

# PSYCHOANALYSIS

*in Cleveland*

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## THE CLEVELAND PSYCHOANALYTIC CENTER AT FRIENDLY INN

*Scott Dowling, M.D.*

The weekly visit of a grizzled analyst to Friendly Inn in the heart of Cleveland's Central district evokes some puzzled looks and lots of friendly comments. Every week it's a cheery "Hi there" from Ms Anderson and a "Well, it's Dr. Dowling!! What kind of cookies did you make this week?" from Ms. Giles, the program coordinator and from the Early Start workers, Ms. Rogers, Ms. McCall, Ms. Magic, Ms. Proctor, Ms. Garner and Ms. Mentor. For Norma Cofresi and myself, the Parent Infant Program is the realization of a long held dream to provide support for highly stressed mothers that will ease the way to naturally loving and protective mother-infant relationships. We spend ninety minutes each week in talk and infant observation during play, a craft session, topical discussion and snack time.

The analytic involvement with Friendly Inn is now moving toward a new dimension; Ms. Judy Pitlick, under the aegis of the Hanna Perkins Center, is exploring the possibility of consultation to their newly created day-care program.

Before describing our past year's experience in the Parent Infant Program, I will introduce Friendly Inn Settlement House and its creative director, Ms. Gerri Burns who have sustained this outstanding center through repeated waves of social upheaval and financial crisis.

Ron Chernow, in *Titan*, his recent biography of John D. Rockefeller, describes the founding of Friendly Inn 125 year ago by Rockefeller and his wife. It has had various homes and various missions over the years. For many decades it has been a classic settlement house, providing basic social services, recreational

### *Poems by Sonya Steplight*

#### *Life, Part I (Purpose)*

*Why do people live?*

*Why do people die?*

*Somebody tell me what is my purpose here.*

*Everyone has a reason, a reason to be alive.*

*Someone, please tell me mine.*

*What is my purpose here*

*When I don't even know what that purpose is?*

*What is the purpose of sex?*

*Is it just the feel?*

*When you don't realize you're creating another life.*

*What is its purpose here?*

#### *Life, Part II (Hope)*

*Life is funny at times.*

*You don't know if you're going to live*

*Or die. But you live it out*

*Hoping life will never end.*

*Knowing life can flash right before your eyes.*

*You can die fast,*

*Or you can die slow.*

*But you hope not to die at all.*

*Hoping God will never call you home.*

*But hey, that's life...*

facilities, and subsistence, health, educational, and support services to families in the Central and Fairfax districts of Cleveland. These services are essential for many children and families in the area. In terms of the number of participants, the Parent Infant Program is the least of its activities, an experiment which they hope will provide an example to be applied in other programs including their new day-care center.

Friendly Inn has recently completed the construction of a new 5 million dollar home, replacing the deteriorating building it had occupied for 50 years. Having finally built a facility that is adequate, it finds itself struggling to support the programs this new home can provide: a day-care center, a large after-school program, senior programs and early childhood intervention programs, among others. Friendly Inn is currently having a fund drive. I urge you to express your support of this outstanding Cleveland treasure.

The Parent Infant Program has just completed its first year. We have had moments of success, of exhilaration. We have also had moments of sadness, tragedy, and defeat. I will not dwell on the details nor will I discuss individuals. Their trust and willingness to talk about painful and happy issues in the struggle to care for their infants is predicated on privacy. Poetry by one of the young women is printed in a neighboring column. I am grateful to her for allowing me to share it with you.

Norma Cofresi, Ph.D., Ms. Giles and I started the group in the basement of an old and very dilapidated building. Our group of 5-8 mothers

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## PROGRESS

### REPORT: THE NEW CLEVELAND PSYCHOANALYTIC CENTER

Richard Lightbody, M.D.

Decisions have been made, contracts let, and dust is flying at the Heights Medical Building. Early in 2004, a lovely large space directly over the Mad Greek restaurant will become the new headquarters for the Cleveland Psychoanalytic Center.

The new Center will feature a large library and meeting hall, with a folding central wall that can create two substantial conference rooms as needed. Each of our full and part-time staff will have dedicated workspaces near the Center's entrance; there will be a separate technical area in the library for our new library intern's services. Executive Director Betsey Kamm will have a private office and meeting space overlooking the intersection of Cedar-Fairmount. To help sustain a quiet and studious environment, there will be a soundproof copy room. A final touch will be a fully equipped kitchen which will allow us to provide refreshments for the assorted conferences we will hold in the Center, from study groups and classes to Scientific Meetings.

