Creative Seminar Series
“Swimming Lessons: Aging, Dissociation, and Embodied Resonance”
Presented by: Caryn Sherman-Meyer, LCSW
Discussant: Heather Ferguson, LCSW
Saturday, January 14, 2017 * 10:30 AM – 12:30 PM
Greenwich House * 27 Barrow Street, 4th Floor * New York, NY 10011

How do bodies communicate in the analytic relationship? What is the therapeutic action of embodied communication? In this presentation, Caryn examines the effects of a form of embodied communication that she refers to as “embodied resonance.” Using a model of mind that is comprised of multiple self-states that become dissociated in response to trauma and that are carried, unsymbolized, in body and mind, she suggests that embodied resonance enables patient and analyst to make initial contact with dissociated self-states. Consequently, the analyst helps her patient understand, verbalize, and incorporate an expanded and truer sense of self into his life story. A detailed clinical example will illustrate how understanding the impact of a patient’s traumatic past can be a freeing experience that allows him to come to terms with his particularly traumatic aging present. Changes in self-understanding were reflected in changes in the patient’s body and changes in his experience of himself as an aging person. Caryn illustrates that whether implicitly known or explicitly verbalized, embodied resonance can offer an enriching, mutative attachment experience. Finally, Caryn’s somatic attunement to her own traumatic memories and dissociated self-states is discussed as a way to inform clinical impasses in analytic treatment.

Caryn Sherman-Meyer, LCSW, presenter, is faculty, supervisor and training analyst at the National Institute for the Psychotherapies (NIP) in New York City. She is curriculum co-director in its Adult Training Program, founder and co-director of its License Qualifying Program in Psychoanalysis (LQP), and sits on the NIP Board of Directors. Caryn writes and presents on embodiment, eating disorders and bi-directional communication between patient and analyst. She is particularly interested in the reciprocal process of growth and change in the therapeutic relationship. Caryn supervises and practices individual, group and couples therapy in New York City.

Heather Ferguson, LCSW, discussant, is a psychoanalyst and group therapist in private practice in NYC. She is on the faculty at the Institute for Expressive Analysis (IEA) and on the faculty and a Coordinating Committee Member of the Institute for the Psychoanalytic Study of Subjectivity (IPSS), NYC. She teaches and writes about a range of topics related to eating disorder treatment, trauma, and grief. Light refreshments will be served. This event is free, but a RSVP is required: events@ieanyc.org.
2016

IEA Open House
May 15, 2016 from 2:00 PM to 4:30 PM
Greenwich House, 27 Barrow Street, 4th Floor (Near 7th Avenue), New York, New York 10014
RSVP: events@ieanyc.org

The Institute for Expressive Analysis is pleased to announce our annual Open House. We invite you to hear faculty members, supervisors, and students discuss classes and training at the Institute for Expressive Analysis. Dr. Arthur Robbins, the founder of IEA, will be our guest speaker. Dr. Robbins will be discussing “Attachment and Detachment, The Transformation of Energy.” This event will be held at Greenwich House, 27 Barrow Street, 4th Floor (Near 7th Avenue), New York, New York 10014. Light refreshments will be served. This is a free event but an RSVP is required events@ieanyc.org.

Reading and Lecture by Michael Eigen
May 22, 2016 from 1:00pm to 3:00pm
Tibet House, 22 West 15th Street (btw 5th and 6th Ave.)
New York, NY 10011
RSVP: events@ieanyc.org

Sharing from his new book, “Image, Sense, Infinities, and Everyday Life”. This special event will be “A Book Reading with Michael Eigen: celebrating his legacy and honoring his timeless contributions for psychoanalysis.”

