

San Diego Psychoanalytic Center Newsletter

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**Obituary of Sidney J. Blatt, PhD** (From Diana Diamond, Kay Long, John Auerbach, Kenneth Levy with a statement by Nadine Kaslow)

Professor Sidney J. Blatt, 85, died at his home on Sunday, May 11, 2014. Dr. Blatt came to Yale in 1960 as an assistant professor in the Department of Psychology. He joined the Department of Psychiatry in 1963 and served as professor of psychiatry and of psychology, and chief of the Psychology Section of the Department of Psychiatry for almost 50 years. Dr. Blatt received his Ph.D. from the University of Chicago, and completed postdoctoral psychology training at the Michael Reese Hospital and psychoanalytic training at the Western New England Institute for Psychoanalysis.

In a career spanning more than 50 years Dr. Blatt distinguished himself as an analytic clinician, an empirical researcher, a personality theorist, and a beloved teacher and mentor. Increasingly he played the role of a public intellectual, educating citizens about issues such as controversies in the treatment of depression. Author or coauthor of nearly 250 published articles and approximately 17 books, he conducted extensive research on personality development, psychological assessment, psychopathology and psychotherapeutic outcomes. His wide-ranging areas of scholarship and expertise included the Rorschach Inkblot Test, mental representation, the relevance of attachment theory and research to psychoanalysis, internalization and an empirically supported theory of normal and pathological development involving two interdependent personality configurations—one related to self-definition and one to relatedness. Along with colleagues and students, he developed measures widely used in research and clinical settings to assess styles of depression, self- and object-representations, and boundary disturbances in thought disorders. A wide-ranging intellect, he also authored a book on developmental cognitive theory and art history. He continued to be active until his death, collaborating on papers with colleagues and former students both internationally and in the U.S. and was working with them on another book, *Interpersonal Schema in Personality Development, Psychopathology and the Therapeutic Process* (to be co-authored with Diana Diamond, Patrick Luyten, John Auerbach and Benedicte Lowyck).

Dr. Blatt was the recipient of numerous awards including the Sigmund Freud Scholar at Hebrew University, the Bruno Klopfer and Marguerite Hertz Awards for Distinguished Accomplishments in Personality Assessment, Distinguished Scientific Awards of Divisions 12 and 39 of the American Psychological Association, the Hans Strupp and the Otto Weininger Awards for Distinguished Contributions to Psychoanalysis, and the Mary S. Sigourney Award for Distinguished Contributions to

## Psychoanalytic Theory and Research.

Dr. Blatt served as a visiting fellow or professor at Austen Riggs Center, Hampstead Child Therapy Clinic, Tavistock Centre, University College London, The Ben Gurion University of the Negev, Menninger Foundation, Catholic University of Leuven, George Washington University, Bar Ilan University, and The Hebrew University of Jerusalem, where he served simultaneously as the Sigmund Freud Professor, the Director of the Sigmund Freud Center for Psychoanalytic Study and Research, the Ayala and Sam Zacks Professor of Art History, and a Senior Fulbright Research Fellow.

A beloved mentor to many generations of Yale Psychology graduate students, and pre- and post-doctoral psychology fellows in the Psychiatry Department, Dr. Blatt supervised or advised more than 40 doctoral dissertations at Yale and other universities. His measures for the evaluation of depression and object relations have been used by researchers all over the world, including such places as Belgium, Israel, and Sweden. Many of his students have gone on to distinguished research careers. In 2002, former students John Auerbach, Kenneth Levy, and Carrie Schaffer organized a Festschrift in his honor at the Division 39 meetings of the American Psychological Association which resulted in a 2005 volume, *Relatedness, Self-definition and Mental Representation: Essays in Honor of Sidney J. Blatt*.

As Robert Wallerstein wrote in his review of Blatt's 2008 book *Polarities of Experience: Relatedness and Self-Definition in Personality Development, Psychopathology, and the Therapeutic Process*, "Our field owes much to Sidney Blatt's . . . productive lifetime of almost unmatched threefold integration of clinical experience, theoretical conceptualization, and systematic empirical research." His 2004 book, *Experiences of Depression*, is a classic text that integrates psychodynamic, cognitive and research perspectives on depression and was described as follows by

Peter Fonagy: "It is the work of one of the giants of our field...He has integrated ideas and observations from clinical psychology, cognitive science, and psychoanalysis to create something genuinely original." Peter Fonagy and Mary Target have also written of Blatt, "His stature in the field is almost unique. His capacity to bridge the world of Yale psychology (one of the most highly cited departments of psychology in the world) and the world of psychoanalysis leaves all of us with a brilliantly lighted path to follow." His long-time collaborator David Zuroff once said, "of course [Sid is] a genius, but more importantly he's one of the nicest people on the planet." Richard Ford, another research collaborator, saluted Sid for "his integrity, his unfailing generosity, his remarkable combination of hard-nosed perseverance and relaxed presence, and his truly amazing blend of clinical sensitivity and research savvy."