The move into the new Center will conclude a series of transforming changes over the last four years, beginning with the preliminary work of the Building Committee of 2000 and the Strategic Plan of 2001; the latter led directly to the establishment of the Cleveland Psychoanalytic Center as an *organization*. We are now creating a home for the Center as a physical *space*. The cost is manageable for us now, but much of our future solvency will depend on the anticipated work of the Center's Development Committee, chaired by trustee Chan Everett.

The new Center will be in a geographic area that is exciting and diverse. The Heights Medical Building already houses a concentration of therapists including a number of psychoanalysts. The surrounding commercial, residential, and commuting areas are busy, well maintained, and accessible.

### PLANNED GIVING OPPORTUNITIES

Betsey Kamm

Readers of *Psychoanalysis in Cleveland* recognize the Cleveland Psychoanalytic Center's crucial role in the continuation of psychoanalysis and related forms of insight-oriented therapy in Northeast Ohio. The Center carries out its work in part through the education of therapists whose skills in turn reach the lives of many people. Whether the trained therapist interacts with students, health care workers, or others in a consultative or teaching role, or works with parents, children or adults in a therapeutic setting, the opportunity allows the person to gain a different perspective. The psychoanalytic point of view is often articulated by those involved as one that brings a newer, deeper understanding. Were psychoanalytic training and teaching programs to diminish, these important interactions would occur less and less often.

One of the simplest ways to support the future of psychoanalysis is to make a gift to the Cleveland Psychoanalytic Center through a bequest. Bequests are an uncomplicated way to ensure that your charitable efforts live on after your death. Bequests require no financial sacrifice during your lifetime and are simple, revocable provisions that you can place in your last will and testament. Your lawyer or financial advisor can discuss this and many other options that provide a way to meet your philanthropic objectives as well as protect your loved ones.

In order to recognize and thank those supporters who have already included the Center in their estate plans, we would appreciate your making us aware of your intentions by contacting Betsey Kamm, Executive Director ((216) 229-5959 x 11). If you are considering including the Cleveland Psychoanalytic Center in your estate plan, our complete legal name is The Cleveland Psychoanalytic Center-Tax ID #: 34-1019020. Please watch for information on other planned giving opportunities in future issues of *Psychoanalysis in Cleveland*.

## ? & A

### GLAD YOU ASKED!

Joanne Naegele, M.A.

*My child has started a new school for first grade and is not doing as well as I expected. She is having trouble sleeping, has no friends and is talking about wanting to go back to kindergarten. I am so disappointed in her and in myself as a mother. Is there something I can do to help?*

If you already have a professional to work with on behalf of your daughter's adjustment to starting a new school, contact that person. If not, call the Katan Center, and we will help you make a connection with a child or adult analyst who can help. While your feelings are understandable, they may get in the way of your realizing that your child is sending up a flare which says, "HELP ME. I DON'T KNOW WHAT IS THE MATTER BUT I AM SURE UNCOMFORTABLE IN THIS SCHOOL YOU CHOSE FOR ME."

It is a strength for a child to communicate that there is a problem. Listen. Sort out your child's history. The pieces will begin to fall into place as to why this is happening now. If there are missing pieces to the puzzle, psychotherapy may be helpful. To aid your child in becoming aware of a conflict which has been hidden and is troubling is a rewarding venture. In the end she will feel better. You will also feel better.

**We are the Katan Center, telephone 216-721-2777. We take your calls every day of the year.**

*Ms. Joanne Naegele, is a Katan Center Staff Member, and in private practice in Cleveland Heights.*

## THE CLEVELAND MIND BRAIN GROUP

David Pincus D.M.H.