Karnac notes: Image and sensing have been underrated in Western thought but have come into their own since the Romantic movement and have always been valued by poets and mystics. Images come in all shapes and sizes and give expression to our felt sense of life. We say we are made in the image of God, yet God has no image. What kind of image do we mean? An impalpable image carrying impalpable sense? An ineffable sense permeates and takes us beyond the five senses, creating infinities within everyday life. Some people report experiencing colour and sound when they write or hear words. Sensing mediates the feel of life, often giving birth to image. In this compelling book, Michael Eigen leads us through an array of images and sensing in many dimensions of experience, beginning with a sense of being born all through life, psychosis, mystical moments, the body, the pregnancy of “no”, shame, his session with André Green, and his thoughts related to James Grotstein, Wilfred Bion, and Marion Milner. The author concludes with notes on his life as a young man leading him into the therapeutic vocation he has fostered and which has fostered him for nearly sixty years. Two Endorsements: ‘Michael Eigen writes about infinity and everyday life as if they are one and the same. As always, he weaves a magic spell. In this remarkable work, he turns the light within himself inside out and offers it up to us with generosity. Touching, honest and full of wisdom, it will benefit all who read it.’ – Mark Epstein, MD, author of The Trauma of Everyday Life
‘Eigen writes from his body, heart and soul in a way that is communicatively evocative to openhearted readers. He shares his experience as an analyst and as a person. He describes how our pre-conceptual capacities mate with our senses and, through intimate relationship, transform to symbolic, affective images reaching towards infinities in daily life. His writing helps us to be ourselves and facilitates self-discovery in others through everyday living.’ – James Gooch, MD, Founding President, The Psychoanalytic Center of California
The event will be held at Tibet House 22 West 15th Street, Refreshments will be served. There is no fee for this event. RSVP is required for admission: events@ieanyc.org.
Body/Mind Integration:  
An Antigravity Yoga/Expressive Analysis Seminar  
Saturday, March 28, 2015, 1:30 – 5:00 PM  
AntiGravity Lab * 265 West 37th Street, Suite 1100 * New York, NY  
Fee: $100

The Institute for Expressive Analysis is pleased to announce a unique, experiential seminar that will demonstrate the integration of AntiGravity® Yoga and expressive analytic processes as a way to further promote and understand the link between mind and body.

This Seminar is designed to facilitate the transformation between physical, visual, and emotional experience and will be conducted in two parts. First, participants will be led through a series of AntiGravity® Yoga exercises, led by Christopher Harrison, the Creator of AntiGravity Entertainment and Fitness. Mr. Harrison, the father of aerial yoga, has taken his techniques all around the world to great acclaim. He has prepared an offering expressly for associates from the Institute for Expressive Analysis. You will experience a physical class with hyper mental focus, proprioceptive (agility) training, deep stretching, zero-compression inversions, levity conditioning, and floating cocoon meditations in the Harrison AntiGravity Hammock.

The ancient practice of yoga has always facilitated self-development via connecting body, mind, and spirit. Professor Robert Wolf, President of IEA, will then lead a guided imagery exercise designed to create internal visualizations of this experience, followed by an experiential exercise utilizing creative art materials to externalize and process these visualizations.

"When you open up space in the body, you open up space in the mind, as they are interconnected," says Christopher Harrison. AntiGravity Techniques are all about re-establishing the body/mind connection and obtaining balance in one’s life. Expressive analytic techniques are designed to create a bridge from visceral/physical experience to cognitive/emotional awareness leading to insight and integration as unconscious material is externalized and understood through the process of creative expression.

Professor Robert Wolf is a licensed psychoanalyst and creative art therapist with over 35 years of experience in private clinical practice, supervision, and teaching in graduate art therapy programs including The College of New Rochelle, Pratt Institute, and several psychoanalytic training institutes. He has published widely in the field of creative expressive therapy and, as a professional artist, his work has been exhibited and published internationally. Since studio space is limited, this exciting event will be limited to the first 11 participants to sign up. Advanced registration is necessary.
Exploring Visual Metaphors through Photography
Saturday, February 21, 12:00 - 2:30 PM
At a midtown west location, TBA

This seminar will be open to the general public and will provide an experience for participants to expand and utilize their digital photographic skill to identify, explore, and understand the unique visual metaphors that emerge through their own photographs. Some basic digital editing skills, along with group processing exercises, will be demonstrated and applied to photographs taken by participants.

Beginners can bring hard copies of a range of photographs they have recently taken, while more advanced participants are welcome to bring a collection of their digital photographs along with a laptop (Adobe Photoshop or other similar digital editing software optional).

Professor Robert Wolf, President of IEA, will be leading this seminar. Professor Wolf is a Licensed Creative Art Therapist and Psychoanalyst who has published and taught on the subject of Phototherapy (the therapeutic uses of photography). Professor Wolf has taught on the graduate level at Pratt Institute and at The College of New Rochelle for over 30 years.