Morris Eagle, upon hearing of Blatt's death, said that Blatt "represented everything that was right about psychoanalysis." Meanwhile, from outside of psychoanalysis, Zindel Segal, one of the creators of mindfulness-based cognitive therapy for depression, noted, "Sid Blatt exemplified the very best of clinical scholarship, engaged mentorship and original intellect. As a scientist, he succeeded in characterizing two dominant subtypes of depression that will continue to influence treatment selection and management of vulnerability for years to come. As a colleague, his ability to find common ground with those working in areas sometimes at odds with his psychodynamic roots was groundbreaking."

As for those mentored by Blatt, Paul Wachtel, who was one of Blatt's first dissertation students, has noted, "For a young student who did not even know about the tensions so prevalent in our field between hard-headed research and sensitive, intuitive clinical engagement, being assigned to Sid was a blessing. Sid was . . . one of the rare individuals in our field who stands out in both realms . . ." Other former mentees have had similar things to say. PatrickLuyten said, upon hearing of Blatt's death, "We

have just lost a wonderful, incredibly bright and kind pioneer, mentor, teacher and for many of us—a dear friend.” Kenneth Levy noted, “What made Sid so special is that he was not only a talented clinician and a creative researcher who made a huge impact on the field, but he did so as an incredibly kind and generous person who generally cared about others and who was so willing to help others.” And John Auerbach noted, “Sid created mentoring relationships that made independent thought possible—differentiation within relatedness, if you will.”

Nadine Kaslow, APA President, who collaborated with Sid at Yale said, “Sid taught me that psychoanalytic research was not only possible but that it was invaluable. He helped me formulate a framework for conducting such research that has served me well to this day. And he encouraged me to think more deeply and thoughtfully about research findings and their meanings.”

Diana Diamond said, “Relatedness and self definition—the two lines of development that were so fundamental to Sid Blatt’s life and work—also guided his relationship with the many students and colleagues he mentored and collaborated with over the years. When I learned of his death this passage from one of his papers, co-authored with Rebecca Behrends came immediately to mind. In reflecting on how the cycle of gratifying involvements and experienced incompatibilities catalyze internalizations over the life cycle, they wrote, ‘This process continues over and over again, until the ultimate separation in death.

Thus, the anticipation of death and dying is the final experienced incompatibility, and the ultimate internalizations hopefully allow one to die in peace’” (Behrends & Blatt, 1985, p. 34).

Blatt was born in Philadelphia, PA, on Oct. 15, 1928, a son of the late Harry and Fannie Blatt. He is survived by his wife Ethel (Shames) Blatt; his three children Susan (Charles Goetsch) Schwab Goetsch of Branford, CT,

David (Lisa) Blatt of Washington, D.C., and Judi (John) Casey of Potomac, MD; and nine grandchildren - Lesley Schwab (Geoff Smith husband), Ruthie Schwab, William Casey (Christian Casey, wife), Sarah Casey, Madeline Casey, Thomas Casey, Michael Casey, Daniel Blatt, and Rachel Blatt. He was a devoted father and grandfather who stated that he learned about the power of the unconscious and developmental issues from being a parent and grandparent.

On behalf of Sid's children (Susan, Judi and David): "We are so appreciative of the stories, statements, and observations about our father. He was a remarkable man who touched so many people's lives in multiple ways. For us, his family, his passing is a profound loss, leaving a void impossible to fill. We are deeply comforted by the fact that it is not simply us and our children, but several generations of students and collaborators, who will constitute his legacy and carry on his life's work."

"Sid was my therapist during the two years I was at Yale as I was trying to cope with the death of my mother. He was extremely empathic and helped set my course for further analytic training."- Bryan Bruns, M.D.

***If you have a story about Dr. Blatt that you would like to share, please send it to Ms. Spencer.***

PROMOTING YOUR PSYCHOTHERAPY AND  
PSYCHOANALYSIS PRACTICE ONLINE



"By the way, I'm having a special this month. Have one breakthrough, get another free."