The Cleveland Mind Brain Group began informally as an electronic discussion group of several neurobiologists, psychoanalysts, linguists, engineers, psychologists and psychiatrists. I assembled the group and moderated the discussion, and intended from the start to create an interdisciplinary group of scholars whose areas of interest overlap and would benefit from cross-pollination. I described this interdisciplinary conversation as Visions of Mind and Brain. We formed in February 1999, and our core group was from Cleveland, though we also had contributors from Boston, New York, St. Louis, Berkeley, South Florida, San Francisco, Los Angeles, and Toronto. Our format was to choose a book or a series of articles to study, and very often have the author join us in our dialogue. Different members were assigned chapters or sections to review, and discussion would follow. The remarkable interdisciplinary expertise of our group allowed for a rich exchange of ideas and significant efforts to translate concepts from one discipline into others. Our first book under discussion was *Societies of Brains, A Study in the Neuroscience of Love and Hate*, by Walter J. Freeman. Dr. Freeman happened to be one of our founding members, and so it was an easy matter to invite the author to join our conversation. We continued in this format for the next three years, with each discussion lasting approximately four months. Our last of ten seminars was completed in 2002, titled *Papers on Neurobiology, Awe and Religion*. Mortimer Ostow, MD, David Galin, MD, and Doug Watt, PhD contributed papers for discussion.

In 2003, we decided to discontinue the electronic discussion group format. We may rekindle the electronic, geographically extended group, though have turned to our Cleveland roots and monthly meetings. Several of our members have presented their areas of interest and research. We also collaborated with the Cleveland Psychoanalytic Center, CWRU Departments of Bioethics and Electrical Engineering and Computer Science, to bring Jaak Panksepp, PhD (another of our members) for a community wide presentation titled *Archeology of Mind: The Ancestral Sources of Human*

*Feelings*. The enthusiastic response from the community is an indication of the interest in our area of study, and the need for ongoing, interdisciplinary collaboration and education.

Continuing our monthly meetings, I presented my paper *Perception in the Clinical Hour: A Proposed Neurobiology of Transference*, which was co-authored with Walter Freeman, MD and Arnold Modell, MD. Wyatt Newman led the October meeting, a tutorial on neural nets. Several of our members are planning a group presentation at the *IV International Symposium on Coma and Death* in March, 2004. I will lead two sections: *Theories of Neurodynamics*, and *Electrical and Magnetic Stimulation and Modulation of Consciousness*.

Looking ahead, we are considering whether we remain a private group that sponsors periodic community presentations, or whether we grow into a more public, established entity. One department in the CWRU Medical School has begun conversations with us to establish us within its domain, and we are looking to secure sources of funding which might allow us to broaden and strengthen our goals. The convergence of models of mind and brain allows for tremendous opportunities in clinical care, clinical research, and technology/device applications. Cleveland, with its two premier medical institutions, along with a university with engineering expertise that is perhaps unparalleled in the world, is a perfect place to organize such a center. If we are to grow into an organization, we have identified the following goals:

- \*Provide a forum for interdisciplinary scholarly exchange via meetings, an electronic newsletter, and community wide presentations.
- \*Identify and facilitate opportunities for interdisciplinary research.
- \*Provide seed money for research projects.
- \*Create a community educational component for schools and community groups.
- \*Provide a quarterly electronic newsletter for the lay community on updates in research, clinical care, and educational issues that pertain to mind/brain matters.
- \*Create a Clinical Interdisciplinary Study Center for Unusual Clinical Cases.

## SCIENTIFIC MEETINGS

### WELCOME

### PROFESSIONALS AND STUDENTS ALIKE

Joanne Naegele, M.A., Program Chair

The Program Committee of the Cleveland Psychoanalytic Center welcomes a variety of professionals, their significant others, as well as candidates, college students, medical students and professionals-in-training to our Friday evening scientific psychoanalytic meetings. The cast of characters you will see at these meetings are no longer only analysts and candidates in psychoanalysis.

The Scientific Meetings we now offer appeal to a broader range of people—historians, English professors, anthropologists, nurses, educators, as well as physicians, residents and psychiatrists, to name just a few. This makes for a more lively discussion with a variety of perspectives which we welcome. We also try to bring a child analytic paper each year. Child and adolescent analysis keeps us close to our roots in terms of thinking from a developmental point of view; it reminds us of the child hidden within the adult. We also present papers in applied psychoanalysis: in the past we have had papers on Yeats, Bunyon and Picasso.

