

CONFER

presents

An evening with
Jessica Benjamin



The Analyst's Fear of Doing Harm

Chairperson: Judy Yellin
Discussant: Tamar Schonfeld
Case presenter: Jane Haberlin

With live case supervision

intersubjectivity
co-created intersubjectivity
co-created phenomena
breakdown and repair of the relationship
the analyst's fear of doing harm
impasses and enactments in the therapeutic relationship
intrapsychic function of splitting
learning through enactment

Monday 9th October 2006
7.0pm – 9.45pm

London

6.0 Drinks reception

7.0 Judy Yellin

Introduction to Jessica Benjamin and her work

7.10 Jessica Benjamin

Our Appointment in Thebes

The analyst's fear of doing harm and learning through enactment

This paper will begin with a position I have developed on the need to facilitate a shared intersubjective third position in the psychotherapeutic relationship – a co-created phenomena, which occurs through breakdown and repair of the relationship between analyst and analysand. I will elaborate how the breakdown of this shared "third" characterizes the structure of impasses and enactments. The intersubjective view makes use of the insight of projective identification, which focuses on the intrapsychic function of splitting, but adds another dimension by highlighting its reciprocity, including the analyst's participation and her fear of the harmful effects of enactment. Since the breakdown of the shared third experience occurs under the cloud of dissociation - is in the service of dramatizing disowned self-other experiences - we have come to accept that the analyst also dissociates in order to play her/his part in the drama. The crucial insights in most cases cannot be produced by the analyst independent of her own participation. I propose that the injuries we are pledged to avoid will come back to us as enactment and that insight is a form of action, often taken in relation to such enactment. To the extent that such enactments are inevitable, the ideal of the perfectly containing analyst may actually intensify the very rupture it is meant to prevent. The belief that we can avoid re-traumatizing the patient may therefore lead to ruptures and mystification. That which we seek to avoid – as Oedipus illustrates – meets us with a vengeance on the road to Thebes.

8.0 Tamar Schonfeld with Jessica Benjamin: discussion of the presentation

8.30 Live case discussion: Jessica Benjamin with Jane Haberlin

Jane Haberlin will present a clinical vignette which illustrates the themes of enactment, breakdown and repair in the psychotherapeutic relationship. This will be discussed with Jessica Benjamin. Together they will explore the dilemmas, difficulties and opportunities faced by the therapist in that relationship.

9.45 End

Jessica Benjamin

Jessica Benjamin is a pioneer in the fields of relational psychoanalysis and gender theory. She is a psychoanalyst in private practice in New York City and is on the faculty at the New York University Postdoctoral Psychology Program in Psychoanalysis and Psychotherapy. She is best known as the author of *The Bonds of Love: Psychoanalysis, Feminism and the Problem of Domination* (1998). Her more recent books are *Like Subjects, Love Objects: Essays on Recognition and Sexual Difference* (1998) and *Shadow of the Other: Intersubjectivity and Gender in Psychoanalysis* (1997). She has lectured and supervised all over the world, presenting her perspective on the concept of recognition in intersubjectivity and on gender development. She is Associate Editor of the journal *Psychoanalytic Dialogues*, a founder and board member of the International Association for Relational Psychoanalysis and Psychotherapy, and a founding member of Psychotherapists for Social Responsibility in New York.

Tamar Schonfeld - Discussant

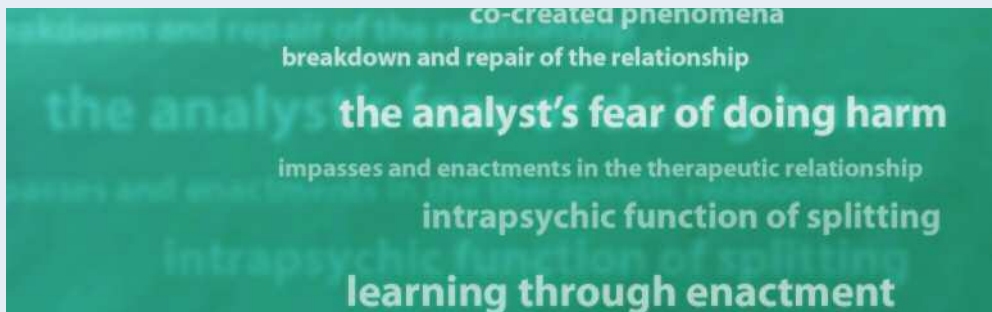
Tamar Schonfeld is a psychoanalyst and Member of the Institute of Psychoanalysis where she is involved in the work of the Group of Independent Psychoanalysts. She is a member of Arbours Training Committee and a Team Leader in the Arbours Crisis Centre as well as working in private practice.

Judy Yellin - Chair

Judy Yellin is a relational psychoanalytic psychotherapist. She teaches at the Centre for Attachment-Based Psychoanalytic Psychotherapy conducting seminars on Freud and on relational psychoanalysis. She is a member of the International Association for Relational Psychoanalysis and Psychotherapy, and a founder member of IARPP Britain. Judy is an Associate of Pink Therapy, a therapy service for sexual minority clients provided by lesbian and gay therapists from a variety of theoretical and clinical perspectives.

Jane Haberlin - Case Presenter

Jane Haberlin trained with Arbours and worked at the Arbours Crisis Centre and at the Women's Therapy Centre. She is a member of the IARPP and a founder member of the London Relational Group. She works in private practice in London.



What is the feeling of fear, and why do people experience it? Learn about the signs, functions, and causes of fear as well as the facial expression. Depending on what we have learned in the past about what can protect us in dangerous situations, we are capable of doing many things we wouldn't typically be able, or willing, to do in order to stop the threat. The immediate threat of harm focuses our attention, mobilizing us to cope with the danger. In this way, fear can actually save our lives by forcing us to react without having to think about it (e.g., jumping out of the way of a car coming at us). The evolutionary preset actions of fear include fight, flight and freezing. Responding to fear in ourselves. Furthermore, that which one does fear cannot be death itself, because one has never died. People who express death-related fears, actually are trying to deal with unresolved childhood conflicts that they cannot come to terms with or express emotion towards.

[7][14][15] The name Thanatophobia is made from the Greek figure of death known as Thanatos. Wisdom: ego integrity vs. despair[edit]. Developmental psychologist Erik Erikson formulated the psychosocial theory that explained that people progress through a series of crises as they grow older. The earliest documentation of the fear of death has been found in children as young as age 5.[30] Psychological measures and reaction times were used to measure fear of death in young children. Our appointment in Thebes: The analyst's fear of doing harm and the need for acknowledgement. J Benjamin. The analyzing instrument: States of consciousness and the dream psychology of Dr. Bertram Lewis. What does it mean to practice psychotherapy scientifically? Are the technical and relational aspects of therapy interdependent and overlapping? What forms of presence have facilitating effects on the process of therapy? How does a therapist's overall level of expressiveness anticipate and modify the manner in which any particular intervention is experienced by a patient? What does it mean to confront a patient's therapy-interfering behaviors tactfully? What is it about the therapeutic relationship that is healing?