Fee for general public: $100.00
As part of IEA's commitment to provide its community with uniquely designed creative programs at exceptional value, there will be a discount for current students and members:

Fee for IEA students: $50.00 * Fee for IEA members: $75.00
Limited space is available. To reserve yours, send payment along with contact information (full name, email address, and phone number) to:

Cenk Cokuslu, LP
Executive Director
Institute for Expressive Analysis
303 Fifth Avenue, Suite 1103
New York, New York 10016
Questions? Email info@ieanyc.org.
2014

IEA Open House
Sunday, May 18th, 2014 1:00-3:00 PM
At Pearl Studios: 519 8th Avenue (at 35th St.) 12th Floor, Studio D New York City

The event will include a faculty case presentation that demonstrates our unique way of working, candidates discussing their training experiences, and a question and answer session. Meet students, faculty and graduates. Learn about IEA's psychoanalytic training program. Consider being a part of a creative and dynamic community.

Please join us - Refreshments will be served.

IEA April Scientific Meeting
April 4th, 2014 @ 7PM
NPAP - 40 W. 13th St., NYC
Writing & the Unexpected: A Creative Clinical Writing Workshop
Presenter: Bonnie Zindel, LCSW

Writing has the potential to enrich our emotional lives as well as open avenues for exploring our deeper clinical experiences. This workshop invites participants to meander off the beaten path into the unworded parts of the self. It is open to people who like to write as well as those who feel somewhat intimidated by the process. The workshop includes hands-on experiential writing exercises that encourage active imagination and tap into rich unconscious material – the place where originality dwells. This workshop is also for people who might want to write a case study or psychoanalytic paper that follows a patient's narrative in a naturalistic way.

Bonnie Zindel, LCSW, is faculty and supervisor at NIP and a member of IEA. She is creative literary editor of Psychoanalytic Perspectives and founded the Psychoanalytic Perspectives Creative Salon Series, which presented her play My Simone: A One-Woman Play on Simone de Beauvoir. She has written three novels published by HarperCollins and Viking. Bonnie received the distinguished NIP Honorary Award for creative contributions to the field and has been conducting writing workshops internationally for over fifteen years.

This event is free and open to the public. Light refreshments will be served.
Winter 2014 Scientific Meeting
February 7, 2014 @ 7PM
NPAP - 40 W. 13th St., NYC
Processing Countertransference Using Dreams and Expressive Art Modalities
Robert Irwin Wolf, ATR-BC, LP, LCAT

This experiential workshop will demonstrate how the clinician's dreams can be used in conjunction with creative/expressive art materials to identify, process, and understand countertransference issues. Particular attention will be given to processing clinicians’ dreams that include their clients, as these are typically considered to be countertransference dreams. A variety of expressive art modalities will be used to demonstrate this unique processing method.

Professor Robert Wolf is a NYS licensed psychoanalyst and creative art therapist with over 35 years experience in graduate level teaching, private practice and clinical supervision. He has been on the faculty of The College of New Rochelle, Pratt Institute, The Training Institute for the National Psychological Association for Psychoanalysis. Professor Wolf is a former Director of the Institute for Expressive Analysis and a past President of the New York Art Therapy Association. He has published numerous articles on art therapy, countertransference, expressive therapy, and photo therapy. His work as a fine art sculptor and photographer have been exhibited internationally.

This event is free and open to the public. Light refreshments will be served.

2013

Fall 2013 Scientific Meeting
Friday, October 25, 2013. 7:00 PM
NPAP – 40 West 13th Street, NY,NY

Whose Subjectivity Is It? Utilizing the Clinical Contributions of Harold Searles: Conscious and Unconscious Interaction Between Analyst and Patient

Presenter: Heather Ferguson, LCSW
Co-Presenter: Sarah Mendelsohn, LCSW
Discussant: Adrienne Harris, PhD

Receptivity to the patient’s unconscious or hidden parts of her self inevitably requires the analyst to contend with non-conscious or hidden parts of her own experience. Harold Searles' visionary insights challenge the analyst to awaken herself to far reaches of not-yet-known aspects of her self-experience. In his exquisite perception of the invisible lines that both link and separate patient from analyst, child from parent, Searles asks us to consider how the analyst might also be the patient in need of healing. In so doing, he reveals an underlying statement about human vulnerability and its unlikely impact in the analytic relationship: the fostering of mutual growth.