Throughout the Country there is a resurgence of interest in the application of psychoanalysis to real life. We hope you will find this reflected in our meetings. You are invited to join us and bring your comments, questions and musings. Stop by to chat after the meetings at the informal social with cookies, coffee and conversation. Please put the following dates on your calendar:

#### UPCOMING SCIENTIFIC MEETINGS

**FRIDAY, Nov. 21, 2003.** Uncertain but save the date. By Nov. 1 we will know if **Marvin Margolis, M.D., Ph.D.** will bring a clinical paper on an ethical topic on this date. A special flyer will announce this.

**FRIDAY, Dec. 5, 2003, 8:15PM,** Rainbow Babies and Childrens Auditorium, **Wendy Olesker, Ph.D.,** Training & Supervising Analyst, New York Psychoanalytic Institute, *An Analysis of a Developmentally Delayed Young Girl, Integrating Analytic and Developmental Processes.* Discussant: Ms. Joanne Naegele, M.A.

## AMERICAN SPLENDOR

Rachel M. Baker, M.D.

Members of The Friends of the Cleveland Psychoanalytic Center met on a recent Sunday evening for, what has now become a monthly event of movie discussions, to contemplate the brilliance of *American Splendor*, and its quintessential anti-hero Harvey Pekar.

I will try to summarize, as best as I can, the lively discussion that ensued, supplemented by selected samples of Pekar's comic books and excerpts from his Website.

Starting in the nineteen-sixties, Pekar, a file clerk at the VA Hospital and a collector of records and comic books, met Robert Crumb at a yard sale and proposed that his life of the ordinary man struggling with everyday drabness, woes and human desires, was worthy of artistic representation (as recounted by Anthony Lane in *The New Yorker*.) Crumb agreed to be the draftsman to Pekar's words, as one of a series of collaborating artists. The success of this enterprise and its devoted fans speaks to the story's resonance to human experience, and in a way to the philosophical wisdom and compassion imbedded in everyday lives.

The brilliance of the movie is partly in its structure: By juxtaposing the real Harvey Pekar and the real people in his life with the actors and the comic strip character, illustrates the transformation of reality into art, an adaptive defense against painful conflict and the loneliness and isolation of urban existence. This structure of the movie also illustrates the fluid boundaries of the artist, seen most poignantly when Harvey was struggling with cancer, under the regressive influence of the illness, having a nightmare where he is not sure whether he is the cartoon character or himself, further elaborated in his musings over the permanence of identity while discovering all the Pekars in the telephone book, their disappearances from the listing and replacement by others. The juxtaposition of elements in the movie also shows the uses of exaggeration in art, the actor looks more consistently morose, while the real man is more obviously humorous and in reality more successful than the schlemiel he portrayed. Besides being acclaimed for his comic books he is also a well-known

commentator on Public Radio and a knowledgeable Jazz critic.

Pekar's apparent helpless complaining put off some people. He picked this up in his Website. On Friday, September 5, 2003, he wrote: "I see stuff... about how much I complain, how whiney I am, and how compulsive. Well, of course, I do have those faults and others. I attempt, although some people have missed this point, to highlight my faults in my writing so that people will recognize some of it in themselves and identify with me. There's never much of a point in writing self-aggrandizing autobiography, to clean up one's faults so that they don't seem to exist. So everyone out there: be aware that I don't think that I am perfect. I try to highlight my shortcomings, ... Very few of us have no faults, but we still have to try to get along with each other and even learn and draw inspiration from our imperfect selves." That was precisely the point that most of us picked up from the movie. We felt cheerful after we left the theater, it was inspiring, in its indirect manner it was life affirming, a triumph of caring relationships.

Let us consider the function of humor, it is kinder than jokes (think of Garrison Keeler). While jokes express aggression in a socially acceptable manner, humor reflects the kind adult smiling at the triviality of interests and suffering that seem so great to the child. To quote Lawrence Joseph's summary of Freud's view (2003, the *International Journal of Psychoanalysis*): Humor is the rebellion of the ego against the super-ego, the triumph of (healthy) narcissism, the victorious assertion of the ego's invulnerability. The ego refuses to be distressed by the provocation of reality, to let itself be compelled to suffer. It insists that it cannot be affected by the traumas of the external world. It is a triumph over the omnipotent sadism of one's own superego, a superego that subverts reflective thought and, when projected on the external reality, makes it seem even more oppressive than it already is. The butt of the joke is an aspect of oneself (Harvey makes that clear); one's own arrogant superego, it is an expression of a latent sense of self, of agency and ego autonomy, that defies superego domination. Humor, thus can be mutative because it enables an observing ego to emerge that possesses some emotional and intellectual independence from a perverse superego.