### **For Psychoanalysts and Psychoanalytic Psychotherapists: Two Breakthroughs for the Price of One!**

An active, senior colleague recently reported that, because he has no website, some of his colleagues thought he had retired!

Do you want an opportunity to show people with mental health concerns how your psychoanalytically-oriented training and experience can help them? Have you avoided or down-played an online presence because you are concerned about an unprofessional appearance of "tooting your horn" and making unwarranted claims?

**Zack Sugarman**, Vice President, Social Media & Digital, Wasserman Media Group, will share tactics he uses to promote star athletes and sports brands. You will learn how psychoanalysts and psychotherapists can effectively and ethically adapt these tactics to promote their practices. Some online-savvy SDPC members will also describe the impact of web marketing on their psychotherapy/psychoanalytic practice.

Join us at SDPC at 9 am, Saturday, 6/21/14 for an exciting tour and lively discussion of cutting-edge methods you can readily use to spread the word, in a professional manner, about your therapy practice.

Please note: 1. Please register early. Seating is limited, and we expect this event to sell-out quickly. 2. This event will focus on specific practice-building tactics. It will not deal with the psychological impact of the internet on psychoanalytically-oriented treatment. Those important issues will be addressed in a future presentation.

[REGISTER HERE](#)

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## SDPC MEMBER SPOTLIGHT

### R.D. Dipp, D.O., Analytic Candidate



**Dr. Dipp, what was your pathway toward entering the mental health field?**

Initially I was interested in Family Practice because I wanted to know my patients well and see them over the their entire life cycle. I entered Osteopathic Medical School with this in mind. I discovered in my clinical rotations that rarely within Family Practice was it possible to get know patients so well; usually there was high volume of patients and only short interactions. In Psychiatry there was a greater opportunity to really get know patients as unique individuals.

**And what drew you to psychoanalysis/psychoanalytic psychotherapy?**

Psychoanalysis is the epitome of acknowledging, respecting and getting to know patients as unique people with unique approaches to resolve the issues that they have encountered in their lives – some of these approaches work well and others not so well. I find nothing more interesting than understanding the mind of others, and in that process understanding my own mind. Psychoanalysis is about how the mind functions, not merely the pathological aspects of the mind – it is very much about understanding and acknowledging the mind as healthy but still exploring if there are better ways to do things. I feel this is very much in keeping with the origins of Osteopathic philosophy of promoting healthy functioning instead of labeling disease.

**Tell us about your educational experience thus far at SDPC: Particular courses, experiences, teachers,**



**supervisors/consultants that have been most formative?**

Currently I am in my sixth year and hoping to graduate this year. While the course work has been arduous, it's also been great. The teachers are all very motivated. They would not donate their time if they did not. I would say my own analysis along with supervision, and my experience with patients have been most formative. Without exploring myself and engaging with patients the readings would not have been as alive. I like the tripartite model that the Center has of one's own analysis, three psychoanalytic cases, and didactic readings with discussion. Meeting with different supervisors and students has offered different things at different times depending on what my educational needs were at the time; each experience has been an important step for the next.

**How has your training in psychoanalysis or psychoanalytic psychotherapy affected a) your practice, and b) your professional development? Other areas of life?**

My practice is made up almost entirely of psychodynamic/psychoanalytic therapy with some medication management. I have found that being able to offer both gives most patients the greatest opportunity for relief and improvement in their lives. I have seen patients get better consistently with greater ability to enjoy their lives. Psychoanalytic therapy simply is a treatment that works well.

**How else have you applied your analytic knowledge?**

To just about every aspect of my life as people are in almost every aspect of my life. Just about anything important in the world has something to do with people and the meaning in those relationships. Analytic thinking has shaped and contributed to my understanding of almost everything meaningful in my life.

**What is something very few people know about you?**

I think everyone knows everything about me. (or I speak a

fair amount of Japanese. Or I practice a martial arts called Batto-do which is a form of Japanese Swordsmanship.)

**Tell us about your practice and who you are most interested in working with.**

I have a solo practice in located in downtown San Diego. I work with primarily depressed and anxious patients, as well as those who would like to work through conflict or better understand themselves.

