

AMERICAN COLLEGE OF PSYCHOANALYSTS

NEWSLETTER

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PRESIDENT'S NOTE

Norman A. Clemens, M.D.

Greetings as our overheated planet propels us into an early spring in February! ... Congratulations to Mark Unterberg for arranging a very fine meeting last month in New York. Three outstanding scientific presentations of psychoanalytic perspectives on alcoholism, dreams, and memory were followed by an intriguing panel presentation of the work of our program of outreach to early career psychiatrists. All then adjourned to a sumptuous cocktail party with hors d'oeuvres. The meeting was well attended despite traffic problems due to the Women's March in the streets of New York. More details can be found elsewhere in this newsletter.



Based on our strategic plan, the officers and the Board of Regents have surveyed possible future associations, mergers, or ways to memorialize the College with other organizations. The organization that seems most comparable to our identity as an association of psychiatric psychoanalysts is also the most welcoming: The American Academy of Psychodynamic Psychiatry and Psychoanalysis. Almost a third of our members are also members of the Academy. With around 500 members, they have resources that allow full scale meetings with CME, a journal (*Psychodynamic Psychiatry*), and a meaningful outreach to psychiatric training programs, which they coordinate with the American Association of Training Directors. They meet annually in conjunction with the American Psychiatric Association and (like APsA) have a representative in the APA Assembly. By coming together we would provide a welcome augmentation of their focus on psychoanalysis itself, which would also enrich the application to psychodynamic psychotherapy or its broader engagement as psychodynamic psychiatry. The name of the College would be preserved and honored.

Discussions are still in an exploratory stage and there would be much detail to work through. Their Board of Directors will not meet and address a proposal until May. The other officers and I will keep you posted. I would like very much to discuss this matter with any Fellow who wishes to do so. You can reach me by email at naclemens@cs.com and by mail at Norman A. Clemens, M.D., 2258 Lamberton Road, Cleveland Heights, OH 44118.

It is not easy to compose one's conscious impressions, thoughts, memories, and feelings to capture the real character of our dearest friends and colleagues who have died since all losses are very painful. Both Roy Whitman and Mervin Stewart, metaphorically speaking, could be compared to the mascots of the professional football Giants and Steelers teams because Roy was a New York GIANT and Mervin was a Pittsburgh STEELER in terms of character, friendship, reliability, predictability, professionalism, toughness, intellect, and personal family orientations. Both served as President of the College with distinction and honor. During their terms before and after as President-elect and President they gave something very special in their own individual ways and made the College infinitely better. Needless to say Our College is very unique in that we are physicians first, and second psychoanalysts. We uniquely collect and expertly process a person's life history, presentation of self, character, education, psychological issues, including evaluating various conflicts within the individual self and interpersonally in a routine similar to an internist's physical examination and re-view of system.

Roy and I were first year residents in Psychiatry together at Duke University Hospital and became very close friends. He came from his internship at King's County Hospital in NY and me from Duke We even wrote a published paper together on post-thyroidectomy psychosis. We were instructed by a rich intellectual faculty of outstanding people on the faculty, including the famous Anthropology Professor Weston La Barre, Dr. George Sutherland, who had been analyzed by Helene Deutsch in Boston and had been a Physiologist at Liddell's laboratory in Cornell and Dr. Richard Lyman, chairman from Harvard. A Chinese

Lay analyst even offered us a three-month free trial analysis. We were given instruction in both ECT and individual psychotherapy. When we attended our first APA meeting we were introduced to the leading lights in the field including Thomas French of Chicago and Tilley Krug and Maurice Levine of Cincinnati. Roy succeeded him as chairman and his research on dreams with Milton Kramer resulted in over one hundred published papers. After the first year of psychiatry residency, we drove by car to San Antonio to reenter the U. S. Army as psychiatrists. Upon return to civilian life we both worked at the University of Chicago Medical school and later Roy had a private practice office in my suite at 612 North Michigan Ave. as well as being head of the VA Hospital department of Psychiatry associated with Northwestern Medical School.

Mervin was similarly blessed with great teachers and mentors, including Henry Brosin and those mentioned in his C.V. Mervin uniquely became the official photographer for the College. He always had the latest and best cameras on the market that he used to artistically record the members' photographs with our accompanying spouses. He expertly served several years as Treasurer of the College. His charming sense of humor was characteristically present at every meeting.