Pekar documented with wry humor in some of his comic books his punitive raging

father, impatient of a boy's feelings, and a critical, guilt provoking mother, which well explains his superego fueled obsessiveness and tendency to depression. The movie illustrates the breakdown of his defenses under the cancer threat when feeling abandoned by his wife's absence, and the interchangeability of depression with aggression as he blows up on the Letterman show. But even at this point he is subtly humorous, showing Letterman as a freak show, exploiting people. This is another aspect of his humor – social criticism.

Freud has said the child is the father of the man. The movie illustrates this too: the first scene is of Pekar the child rebelling against Halloween costumes: he doesn't want to be anything else but himself, true to himself. This idea brackets the film: when he faces his mortality he wonders what will be left of him, who is he really? His parents, as he documents in one of his comic books didn't talk of their history, so he becomes a recorder of history (focusing on the sense of continuity of the self). At one point he tells his cousin that even if her autobiography isn't 100% accurate, it is still a valuable document. That is so true from a psychological point of view!

Pekar in his almost childlike frankness and openness about his shortcomings, his loneliness and sexual needs shows his ability to be in touch with feelings and tolerate differences and vulnerability. This is illustrated by his tolerant friendships at work and when he meets a kindred spirit in his future wife Joyce. His announcement about his vasectomy is later rewarded with her suggestion that they should skip the preliminaries and get married. The next scene in which they are in bed, presumably after having made love, both are able to acknowledge their vulnerability about having to relearn how to make love.

This sets the stage for a healing relationship. The hallmarks of a healing relationship are: working through conflicts by accepting difference without a need to dominate or subjugate the other, power is shared (the end point is here when they collaborate on the comic book about the cancer.) Shared power results in either partner providing leadership as the context demands. A second aspect is respect of the subjective reality of the other: each partner is interested in and respectful of what the other thinks and feels, there is little preoccupation with who is right and who is wrong, so that differences don't lead to

conflict but to explorations and understanding. A third characteristic is the capacity to exchange vulnerabilities: openness with each other about those private feelings, thoughts, hopes, fears and the like that are associated with feeling vulnerable to criticism, rejection and other negative responses. (Summarized from Jerry M. Lewis' article in the May 2003 *Psychiatric News*, on research at the Timberlawn Foundation.)

We see the evidence for the healing relationship in Harvey's marriage to Joyce: His career takes off and she is able to get in touch with her wish for a child, and to assert her independence and sublimate by investing in children traumatized by deadly political conflicts. Although this is an extreme crisis for him, with her return and facing his mortality, he is able to recognize her need for a child and grow to accept paternal responsibility. Facing one's mortality is the ultimate in giving up narcissistic denial of one's vulnerability. In each step of the way, Harvey's art enabled him to work through his conflicts.

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### *Friendly Inn Continued from page 1.*

came from Miracle Village, a setting for young mothers who are also addicted to heroin or cocaine. It was a preformed group as the women all knew each other from Miracle Village and all welcomed the freedom of expression encouraged and allowed in the group. The babies varied in age from newborns through 8-10 months; one mother also brought her 18 month old daughter. Each week we had dinner together, talked about a topic of their choosing and played with the infants who crawled about the floor on mats as the adults attempted to converse. It was not easy going. The room echoed, the language structure and the modes of responding to emotional stress were often new and challenging to Dr. Cofresi and myself as ours probably were to them.

After two months we were pleased with ourselves. We were off to a good start with a stable group of motivated mothers; we were increasingly being allowed into some of the obstacles in these mother's lives that threatened effective mothering including their vulnerability to addiction. Then the first of two tragedies struck. Funding for Miracle Village was suddenly withdrawn. Within two weeks, the

mother and baby pairs were separated from Friendly Inn, and from the support of our meetings. Although most mothers swore that they would find a way to attend and one mother continued to attend with Norma and I providing transportation, the group was gone and with it our hopes. It is hard to describe the anguish of that Christmas. Traumatic helplessness, rage at the system, plans for overcoming all obstacles coursed through me. We wept in sadness for the destruction of our fledgling effort, our infant that had lost the means of survival. We understood better the emotional lives of the mothers.