Sometimes these non-conscious states arrive unbidden, in the form of inchoate body sensations, a dream, or a reverie on the part of the analyst. Sometimes they are evoked through a clinical interaction that activates memory, past trauma, freshly healed wounds, or concealed parts of ourselves that the patient needs to discover – needs us to discover - in order to more fully know and become herself. This presentation will explore these themes through clinical vignettes, interactive reflective writing exercises and audience participation.
Heather Ferguson, LCSW, is a psychoanalyst and group therapist in private practice in NYC. She is faculty at the Institute for Expressive Analysis and faculty and Coordinating Committee Member of the Institute for the Psychoanalytic Study of Subjectivity.

Sarah Mendelsohn, LCSW, is a psychoanalyst and clinical supervisor in private practice in NYC. She is faculty and Coordinating Committee Member at the Institute for the Psychoanalytic Study of Subjectivity, and faculty and supervisor at The Manhattan Institute for Psychoanalysis and Psychotherapy.

Adrienne Harris, Ph.D. is faculty and supervisor at New York University Postdoctoral Program in Psychotherapy and Psychoanalysis and faculty and supervisor at the Psychoanalytic Institute of Northern California. She is a member and Training Analyst in the IPA. She has authored and edited multiple publications - including the 2005 book Gender as Soft Assembly and co-editing the book series Relational Perspectives in Psychoanalysis with Lew Aron - and has written on topics in gender and development, analytic subjectivity and self-care, primitive states and the analytic community in the shadow of the First World War. Her current work is on analytic subjectivity, and on ghosts.

This event is free and open to the public. Light refreshments will be served.

Institute for Expressive Analysis:
Annual Open House
Sunday, May 5th, 2013. 1:00-3:00 PM

At Pearl Studios: 519 8th Avenue (at 35th St.), 12th Floor, Studio B, NYC

THE INSTITUTE FOR EXPRESSIVE ANALYSIS, a NYS Registered Licensure-Qualifying Institute, invites you to our Annual Open House. Hear about IEA's dynamic and creative approach to psychoanalysis. IEA provides intensive training in psychoanalytic theory and practice based upon a unique perspective that allows for verbal and, where indicated, non-verbal interventions such as art, poetry, movement, music, and drama. Our approach to psychoanalysis is eclectic and integrative: study Freud, Jung and post-classical, contemporary approaches such as Object Relations, Self Psychology, Relational and Intersubjective Theory. IEA's highly developed way of working with both the verbal and non-verbal aspects of psychoanalysis has allowed us to be in the vanguard of this since our inception in 1978.

Two clinical cases will be presented that demonstrate our way of working, one given by a senior faculty member and the other by a current student:

Robert Wolf: "Using Expressive Art To Explore Psychoanalytic Process"
and
Cenk Cokuslu: "Planking - Playing Chaotic Hide and Seek at the Edge"
Meet students, faculty and graduates. Refreshments will be served.

Panel Discussion:
Preparing for the New York Psychoanalytic Licensing Exam
April 12, 2013, 7:30 PM

NPAP, 40 West 13th St., New York, NY
The Institute for Expressive Analysis cordially invites you to a presentation by panelists who have recently sat for New York's psychoanalytic case narrative exam. Panelists will describe their experiences, thoughts and recommendations related to the test and discussion will cover preparation, ways of organizing information, aspects of testing criteria and logistical as well as environmental challenges in
sitting for this challenging exam. The second half of the event will be dedicated to questions, answers and audience participation.

**Panelists:**

**Isolde Keilhofer, LP**, is a Member of the National Psychological Association for Psychoanalysis and a Member of the Institute for Expressive Analysis. She is the recipient of the 2007 NPAP Ernest Angel Award for "The Diary of a Young Girl: A Psychoanalytic Reading," She is in private practice in New York City.

**Kristin Long, LCAT, LP**, is a Creative Arts Therapist and Psychoanalyst in private practice, working with children, adolescents and adults. She has co-authored two chapters on using drama therapy with children – one on her work following the events of September 11th and the other on her experiences with children on an in-patient psychiatric unit. Kristin is a graduate of Institute for Expressive Analysis (IEA) and currently serves on the IEA board as Public Relations Chair. She has taught at IEA and NYU's Gallatin School of Individualized Study.