However, our very special American College of Psychoanalysts is at a serious Crossroads similar to other professional groups and reminiscent of (but different from!) the famous one in ancient Greece.

Our leadership is working hard to provide a suitable solution. We need all our members to pull together in this process to provide their participation, wisdom, and guidance.

PRESERVING THE COLLEGE IDEAL — A CONTINUING CHALLENGE

David Edelstein, M.D.

Since its founding in 1969, the College has been guided by its central ideal. This ideal is to pursue the highest level of learning in psychiatric psychoanalysis - including its many branches such as neuropsychology, anthropological applications of psychoanalytic principles, developments in psychoanalytic technique, the psychoanalytic understanding of cultural developments, and best practices in teaching psychoanalytic principles - and to do so in an atmosphere of mutual respect and openness and collegiality.

In its early years the College lived up to its ideal without difficulty. It had 200-250 members, all esteemed psychiatric psychoanalysts, mostly from academic centers, and had lively meetings with two plenary speakers in the morning, two sets of two or three colloquia in the afternoon, and an elaborate banquet in the evening. Welcoming spouses/partners through the entire meeting and the banquet added a special dimension to the collegiality of the meetings. The central ideal of learning excellence in a collegial setting was pleasantly realized. The College prided itself in its freedom from the political tensions present in other psychoanalytic organizations and in its easy escape from the narcissism of small differences.

But then, in the early part of the current millennium, the situation changed. Psychiatric academia became hostile, or at best indifferent, to psychoanalysis and the membership shifted to a preponderance of psychiatric psychoanalysts in private practice. These members experienced greater financial pressures, which made meeting attendance more difficult. Starting in Perry Ottenberg's College presidency in 2004 the leading concern of the College Board of Regents, taking up the greater part of every College Board of Regents meeting, was the slowly declining membership and the steadily shrinking meeting attendance.

The College Board of Regents has consistently held firm to the grounding ideal of the College and has never compromised in aspiring to the highest level of intellectual rigor in learning and the maintenance of warm collegiality. And the College Board of Regents has been very creative and flexible, though unfortunately not successful, in trying to strengthen the College while maintaining its ideal. I will describe many of these innovative endeavors.

The College Board of Regents began to emphasize teaching younger colleagues and trainees starting in 2004. Many candidates and residents were invited to meetings, free of charge, and there was consistent good attendance

by these trainees. These trainees were uniformly highly complementary about the meetings, often saying that these were the best psychoanalytic meetings they had ever attended. Despite this, only a few chose to join in the newly created membership category of Candidate Member. This was thought to be related to candidates' general reluctance to join organizations where meetings are costly to attend. Candidates may also have felt tentative about joining a group whose membership is so accomplished.

The College Board of Regents very actively reached out to the psychoanalytic psychiatric community for new members. Despite intense efforts every year, culminating in 2016 in changing from an invited membership to making membership open to all psychiatric psychoanalysts trained to American Psychoanalytic Association standards, the membership numbers have continued to decline.

The College Board of Regents was inventive in changing meeting locations, including meeting in conjunction with the American Psychiatric Association, with the American Psychoanalytic Association, a meeting in Europe, and meeting independently in the U.S. Changing meeting locations was not effective in increasing meeting attendance.

The College Board of Regents explored affiliating with the Academy of Psychoanalysis and Dynamic Psychiatry, now renamed the Academy of Psychodynamic Psychiatry and Psychoanalysis, in 2007 and 2008. This effort foundered as the Academy's primary aim was teaching basic psychodynamic principles to younger psychiatrists, who might not choose to become psychoanalysts, and the Academy did not share the College's primary focus on new learning. The College Board of Regents then tried to have meetings more closely tied to American Psychoanalytic Association meetings; this too was not successful. The College Board of Regents next tried out not being under the umbrella of a larger organization and meeting on our own with the Virginia Psychoanalytic Society and in Paris with a French Psychoanalytic society. These were highly interesting meetings but were not successful in reversing the steady decline in membership and participation. The College then went back to holding a meeting at the same time as the American Psychiatric Association in a city with a strong local psychoanalytic culture, Atlanta, but that too did not increase membership or participation.