Then the second tragedy struck. On a cold evening in early February, Dr. Cofresi and I were leaving Friendly Inn when she slipped and fell, severely fracturing her left foot and ankle. This terrible injury to Dr. Cofresi has meant months of gradual healing and only recently has she been able to return to near normal functioning.

Without her guiding and stabilizing hand and with the loss of the group that had meant so much, the program faltered. Ms. Giles and the Friendly Inn staff sought mothers from the neighborhood, from local areas, from schools. Few came and we looked further. We realized that to succeed we would have to form a stable group. Ms. Giles and her Early Start workers then suggested that each worker support an individual adolescent mother, picking her up at her home, driving her and her baby to the meeting, attending the meeting with her and driving her home again. At their suggestion we also structured the meetings more fully. Each of the therapists, now six in all, take turns presenting a topic, e.g. immunizations, attachment, self-esteem, keeping your baby safe and so on and from this presentation a lively discussion always arises. The discussion often has little to do with the topic, it serves to organize and direct attention to the purpose of the meeting. We then work on a craft project, a time when the babies are on the floor or in the therapist's laps while the mothers paint, cut, color or assemble a mobile for the baby's crib, a wall decoration, or a baby mirror.

Now we face a new obstacle as the generous grant from the St. Luke's Foundation comes to an end. The program is small, the results are difficult to "measure" and there is an undeniable chaotic quality to its meandering progress during the past year. However, like the motivation of Friendly Inn itself, we know it is a thrilling, necessary experience to intervene at this level - and there is much to be done.

## **SCIENTIFIC MEETINGS CONT.**

**Friday, January 30, 2003, 8:15PM, RB&C Auditorium. PAPER TO BE ANNOUNCED.**

**FRIDAY, February 20, 2004, 8:15PM, RB&C Auditorium, Beth Seelig, M.D (Atlanta).** Training & Supervising Analyst, Emory University Psychoanalytic Institute. *Inhaling Mom: The Atmosphere of Maternal Altruism*



*Betsey Kamm*

## **MEET GEORGE WEIMER**

In June 2003 the Cleveland Psychoanalytic Center welcomed a new member to its Board of Trustees as George A. Weimer IV assumed the Presidency of the Cleveland Psychoanalytic Foundation, a support organization of the Cleveland Psychoanalytic Center. As President of the Foundation, Mr. Weimer serves ex-officio as a member of the Center's Board. Mr. Weimer has been a member of the Cleveland Psychoanalytic Foundation since 1999. He brings to the Foundation a 35 year career as a journalist, editor, writer, columnist and public relations consultant. Presently, Mr. Weimer is a senior consultant associated with Fleishman-Hillard, a leading public relations firm. He is also a contributing editor to various management and business publications.

Educated in the Cleveland public schools, Mr. Weimer majored in physics and mathematics at Case Institute of Technology before serving two years in the United States Army. He earned a BA in English Literature from Case Western Reserve University and has done graduate work in philosophy. Mr. Weimer is a life-long student of Latin, and Roman and Greek history, philosophy and literature. He speaks and reads basic French and Italian and

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## HANNA PERKINS CENTER

### GETTING TO KNOW OUR NEIGHBORS

*Denia Barrett*



No renovation and no move is ever easy, as everyone who has ever done either can attest. The move of the Hanna Perkins Center (HPC) from its former Cornell Road address to its new location at the Malvern School neighborhood in Shaker Heights has been no exception. Despite many surprises, inconveniences, temporary chaos and disorientation, the entire staff pulled together to ensure that the Hanna Perkins School opened on time in September. The annual Fall Workshop was held on schedule and the child therapy-training course got underway for the 2003-2004 year. Helping the children and parents who receive therapeutic services through our clinic prepare for and master the changes will be an ongoing task. There have been inevitable feelings of loss, missing the familiar building and, for many of us, thoughts of our colleagues who are no longer here to share in the excitement of the move. We will continue to use these pages to keep you informed about our programs and scientific activities but in this story I'd like to tell you a bit about our efforts to get acquainted with our new neighbors.

