients again and again put themselves in distressing and self-destructive situations, thereby repeating an old experience that is not consciously remembered.

Freud said that what is not remembered will be repeated, but the idea that remembering experience can defeat the repetition compulsion is optimistic. Every analyst has patients who have remarkable insight about their traumatic childhoods but continue to repeat the difficulties of their early lives. To cure patients of their repetitions requires a deeper and more comprehensive understanding.

This conference revisits the repetition compulsion from a neuroscientific and modern analytic perspective, revealing that the two are remarkably consonant. Neuroscientist and psychoanalyst **Maggie Zellner** begins the day with a talk about what may be occurring in the brain when human beings repeat, addressing the neurological dynamics that may underlie the repetition compulsion. She will review the basic brain mechanisms of the drives and suggest that the repetition compulsion may be seen as a distorted manifestation of the pleasure principle.

Lucy Holmes discusses how the free association that occurs in the psychoanalytic process can change the chemistry and structure of the brain in a way that can help patients achieve control over their obsessive need to repeat.

William Hurst opens the afternoon session by reviewing Lacan’s ideas about the repetition compulsion, based firmly within the linguistic structure of his theory, and compares and contrasts the Lacanian perspective on the repetition compulsion with Freudian and modern analytic theory.

Mary Shepherd follows with a paper on why modern analytic techniques are particularly helpful when working with the minds of difficult patients whose character repetitions and resistances are entrenched. She will present clinical examples and offer approaches to resolve rigid repetitions.

FOLLOWING the morning and afternoon sessions, **June Bernstein** joins the panel of presenters for a question and answer session with the audience.

At the end of the day, conference participants break into small workshops led by CMPS faculty to further process and discuss the ideas presented at the conference.

Center for Modern Psychoanalytic Studies Annual Conference

Saturday, December 7th, 2013 - 9:00 AM-5:00 PM

NYU’s Eisner & Lubin Auditorium, 60 Washington Square South, New York City

CMPS Annual Conference

Saturday, December 7th, 2013

M O R N I N G S E S S I O N

9:00 - 9:45 AM	Registration
9:45 - 10:00 AM	Ronald Okuaki Lieber Welcome, announcements, and introduction of speakers
10:00 - 10:40 AM	Maggie Zellner “The Repetition Compulsion from a Neuroscientific Perspective”
10:40 - 11:15 AM	Lucy Holmes “The Role of Free Association in Resolving Repetitions”
11:15 - 12:00 AM	Question and answer session with June Bernstein, audience, and speakers

The Repetition Compulsion from a Neuroscientific Perspective

Maggie Zellner reviews the basic brain mechanisms of pleasure, reward, drive, learning, and desire, which comprise aspects of the SEEKING system as described by Jaak Panksepp. Thinking about these processes in the context of attachment and object relations, she discusses how craving and compulsion may be mediated by this system to give rise to the repetition compulsion. Neuroscience may enrich our understanding of the repetition compulsion in the service of mastery as a defense against pain and loss and as a distorted manifestation of the pleasure principle at a fundamental level.

Maggie Zellner, PhD, LP, is a licensed psychoanalyst in private practice in NYC, the Executive Director of the Neuropsychoanalysis Foundation, a member of the adjunct faculty of The Rockefeller University, and editor of the journal, *Neuropsychoanalysis*. A graduate of the National Psychological Association for Psychoanalysis, she received a PhD in neuropsychology at the Graduate Center of the City University of New York. Dr. Zellner has taught neuroscience to psychotherapists around the world and at annual congresses of the International Neuropsychoanalysis Society. She has a reputation for communicating complex information in a way that is engaging and accessible to non-specialists.



The Role of Free Association in Resolving Repetitions

Can psychoanalysis help free people from the tenacity of the repetition compulsion? Using empirical evidence from neuroscience, Dr. Holmes argues that it can. The evolved talking that occurs in the psychoanalytic process can alter the chemistry and structure of the brain in a way that helps patients give up their repetitions and take charge of their destinies. Presenting a cogent hypothesis spanning brain and mind to clarify how the basic rule of psychoanalysis — *just say everything* — can literally change the mind, Holmes argues that Freud’s psychoanalysis is startlingly modern in its consonance with the latest findings in the study of the brain.

Lucy Holmes, PhD, LP, is a licensed psychoanalyst in private practice in NYC and former President of the Society of Modern Psychoanalysts (SMP). She is a training analyst and faculty member at the Center for Modern Psychoanalytic Studies (CMPS), the New York Graduate School of Psychoanalysis (NYGSP), and The Center for Group Studies. Dr. Holmes lectures throughout the country and is the author of numerous articles on female development and group psychotherapy. Her book, *The Internal Triangle: New Theories of Female Development* was published in 2008. Her second book *Wrestling with Destiny: The Promise of Psychoanalysis* came out this year.