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The College Board of Regents has discussed many reasons for these failures to strengthen the College and has polled members asking their views. Although there are no definitive answers to this vexing problem, it appears that the aging of the membership, the College not being able to offer CME, the increasing financial pressures on members which makes spending for meeting attendance more problematic - particularly if bringing a spouse/partner to attend the meeting and banquet, fading pride in the unique identity of the psychiatrist psychoanalyst, and the tendency of many professionals to pull back from organizational involvement in general, are all factors in the steady decline in membership and attendance at meetings. At present the College has 89 members and about 25 attend each meeting.

The College Board of Regents decided in 2016 that the College would not dilute its ideal and might have to face dissolution. A renewed effort is being undertaken, as a last resort, to again explore affiliation with the Academy. (Dr.

Clemens' article, elsewhere in this Newsletter, describes the Academy in greater detail.)

In discussions with the Academy, the College Board of Regents will hold to the core ideal of the College and encourage the Academy to include a way to bring in outside expert speakers, to have colloquia with those speakers, and consider holding a collegial banquet, as well as other activities that support the College's ideal. The College Board of Regents feels that holding to our ideal, an ideal that began with our founder, Dr. Henry Laughlin, would strongly encourage College members to participate in an affiliation with the Academy. The College Board of Regents also feels that dissolution, closing with dignity, is preferable to abandoning the College ideal.

The College Board of Regents will communicate on a regular basis with the membership as the discussions with the Academy proceed and as the future direction of the College becomes more clarified.

WINTER SCIENTIFIC MEETING IN NEW YORK

Norman A. Clemens, M.D.

On January 21, 2017, the College broke with its usual pattern of having scientific meetings in the late spring or summer. Instead, President-elect Mark Unterberg, M.D., arranged a stimulating array of expert speakers for an afternoon of exploring psychoanalytic knowledge about dreams, memory, and addictive disorders, followed by an engaging demonstration of the College's program for Early Career Psychiatrists. A sumptuous cocktail party followed. The program was well attended although participation in the Women's March in the nearby streets delayed some arrivals.

After a welcome by President Norman Clemens, M.D., and introduction by Dr. Unterberg, **Edward Khantzian, M.D.**, spoke on **Self-Medication and Attachment Theory as a Pathway for Understanding and Treating Addictive Disorders**. Noting that "the wrath of grapes is worse than the 'Grapes of Wrath'", he explored the psychodynamic, self-modulating basis of a person's choice of drugs and drift into abuse and addiction. Opiates



Doctor Norman Clemens
welcomes attendees

calm the turmoil caused by a violent, abusive background in early life. The superego is "solvent" in short-acting benzodiazepines, like alcohol, which facilitates the suppression of guilt and shame that cause anxiety in people with a fear of closeness or attachment induced by past losses or injuries; they may also suppress depression and grief. Stimulants have an uplifting effect in overcoming boredom or depression, also having an organizing effect which is employed in medical treatment of ADD and ADHD. Various addictive disorders are co-morbid with severe

mental illnesses. For instance, cocaine may relieve the negative symptoms of schizophrenia and stimulants or mood-altering drugs interact with bipolar disorder. Drugs may be employed to relieve the distress of a disordered sense of self and low self-esteem. They are common in the relief of anxiety when the person is overwhelmed with disturbing affects. Suppression of anxiety allows the expression of affects or taking risks.

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Dr. Khantsian then turned to attachment theory as exemplified by Bowlby. Addictions substitute for relationships, and are especially common when the person's mother has been guided by rules and norms much more than by empathy. Addictions may substitute for affection. This was illustrated by a case in which the patient had "a nameless, interminable dysphoria"; drugs allowed the patient to "be in a better place." He had been a "lonely, disconnected kid" whose mother couldn't share with him. The presentation was followed by a lively discussion in which Dr. Richard Frances, a fellow addiction specialist, took an active part.