**Tarz Palomba, JD, LP**, is a Licensed Psychoanalyst, attorney, craftsperson and mother of two teenagers. Following a career as vice president of legal affairs in a major corporation, Tarz worked as a clinical resident at the Blanton-Peale Graduate Institute. She is currently an advanced candidate at IEA and holds a private practice in psychoanalytically informed mediation of family disputes as well as a clinical psychoanalytic practice focused on adult individuals and couples.

**Carter Thornton, LCAT, MT-BC, NCPsyA** is a Creative Arts Therapist and psychoanalytic psychotherapist in private practice in New York City. He is a graduate of Institute for Expressive Analysis as well as IEA's current Program Chair. He is additionally a clinical supervisor within NYU's Music Therapy department.

**Christian J Churchill, PhD, LP**, is an advanced candidate at the Psychoanalytic Training Institute of the Contemporary Freudian Society where he won that Institute's Plumsock Prize in 2009 for his paper comparing psychoanalysis and ethnography. He is in private practice in New York City and is professor of sociology at St. Thomas Aquinas College. In 2012, Temple University Press published his co-authored book The Enigmatic Academy: Class, Bureaucracy, and Religion in American Education.

**Maggie M. Robbins, MPS, LP**, a 2012 graduate of the four-year analytic program of the National Institute of the Psychotherapies and the author of Suzy Zeus Gets Organized (2005), a novel in verse, has been published in the New York Times Magazine, The Village Voice, Tin House, The Southwest Review, and the anthologies Heaven (2007) and Satellite Convulsions (2008). She received her master's degree in art therapy and creativity development from Pratt Institute, and her BA from Yale University, where for three years she taught Elementary Swahili as a faculty member in the Afro-American Studies Department.

**Victoria Malkin, Phd, LP**, is an anthropologist and a Licensed Psychoanalyst in private practice in NYC. She received her psychoanalytic training from the William Alanson White Institute, where she is a graduate, and has had further training at NPAP. She also teaches as an Adjunct Assistant Professor at the New School for Social Research.
Winter 2013 Scientific Meeting

Total Exertion: A Zen Perspective on Psychoanalysis and Creativity

Presented by Paul Cooper, LP, NCPsyA.

Discussant: Mark Finn, Ph.D.

2012

Fall 2012 Scientific Meeting

The Analyst’s Subjectivity: Exploring the Erotic Countertransference

Presented by Steven Kuchuck, LCSW and Galit Atlas, Ph.D.

Discussant: Steven Knoblauch, Ph.D.

Spring 2012 Open House

What's the Matter with You - Did You Forget How to Play? The Dilemma of Stalling Out in Treatment with a Middle-Aged Woman and Therapist

Presented by Bonnie Allie

Spring 2012 Scientific Meeting

Journeys to Foreign Selves: Asian and Asian Americans in a Global Era

Presented by Alan Roland Ph.D.

Winter 2012 Scientific Meeting

Contact with the Depths - Spirituality and Addiction: Wounded Aloneness

Presented by Michael Eigen
2011

Spring 2011 Scientific Meeting

*The Sacred Bridge: Yoga Breathing and Psychoanalysis*

Presented by Dr. Lynn Somerstein

Spring 2011 Open House

*Creative Processing of Dream Material*

Presented by Robert Wolf

Fall 2011 Scientific Meeting

*Sex Addiction and Sexual Compulsive Behavior*

Presented by Puja Hall, LCSW

Winter 2011 Scientific Meeting

*The Too Muchness of Excitement and the Death of Desire*

Presented by Jessica Benjamin, PhD. and Galit Atlas-Koch, PhD.

Moderator: Steve Kuchuck, LCSW
2010

Fall 2010 Scientific Meeting

*When Worlds Collide: Guess Who's Going to Dinner? On the Arrival of the Uninvited Third*

Presented by Steven Kuchuck, LCSW

*When Actions Speak Louder than Words: Playing Show and Tell*

Presented by Sally Bjorklund, MA, LMHC

Discussant: Hillary Grill, LCSW

Fall 2010 Special Event

*The Red Book of CG Jung: Creation of a New Cosmology*

Presented by Jane Selenski

Spring 2010 Scientific Meeting

*Astrology and the Unconscious*

Presented by Claudia Bader

2009

Spring 2009 Scientific Meeting

*The Isaac Complex*

Presented by Dr. Lynn Somerstein