The Repetition Compulsion Revisited

AFTERNOON SESSION

Noon - 2:00 PM	Lunch Break
2:00 - 2:10 PM	Ronald Okuaki Lieber: Introduction of speakers
2:10 - 2:45 PM	William Hurst “Modern Analytic and Lacanian Perspectives on the Repetition Compulsion”
2:45- 3:20 PM	Mary Shepherd “Resistance and Repetition in Clinical Practice”
3:20 - 4:00 PM	Question and answer session with June Bernstein, audience, and speakers
4:15 - 5:30 PM	Workshops (See registration form)

“Modern Analytic and Lacanian Perspectives on the Repetition Compulsion”

As with all major psychoanalytic concepts, Lacan discussed the “repetition compulsion” in various contexts, thereby precluding any simple statement of his views, since they always require contextualization. Dr. Hurst will give a lucid presentation of Lacan’s views on the “repetition compulsion,” by giving an exposition of basic Lacanian concepts and by making references to areas of similarity and dissimilarity with modern psychoanalytic theory. One of Lacan’s concepts of the “repetition compulsion” is “the insistence of the signifying chain,” which is linked conceptually with the “death drive,” with “jouissance,” and with “primal repression.” How does modern theory address these topics, and what, if anything, can be derived from a Lacanian interpretation that could be recognized as enhancing modern psychoanalytic concepts and, by implication, its practice?



William J. Hurst, PhD, LP, is a member of the faculty and Research Committee at CMPS and NYGSP and serves as a Faculty Fellow at the CMPS Consultation and Referral Service. Dr. Hurst also works as a supervisor at the Psychoanalytic Psychotherapy Study Center and Westchester Institute for Training in Psychoanalysis and Psychotherapy. He taught philosophy for over thirty-six years and has published numerous articles on the thought of Jacques Lacan. He recently translated *La Folie Wittgenstein* by Françoise Davoine, a psychoanalyst and former member of the École Freudienne de Paris.



“Resistance and Repetition in Clinical Practice”

How does the analyst come to understand the patient’s particular repetition compulsion? How does this repetition evolve and become refined over time in an analysis? And what is the difference between this major character repetition and the immediate problems or resistances in a session? Dr. Shepherd will use clinical examples to illustrate the specifics of these issues as they are manifested in treatment and will propose a variety of clinical approaches to the resolution of these repetitive behaviors.

Mary Shepherd, PsyaD, NCPsyA, is a training and supervising analyst and core faculty member at the Boston Graduate School of Psychoanalysis (BGSP). Dr. Shepherd has published a number of articles on the relationship between brain and mind and has conducted empirical research testing the modern psychoanalytic hypothesis regarding schizophrenia with data from psychotic patients. One of her latest articles, “Speaking the Never Spoken: The Challenge of Id Analysis,” has been nominated by NAAP for a Gradiva Award for best article in psychoanalysis for 2012. It deals with the challenges of bringing preverbal experience to language.

Q. & A. Sessions with audience and speakers

Following the morning and afternoon conference sessions, Dr. June Bernstein will lead the audience and speakers in a question and answer session.

June Bernstein PhD, LP, is on the faculty at NYGSP, BGSP, and CMPS, and is a training analyst and supervisor at BGSP and CMPS.

Dr. Bernstein is co-editor of the journal *Modern Psychoanalysis* and author of numerous articles on the theory and practice of modern psychoanalysis. A monograph of her selected papers will soon be published. She is in private practice in New York City, Larchmont, NY, and Boston.



WORKSHOPS, led by CMPS faculty members, conclude the day's agenda. Participants are encouraged to attend these groups where they will be able to talk about their impressions, thoughts, and feelings in a more intimate setting. *Workshops are assigned on a "first-come, first-served" basis when registration, accompanied by admission fee is received. Workshops may not exceed 20 participants. Select workshop choice by filling out the space designated on Registration Form. If paying by credit card by phone or fax, your workshop selection may be made at that time. Selection may also be made on the day of the conference, subject to availability.*

Workshop Leaders: Lucy Holmes
Eugene Kalin
Nicole Kirman
Theodore Laquercia
Robert Marshal
& Dan Gilhooley
Josie Oppenheim
Steven Poser
Vicki Semel
Jennifer Wade

REGISTRATION

The Repetition Compulsion Revisited

Saturday, December 7th, 2013

NYU's Eisner & Lubin Auditorium, the Helen and Martin Kimmel
Center for University Life, 60 Washington Square South
across from Washington Square Park, NYC

■ ADMISSION ■

\$150 · Students with ID \$75 · Groups (*min. 10*) \$125

Name _____

Address _____

City/State/Zip _____

Tel: _____ Cell: _____

E-mail _____

Affiliation (optional) _____

In Training at (*Students only*) _____

■ Workshop Selection in order of preference ■

(*See panel at left*)

1. _____

2. _____

3. _____

I am enclosing \$ _____ for _____ Admissions.

Please make checks payable to CMPS and mail registration form to address below. If paying by credit card, registration and payment information may be given by phone or fax.

If paying by credit card indicate:

Master Visa AMEX Discover

Credit card # _____

Expiration Date _____

cmps

Center for Modern Psychoanalytic Studies
16 West 10th Street, NY NY 10011 · 212.260.7050
Fax: 212-228 6410 · cmeps@cmeps.edu · www.cmeps.edu