The second speaker, **Leon Balter, M.D.** presented his studies on "**Spatial Translation and Regression in Dreams: the Nicholas Young Phenomenon.**" Spatial translation is exemplified by the Nicholas Young phenomenon, in which the dreamer undergoes a kind of regression, crossing boundaries of space (and of time?). Thirty percent of subjects in Dr. Balter's study of 100 dreams manifested this phenomenon. His findings supported Sigmund Freud's hypothesis that regression involves a stripping away of more recent developmental acquisitions that results in less mature compromise formations. He illustrated this in seven dreams from Freud and Altman. He quoted Shernur's Law that the sequence of dreams during one night shows regression to less prominent defensive distortion and increased underlying regressive impulses and corresponding compromise formations. Spatial imagery results from auto-symbolic representation of underlying thoughts. Silberer described the symbolism of threshold spatial metaphors. Hypnogogic and hypnopompic phenomena are the symbolization of the awareness of changing dream states, as in the awareness of impending awakening.

Next **Theodore Jacobs, M.D.** presented "**Imaginary Gardens, Real Toads: Memory and its Uses in the Psychoanalytic Process**". After some thoughts on Freud, Dr. Jacobs cited Fonagy's concept that only implicit memories are valuable. Brodsky stated that insights have to be "riven", re-entered to bring about change in the procedural memory; a moment of danger accomplishes the intensity. Analysts must listen "for" the transference instead of "to" the transference. Remembrances then get reworked in the emotional intensity of the session.

"Insight" can be a defense against a true (i.e. mutative) remembrance. Dr. Jacobs illustrated this from the life and work of Eugene O'Neill, particularly "Long Days' Journey into Night," Every play was written as O'Neill was "immersed in memory." As a patient undergoes a similar process, the analyst serves as a witness. Bollas wrote that memory comes in its own time. Every patient writes a script, in which some but not all parts are assigned to the analyst. Dr. Jacobs illustrated these concepts with a detailed description of work with a patient in "close process defense analysis." The moving portrayal of the patient's and his own analytic exploration was a rare and profound experience for the listeners. In imagery from "Alice in Wonderland," the imaginary garden morphs into the real toad of understanding.

The final presentation drew from the unique experience of the College last year in its pioneering pilot project to encourage and support early career psychiatrists (ECPs) in developing their interest and skills in psychodynamic psychotherapy. Moderated by **Robert Michels, M.D.**, the panel included College Fellows **Estelle Bender, M.D.**, **Jessica Brown, M.D.**, and a surprise guest, **Alyssa Williams George, M.D.**, a practicing early career psychiatrist in Raleigh, NC, who had participated in the program. Dr. Bender, one of the instructors, described the concept, didactic elements, and process of the eight-session course conducted by video conferencing for 16 psychiatrists from 12 states, D.C. and India. Dr. George and Dr. Brown then gave a sample demonstration of a typical class in which an actual clinical situation becomes the stimulus for practical learning about psychodynamic work with patients. Lively open discussion brought in questions and thoughts from the audience with Dr. Michels providing his keen insights on both the clinical situation and the whole challenge of enriching the psychodynamic work of young psychiatrists.

As president of the College, I came away with great appreciation for the initiative **Dr. Mark Unterberg** took in bringing together this fine program that demonstrated again the College's longstanding dedication to deepening the understanding of psychoanalysis, the science and the art. Along with that the program showed the College's commitment to finding ways to "Keep the Psyche in Psychiatry."

2017 January Meeting, New York, New York



Doctor Mark Unterberg introduces Speaker, Edward Khantzian, M.D.



Panel: Drs. Estelle Bender, Bob Michels, Alyssa George and Jessica Brown



Edward Khantzian, M.D.



Mark Unterberg, M.D.



Memorium

Mervin S. Stewart, M.D.
September 11, 1927 ~ September 16, 2016

This article was reprinted from the American College of Psychoanalysts Newsletter of Fall 2001.

“Mervin S. Stewart, M.D., our 30th President, is in the private practice of psychoanalysis and psychiatry. Born and raised in Pittsburgh, PA. Dr. Stewart was the fourth son of immigrant parents. He attended the University of Pittsburgh for undergraduate and medical school, graduating with a medical degree in 1953 as a member of Alpha Omega Alpha.

In medical school he began to question his plan to pursue internal Medicine or Pediatrics when he helped a woman to walk who was so deeply depressed she became mute and bedridden. He definitely decided to study Psychiatry following an outpatient rotation when another woman’s generalized hives disappeared as she tearfully confided to him about her previously unexpressed grief and loss of loved ones.