After the Shaker Heights City Council agreed to sell the Malvern School building to HPC, the neighbors were invited to an evening meeting in May

2002 to meet the staff and ask questions about the Center and the renovation process. Dr. Thomas Barrett was presented with a petition by several boys who had collected the names (some first name only) of some 70-neighborhood children who had gotten wind of a plan for circular drive in front of the building that would destroy their longstanding ball field. Luckily their demands could be met at the meeting and the driveway plan was scrapped. At that meeting and throughout the long construction phase, which began a year later, efforts have been made to acknowledge and try to deal with the concerns of the residents and the disruptions imposed on their neighborhood.

As the move date approached, Dr. Barrett, HPC board member Lydia Furman, Laura Johnson from the development staff, and clinic associate Denia Barrett were on hand at the Shaker Heights Fourth of July Parade to meet families and hand out HPC Frisbees and fliers letting neighbors know of "hard hat tours" to see what was going on in the building. In place of the defeated circular drive, it was decided that there would be a sidewalk from the front of the building. This led to the idea of inviting neighborhood children and Malvern School Alumni to be present when the concrete was poured. Those who wished to make a donation to the Center were able to leave a handprint as a memento in the fresh cement. This event raised \$2,500.00 to support the Center's mission. Another cement event is worth mentioning. One beautiful fall morning, soon after the new parking lot was poured, one of the children of the family whose home is next door to the building mastered his two-wheeler for the first time, as his dad proudly looked on and older children tested the smooth new surface with their roller-blades.

In November there will be two additional events involving our neighbors. A Malvern School Alumni "reunion in the new facility will allow former pupils to

renew old acquaintances, to meet the new occupants of their school, and to see how their classrooms have been transformed. There will also be an Open House for a new HPC community outreach program, the Parent-Child Resource Center. As a part of her efforts to develop ideas for this resource center, Kelly Scovil has been introducing herself and talking with children and parents who come to play on a playground on the HPC property which remains open for use by the Malvern neighbors.

We'd like to thank all those who have put up with our noise and dust and who have gone out of their way to extend a warm welcome. We are pleased to be settling into our new home and we hope that the ball field will be back in use soon.



## PUTTING THE “CARE” IN DAY CARE

### HANNA PERKINS 2003 FALL WORKSHOP “CARING FOR OUR CHILDREN, PARENTS, AND STAFF IN DAY CARE”

*Lita Keim, MSSA*

Putting the “Care” in Day Care has been a mission at the Hanna Perkins Center for over 50 years, ever since a HPC Child Analyst was asked to be consulting staff at day nurseries in the Cleveland area. One of those nurseries was the Wade Day Care Center, which today serves a model center for providing a caring and nurturing environment for children.

Wade Day Care Director, Gloria Allen, served as guest presenter for the 34<sup>th</sup> annual Hanna Perkins Fall Workshop, which had the distinction of being the very first to be held at Hanna Perkins’ new home on Malvern Road in Shaker Heights.

Allen shared her expertise and knowledge in a thoughtful and engaging presentation titled “Caring For Children, Parents, and Staff in Day Care” to nearly 200 various child care professionals from Northeast Ohio and several other states on both Saturday, Sept. 20<sup>th</sup> and Tuesday, Sept. 23<sup>rd</sup>. Participants included several members of the National Day Care Consultation Alliance.

“Many of the policies and practices that we must implement do not take into account the basic developmental needs of young children and how they learn,” declared Allen, who noted the rapidly growing number of children who are being left in care outside their homes for longer periods of time. Allen said a safe and nurturing environment means a caring environment and her agency provides programs that “foster secure and caring relationships and

positive interactions.” So how is this done? Allen said the caring process needs to start from the very beginning – from the first contact with a family. Once a child enrolls at her day care center, the family enters an orientation schedule that gradually transitions the child and his or her family. She said this process enables parents to participate in classroom activities with their child while simultaneously building trusting relationships with teachers and staff. The separation process can take weeks according to Allen, but it is a process that is essential to the child’s well being. Allen stated, “talking and sharing between parents, teachers, and directors, builds a stronger support base for helping the child make progress.” Allen said teachers also support children by acknowledging their sadness, assuring the child that it is okay to miss their Mommy and that she will return. Teachers also play a crucial role in doing and demonstrating self care tasks for the children to master and positive behavior for them to emulate. They interact with respect, empathy, patience, and sharing in their relationships. Allen pointed out that mealtimes and rest times are often missing times for children, therefore various strategies should be used to help children cope. Allen said family-style dining takes stress out of mealtime and there must be adequate time for children to enjoy meals and prepare for rest time. “We’re often so rushed with schedules, we have neglected what children have to go through,” she remarked.

