

PSYCHOANALYTIC
CENTER OF
CALIFORNIA **PCC**

and

THE
FRANCES TUSTIN
MEMORIAL TRUST

Invite you to attend

***The 20th Annual
Frances Tustin Memorial Lectureship***

featuring

Professor Alina Schellekes

Training and Supervising Analyst, Israeli Psychoanalytic Society

Presenting her paper

***“Arid Mental Landscapes and Avid Cravings for Human Contact:
Beckettian and Psychoanalytic Narratives”***

and

***“Day Dreaming and Hypochondria: When Day Dreaming Goes Wrong and
Hypochondria Becomes an Autistic Retreat”***

Saturday, November 7, 2015

8:30 AM — 4:30 PM

At The New Center for Psychoanalysis Auditorium
2014 Sawtelle Boulevard, Los Angeles, CA 90025

Co-Sponsored by

The Psychoanalytic Center of California

11500 W. OLYMPIC BOULEVARD, SUITE 445 // LOS ANGELES, CA 90064

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Continuing Education Credit 5.75 Units

REGISTRATION FORM — The 20th Annual Frances Tustin Memorial Prize and Lectureship

General Admission: \$ 165.00
\$ 150.00 with paid pre-registration by October 31st

Candidates/Students: \$ 110.00
\$ 95.00 with paid pre-registration by October 31st

**Full-Time Students with
Valid School I.D.** \$ 50.00 *(Please send in a copy of your valid student ID or present at on-site registration).*

Refreshments will be served.

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Program Description

We are delighted to welcome back Professor Alina Schellekes as the 20th Annual Frances Tustin Memorial Lecturer. For this occasion, she will be presenting two papers that revolve around the core of Tustin's work. In her paper, *Arid Landscapes and Avid Cravings for Human Contact: Beckettian and Psychoanalytic Narratives*, Prof. Schellekes first screens and then discusses Beckett's short one woman/man play "Rockabye" and further demonstrates her thinking with clinical material. Her second paper, *Daydreaming and Hypochondria*, is a very concentrated and original work, which relates these two phenomena theoretically and clinically to Tustin's work on autism.

Arid Mental Landscapes and Avid Cravings for Human Contact: Beckettian and Analytic Narratives

This lecture will focus on the to-and-fro oscillations between depleted states of mind so often an intrinsic part of a sense of extreme emotional isolation, and the never ending search for human contact and intimacy. The experience of void, which is mainly characterized by a deep sense of futility, meaninglessness, formlessness and emptiness, will be the central axis employed while moving back and forth between the various survival strategies and protections employed in the attempt to "a-void" this experience. At one pole, through a clinical case, Professor Schellekes will focus on excitation envelopes and re-birth phantasies as the main pacifiers of the void experience; at the other pole, through Beckett's writings, she will deal with overly rhythmic, controlled, and deadening maneuvers. In both cases, one can notice the oscillation between the defenses employed and the still pulsating need for human contact, scarce as it may be. The seemingly paradoxical contradiction between the experience of void and the overly structured literary text that embodies this experience is frequently encountered in works that succeed by giving form to formless experiences through the structuring and ordering aspects of the artistic product. These structures organize and impart a sense of form and contour that would otherwise be lacking in one's experience, and keep the artist/hero of the text away from experiencing extreme fragmentation and loss of identity.

Day Dreaming And Hypochondria: When Day Dreaming Goes Wrong and Hypochondria Becomes an Autistic Retreat

This lecture attempts to focus on both the clinical and theoretical relationship between day dreaming and hypochondria. The hypochondriacal involvement with the body may become so extensive that at its extremity it can induce autistic-like withdrawals into a world of hyperbolic attention to one's sensations, where day-dreaming, disease and deterioration, and the ensuing flood of anxiety become densely intermingled, creating a very painful and detached existence. It will be suggested that an early tendency to be absorbed into excessive day-dreaming might enhance hypochondriacal anxieties. The developmental roots of such a state are examined and exposed through clinical material and theoretical discussion.

Program Faculty

Alina Schellekes, Ph.D. is a clinical psychologist and a Training and Supervising Psychoanalyst of the Israeli Psychoanalytic Society. She teaches and supervises at the Israeli Psychoanalytic Society and at the Tel-Aviv University Program of Psychotherapy, where she is the head of the Primitive Mental States track, which she initiated in 2007. In 2006 she received the Honorary Mention of the Phyllis Meadow Award in New York for excellence in psychoanalytical writing. In November 2008 she received the 12th Annual Frances Tustin Memorial Prize for her paper: *The Dread of Falling and Dissolving*. She is a senior clinical psychologist at Brill Mental Health Center, Tel Aviv and is in private practice in Qiryat Ono, Israel. Prof. Schellekes' main topic of interest, both in her teaching and in her publications, is the treatment of primitive mental states.

Objectives

As a result of this course, participants will be better able to:

1. Differentiate depleted states of mind that defend against the "void" experience from more alive states of mind that seek human contact.
2. Detect a subject's efforts to overly structure his or her experience as a protection from extreme fragmentation and loss of identity.
3. Correlate the relationship between excessive daydreaming and hypochondriacal anxieties.

Program Schedule

8:30 am	Registration
9:00 am	Welcome – Dr. Jennifer Kunst, PCC CE Committee Chair Introduction of Dr. Judith Mitrani, Chair of the Trust – Dr. Leigh Tobias, PCC President
9:15 am	Introduction of Prof. Alina Schellekes – Dr. Judith Mitrani
9:30 am	Paper presentation, <i>Arid Mental Landscapes and Avid Cravings for Human Contact</i>
11:00 am	Coffee break
11:15 am	Audience discussion
12:30 pm	Lunch break
2:00 pm	Paper presentation, <i>Day Dreaming and Hypochondria</i>
3:30 pm	Audience discussion
4:30 pm	Adjournment

Continuing Education at PCC



Continuing Education Credit

This activity has been planned and implemented in accordance with the IMQ and the CMA's CME accreditation standards through the PCC. The PCC is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians. The PCC takes responsibility for the content, quality and scientific integrity of this CME activity.

The PCC designates this educational activity for a maximum of 5.75 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. This credit may also be applied to the CMA Certification in Continuing Medical Education. Psychologists may use attendance at this meeting as part of their continuing education. This course meets the qualifications for 5.75 hours of continuing education credit as required by the California Board of Behavioral Sciences (Provider # PCE1355) for those holding MFT or LCSW licenses. This course is approved by the California Board of Registered Nursing (Provider #CEP6003) for 5.75 contact hours. Participants from all professional disciplines should only claim credit hours commensurate with their actual participation in this activity.

Audience

MD's, Psychologists, LCSW's, MFT's, Registered Nurses, and other learners interested in developing psychoanalytic understanding.

Continuing Education Committee

Jennifer Kunst, PhD (Chair); Persila Conversano, PsyD; Jennifer Langham, PhD; Chris Minnick, MD; Theodore Mitrani, PhD; Elyn Singer, RN, PsyD. None of the planners and presenters of this CME program have any relevant financial relationships to disclose.

THE PSYCHOANALYTIC CENTER OF CALIFORNIA

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The PCC Institute was formed to increase the number of well-trained clinicians and researchers from a variety of fields and to infuse psychoanalysis in the United States with vigorous ideas and energy from other parts of the world. The PCC is the first institute of its kind in the United States to require candidates to have a full year of infant observation as part of the training.

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<http://www.frances-tustin-autism.org> or email info@frances-tustin-autism.org