Dr. Stewart’s residency in General Psychiatry began at the Western Psychiatric Institute and Clinic (WPIC) at the University of Pittsburgh School of Medicine. After six months, the Army Medical Corps interrupted his training to commission him a 1st Lieutenant, then a Captain and stationed him in Germany for the better part of two years.

When he returned to his residency, Dr. Stewart brought with him a rich experience with psychopathology from his military service. WPIC was experiencing revitalization, thanks to the arrival of the then new Department Chairman, Henry W. Brosin, along with his colleagues from the Chicago Institute of Psychoanalysis – Charlotte G. Babcock and L. William Early, and later I. Arthur Mirsky and Benjamin Spock.

The residency was psychodynamically based. Outside of duty hours, residents were expected to read voluminously for the Chairman’s weekly literature seminars. The first year of training was with inpatients whose treatment was limited to psychotherapy, sedatives, electroshock, and insulin sedation, and coma. Short stays were three to six months, a far cry from today’s 48-72 hour stays.

After finishing his residency training in 1959, Dr. Stewart began the private practice of General Psychiatry, consulted at a community clinic, the local Multiple Sclerosis Society, and the Behavior Clinical of the Criminal Court of Allegheny County. He also was a member of the volunteer faculty of the University of Pittsburgh Department of Psychiatry, and supervised residents – first in inpatient department and later in outpatient psychotherapy.

Today, Dr. Stewart serves as a Clinical Associate Professor in the Department of Psychiatry, where he continues to teach and supervise residents. In June of 1999, he received the Golden Apple teaching award for volunteer faculty. He and Dr. Cleon Cornes co-lead a year-long, weekly, continuous case seminar with current fourth year WPIC residents. Psychodynamic issues in the cases presented are discussed and the clinical course of the patients are visited at intervals throughout the year. Dr. Stewart’s analytic training was in Pittsburgh from 1962-1968. After graduation, he was actively involved in the faculty of the Psychoanalytic Institute, serving as a member of its many committees. Standards of the auditor, secretary, and vice president. He went on to be a Pennsylvania representative to the Assembly of the APA from 1982-1998. He is currently a Life Fellow of the APA.

Nationally, Dr. Stewart was proposed for Fellowship in the College in 1981. Inducted in 1982, he later was elected to the Board of Regents and then as Treasurer of the College (1995-1999). Concurrent with his participation in College activities, Dr. Stewart applies an active interest in photography to chronicle the meetings he attends. He now has photographic documentation of some 20 years of meetings.

Dr. Stewart and his wife, Marcia, recently celebrated their fiftieth wedding anniversary. They have three children

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and seven grandchildren, all of whom reside in Pittsburgh.”

Dr. Stewart passed away on September 16, 2016, at the service honoring his life, his 19 year old grandson, Noah James read the following poem that he had written.

“As I crumble to the diagnosis
As the waves of memories flood my every thought
As I struggle to see through the tears
I know I won’t forget you
I won’t forget who you are
Or what you taught me
Or the things you said
Or your manner of speaking
And when my children ask of you
And when they want to know who you were
I’ll tell them
And I’ll tell them with pride
But I also know that you’re not really gone
You’ll be with me always

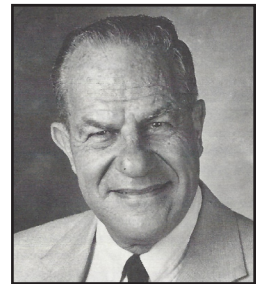
And I’ll tell them
And I’ll show them
Because I can tell how I’m like you
I can show them the things I am
And the things I do
Even the ways I do them
Because you were a part of my life
Always present
Always watching
However quiet
Tonight, a little quieter
You’ll make an excellent angel
Rest in peace grandpa”

Roy M. Whitman, M.D.
June 16, 1925 ~ October 12, 2016

This article was reprinted from the American College of Psychoanalysts Newsletter Fall 1992.

“Roy Whitman was born in 1925 in New York City, the second son of a successful dentist. His older brother became a dentist as well and is now retired in Boca Raton, Florida.