**Where is your practice, and how can potential patients contact you?**

1350 Columbia Street Suite 800, San Diego, CA 92101

619-255-1649 [rdd@drdipp.com](mailto:rdd@drdipp.com)

## SDPC EDUCATIONAL EVENTS

### **A Psychoanalytic Reading of Adam Smith's Texts**

This presentation will focus on the life and works of Adam Smith, the founder of contemporary economics. Latent content analysis is applied to *The Wealth of Nations* (1776/1981), showing that Smith considers dependence on others a problem. A reading of his biography illustrates his solution to one's individual independence from another is through a system of impersonalized interdependence as revealed in his economic theories. How forms of dependence/independence appear in clinical work will be discussed. ([read more](#))

## The San Diego Psychoanalytic Center

is dedicated to promoting the relevance and vitality of psychotherapy and psychoanalysis

### Advanced Training

Innovative, inspiring and individualized education

### Continuing Education

Educational events for mental health professionals and the public about psychoanalytic thinking and clinical applications in diverse settings

### Mentoring

Fellowship for mental health trainees early-career therapists

### Community Involvement

Connections with mental health professionals, academic institutions, and professional societies

### Referral Service

Referrals for psychoanalysis and psychoanalytic psychotherapy for adults, adolescents and children in the San Diego area

### Events and Celebrations

Upcoming event: Spring celebration to honor new grads

### Collegial Connections

Community of supportive, experienced, and dedicated psychoanalytic therapists

### Practice Promotion

Support in building your therapy practice

This is a Text Block. Use this to provide text...

## COMMUNITY EVENTS

**TRAUMA ACROSS THE LIFESPAN**

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**June 7th & 8th 2014**  
**Hyatt Regency La Jolla**  
**at the Aventine**

Sponsored by the  
 American Psychiatric  
 Association and the  
 San Diego Psychiatric  
 Society

[Register Here](#)

Trauma Across The Lifespan is jointly sponsored by the San Diego Psychiatric Society and the American Psychiatric Association

June 7-8, 2014 • La Jolla, CA • [traumaacrossthelifespan.com](http://traumaacrossthelifespan.com)

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The American Psychoanalytic Association  
**5th Annual Psychoanalytic & Psychodynamic Teacher's Academy, a Professional Development Program for Clinical Teachers of Psychoanalysis and/or Psychodynamic Therapy in: Psychiatry Residency Programs, Psychology Graduate Programs, Clinical Social Work Programs**

- Paid Travel & Expenses to APsaA's January 2015 National Meeting in NYC.
- Year Long Individual Mentorship
- Teaching Seminars Led by Master Teachers
- Course Development

For more info: [www.apsa.org/TeachersAcademy](http://www.apsa.org/TeachersAcademy)  
Applications now being accepted through August 15, 2014

The Psychoanalytic and Psychodynamic Teachers' Academy, a year-long professional development program offered through the American Psychoanalytic Association (APsaA), is seeking social work, psychiatry, and psychology applicants for 2015.

The Teachers' Academy is a unique opportunity for psychology, psychiatry, and social work faculty to develop expertise in psychoanalytic and psychodynamic teaching and course development. The program especially welcomes applications from early and mid-career faculty who are working to develop psychodynamic courses within institutions that have few

opportunities for mentorship in psychodynamic or psychoanalytic teaching.

The program will pay for travel and expenses to APsaA's 2015 National meeting in New York City, where participants will attend an exclusive series of seminars on psychodynamic teaching led by master teachers in psychiatry, social work, and psychology. In addition, the program will support each participant's local efforts in teaching and course development, by providing a year of mentorship with a seasoned psychodynamic educator from the teachers' discipline.

Additional information and flyer are below. If you have any questions, please contact Dan Prezant, Chair, at [212-537-9161](tel:212-537-9161) or [prezantphd@gmail.com](mailto:prezantphd@gmail.com)

## OFFICE SPACE FOR RENT

Jessica Sperber, MD is a graduating UCSD psychiatry resident and first year student in the PPP program. She would like to rent office space in an already established suite of therapists or alternatively would rent a new space with other interested therapists. She is looking to be in the UTC/Golden Triangle area. If you or anyone whom you know has space or is interested in getting an office in a suite with Dr. Sperber, please call her at [510-290-6516](tel:510-290-6516) or email [drjessicasperber@gmail.com](mailto:drjessicasperber@gmail.com).

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### REMINDER:

Please send all future announcements/event advertisements to Ms.

Michelle Spencer at: [sdpc.michelle@gmail.com](mailto:sdpc.michelle@gmail.com) - to be included in the next volume of the SDPC Weekly Newsletter.

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## San Diego Psychoanalytic Center

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Established in 1973 as a non-profit 501c3, the San Diego Psychoanalytic Center provides advanced mental health training in psychoanalysis and psychoanalytic psychotherapy; mentoring; community education; and public service to San Diego County.

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