Allen also stressed the importance of a caring staff – and noted the daunting challenges many teachers and home providers face as they balance work and their own personal lives. Allen advocates for better teacher training, higher wages, low staff child ratios and supportive work environments. She declared, “There must be every attempt to create a climate of mutual trust and respect.”

Allen’s presentation was followed by small discussion groups on Saturday and questions from the audience on Tuesday night. Several participants stated their deep appreciation for Allen’s recognition of the need to care for staff, who are often not considered. One participant commented, “When they feel valued, they will do a better job.” Another participant asked for advice during naptime – a particularly difficult time for many children and staff. Allen replied nap-time is a missing time for children, and teachers need to be available for the transition to rest time. Hanna Perkins Director of Therapy, Barbara Streeter suggested children call their Mothers or talk about what Mom or Dad is doing at work. Hanna Perkins Director, Dr. Thomas Barrett said it is a mistake many make to think naptime is a time children do not need staff – and he reiterated the importance of allowing children to express their feelings. He stated, “Success does not mean children will not have feelings, success is when they will.”

Copies of Mrs. Allen’s presentation are available by calling Hanna Perkins at (216) 991-4HPC(4472).



## *FINDING HPC AT THE MALVERN BUILDING*

**East** - Take Shaker Blvd./Oh - 87E make a slight right onto Montgomery Road, turn left onto Malvern Road, right onto Falmouth Road, turn right into Hanna Perkins Parking lot.

**West** - Take Shaker Blvd./Oh - 87W make a left onto Courtland Blvd., a slight left onto Montgomery Road and turn left onto Malvern Road, right onto Falmouth Road, turn right into Hanna Perkins parking lot.

## MEMBERS IN THE NEWS

**Vera Camden, Ph.D.**, will serve on the newly formed committee for Psychoanalysis and the Arts of the American Psychoanalytic Association. The mission of this committee is to promote outreach through interdisciplinary work in the arts and psychoanalysis; to create a cadre of professionals who can publicize the value of a psychoanalytic approach in the arts such as music, visual art, performance/drama, film and literature. Dr. Camden hopes to revive art events with local museums where members of CPC contributed a psychoanalytic perspective.

**Norman A. Clemens, M.D.**, president of CPC, will appear on the Academy of Medicine's radio program, *Health Lines*, to discuss Modern Psychoanalysis. The program will be aired on WCLV 104.9 FM, on Mondays, Wednesdays and Fridays at 5:45p.m., on December 15<sup>th</sup>, 17<sup>th</sup> and 19<sup>th</sup>.

**Joanne Naegele, M.A.**, has been appointed to the American Psychoanalytic Task Force on Expanded Membership Criteria. The Task Force is considering the advisability of the ApsaA opening up membership to dedicated career analysts who are graduates of none-ApsaA and non-IPA accredited institutes. The Task Force, if in favor of expanding membership criteria, is charged with recommending criteria and designing a process for achieving this goal.

**Monique V. King, M.D.**, has been honored by the Southwest Psychoanalytic Society by dedicating the room of Psychoanalytic Literature at the Pima County Medical Society to her. In a ceremony on October 11, 2003, this room was named THE MONIQUE V. KING RESEARCH CENTER.

### *Meet George Weimer cont. from pg. 5.*

learned American Sign Language as a child. He is an active member of numerous journalism, engineering and literary organizations including the Rowfant Club, a leading literary and book club, where he is immediate past president. Mr. Weimer was also a board member and secretary of the Ohio Chamber Orchestra and a board member of the Catholic Diocesan Museum Project of Cleveland.

Mr. Weimer's priorities for the Cleveland Psychoanalytic Foundation are continuing to strengthen the Foundation Board and its Advisory Council and supporting the Foundation's primary thrust: the development of a planned giving program for the Cleveland Psychoanalytic Center. Mr. Weimer also anticipates using his marketing expertise to assist the Center to bring contemporary psychoanalysis the recognition by the larger community that he believes it so richly deserves.



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