Roy Whitman’s early life was characterized by success in two major areas: academic and sports. In academics, he was the valedictorian of his grammar school class and graduated in the top 10% of his class at 15 ½ years at that unique, highly academic high school in New York, Townsend Harris, from whence he had a scholarship to Oberlin College. At the same time, he was the city and state champion in table tennis and was ranked second nationally. He won letters for both swimming and tennis in high school and continued to pursue both of those sports in college successfully.



When World War II started, he was at Oberlin College. He enlisted in the Army and was given the choice between fighter pilot training or medical school. He decided on the medical school ASTP program at Indiana University. He received the B.S. from Indiana University at age 18, and an M.D. from Indiana University at age 20. He waited three months to get his Indiana state license to practice medicine since that state required the age of 21.

He interned at Kings County Hospital in Brooklyn and had one year of psychiatry residency at Duke University before going into the Army as a first Lieutenant and then as Captain. At Duke, he met Dean Brockman who was a fellow resident and they have remained friends ever since. The chairman at Duke, Richard Lyman, who had come from Hopkins told us about a brilliant young assistant Professor at Hopkins – Ted Lidz. Roy was surprised to cross paths with the very same Ted Lidz some 30 years later at GAP (Group for the Advancement of Psychiatry) and now succeeds him as President of the American College of Psychoanalysts. After his Army Service, he completed his residency at the University of Chicago Clinics and joined the Chicago experiment of the combined faculties of the University of Chicago, Illinois and Michael Reese psychiatric training programs that were concurrent with psychoanalytic training at the Chicago Institute. He graduated from there at the age of 31 and the next day Maurice Levin called to invite him

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to join the Department at the University of Cincinnati. He left his position as Associate Professor at Northwestern University under Benjamin Boshes where he had started his research in group process and in dreams. He also was the chief of the Department of Psychiatry at the VA Research Hospital in downtown Chicago.

Roy has been at the University of Cincinnati for the past 35 years where he has produced over 140 papers, co-authoring one book, and serving as Chairman of the Department of Psychiatry from 1980-89. (This is summarized in a paper on being a chairman that appeared in *Academic Psychiatry* two years ago. Just recently a paper was accepted by the *American Journal of Psychiatry* on "Separation Themes in Panic Disorder" which will be published next year.

As a member of GAP, he contributed to the Committee on Medical Education in terms of small group teaching in psychiatry and the value of taking a sex history. He then moved to the International Relations Committee of GAP where he used Kohutian concepts of self psychology to discuss the Arab-Israeli conflict in the Middle East.

He has been a member of CAPS (Center for Advanced Psychoanalytic Studies) in Princeton since 1965 and is a member of the Coper study group of the American Psychoanalytic Association. He was appointed a Supervising and Training Analyst at the Cincinnati Psychoanalytic Institute in 1973.

In addition to his academic career, Roy continues his love of tennis and continues to compete at a national level. His most recent title is the United States Southern Seniors Double Championships held in Tennessee.

He has three children from his first marriage: Joy, who is a graduate of Indiana University and is a medical administrator at a private physician's office in Cleveland; Bruce, is an attorney in Cincinnati and Laura who is a second year Fellow in child psychiatry at Cornell and is just beginning her psychoanalytic training. From his second marriage with Esther there are two children: Rebecca, a senior at Princeton and Michael, a sophomore at the University of Michigan.

Roy's recommendations for change in our organization included inviting more women, African-Americans, and younger analysts who show promise of having productive careers to join the College. Our College, as well as many other psychoanalytic organizations are facing the problem of aging membership and we must prepare for the future.

Dr. Whitman also feels, that judiciously selected presentations from the plenary sessions or the study groups would be worth considering for publication. They will be worthy contributions to the field as well as enhancing the reputation of the College.

He and Esther will be celebrating their 25th wedding anniversary this coming May which will make the annual meeting a very special event for the! In 1994, we will be celebrating the 25th Anniversary of the College."

In the Fall of 2015, Dr. Whitman got to spend his favorite holiday, Thanksgiving, with his family one more precious time. He made his transition on the holiest day of the year, the second day of Yom Kippur. He died during the last five minutes of this special day where the veil between heaven and earth are the thinnest.

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