

NC PSYCHOANALYTIC FOUNDATION TO HONOR FOUNDERS, DAVID AND CONNIE FREEMAN

On Saturday, October 25, 2003, family, friends and colleagues will gather for a gala dinner at the Chapel Hill Sheraton to pay tribute to David F. Freeman, MD, and Constance C. Freeman, MSW, who founded the NC Psychoanalytic Foundation in 1995 for the purpose of advancing psychoanalysis through education and service.

David and Connie each felt an early calling to service and to psychoanalysis. David's first ambition was to be a medical missionary; Connie's to be a social worker. Growing up during the Great Depression instilled in them both a strong work ethic and a sense of values and priorities. Devoted, hard working parents who emphasized the importance of education also were a strong influence.

Connie grew up in a small New England town where she remembers "classmates who did not have enough to eat and wore underwear made from discarded grain sacks and clothing cut down from shabby adult items." She was among the lucky few who went on to college, thanks to scholarships, various part-time jobs and her dedicated parents. While attending Tufts University and later Simmons College of Social Work, Connie was first exposed to psychoanalysis by European analysts who, fleeing Hitler, began teaching and practicing in the Boston area.

Growing up just south of Raleigh, David came from a "liberal, hard working family, dedicated to education and to helping people." David's father was Professor of Religion at Meredith College, a dirt farmer and country church preacher.

David attended Wake Forest College, where his education was interrupted by military service. While in the service, he "recognized the restrictions internal and interpersonal conflicts put on relationships, especially hampering the ability to love," and decided to study psychiatry. He graduated from Bowman Gray School of Medicine and did his residency at Boston Psychopathic Hospital (affectionately called "Psycho") where he met and married Connie and began analytic training.

David and Connie moved to Chapel Hill in 1961 and two years later entered private practice serving adults and children while continuing to study and teach. They became involved in many professional organizations, including the NC Psychoanalytic Society, the UNC-Duke Psychoanalytic Education Program, the NC Society for Clinical Social Work, and the Lucy Daniels Center for Early Childhood. During the mid 1990's, they recognized "three things were missing from our analytic community: secure funding for our analytic organizations, outreach to the general public and teaching psychodynamics in the university mental health curricula." Thus, the North Carolina Psychoanalytic Foundation was formed to begin addressing these missing pieces.

According to Connie, "We are both eager to see psychoanalysis and psychoanalytic psychotherapy prosper. Helping establish

the NCPF was an attempt to foster public interest in, and support for, psychoanalysis and its application to the broader needs of the community."

David elaborates, "Analysis has been valuable to me in helping me get beyond my childhood neuroses, to become more effective and comfortable with myself. I want to share the self-understanding that has enriched my life. Maybe that's the old missionary dream. I also want to assure the future of analysis, partly for the sake of my younger colleagues, partly for those who can benefit from analytic therapy and ideas. I want to repay the debt I owe to my mentors and teachers, by helping others."

David and Connie celebrated their 50th wedding anniversary this year with a trip to Italy. They raised four children and are now enjoying their six grandchildren. David's hobbies include sailing and music. Connie's interests include nature, travel and creative writing. She is a candidate for the MFA in writing for children from Vermont College.

continued



PSYCHOANALYTIC EDUCATION: A MANSION WITH MANY ROOMS

People seeking psychoanalytic education are usually driven by a deep curiosity about what motivates people, how we become who we are, and how we can change. In the words of [Harold Kudler, MD](#), "Psychoanalytic education has helped me in my personal life by deepening my understanding of what makes people, including myself, tick and my appreciation for just how complex, creative, and adaptable people are."

When most people hear the word "psychoanalysis," they think of a therapy that takes place five times per week, on a couch, over many years. That idea is correct, but too narrow. Psychoanalysis is a method of treatment embedded in a body of ideas about human development, motivation and relatedness. Psychoanalytic principles can be used with a patient on the couch, but also with a patient sitting up in psychotherapy. Beyond therapy, psychoanalytic theories can inform the way we raise our children, set social policy, understand literature, run a business,

or tackle a creative project.

North Carolina, particularly the Triangle area, is rich in psychoanalytic resources, with programs ranging from free lectures and short courses to full psychoanalytic training. Mental health professionals and trainees use these programs to deepen their skills in intensive psychotherapy or psychoanalysis and to supplement their professional training. People in diverse careers including law, literature, education, religion, music, journalism and anthropology, also engage in psychoanalytic studies to enrich their lives and work.

I like to think of psychoanalysis as a mansion with many rooms, which you can visit for an evening or live in for many years. (Some of us never move out!) For those who want a short visit, Friday night scientific meetings sponsored by the [NC Psychoanalytic Society](#) are free and open to the public. [The Lucy Daniels Center for Early Childhood](#) offers a highly accessible series of classes for parents and caretak-

ers of children. The [Lucy Daniels Foundation \(LDF\)](#) sponsors a series of short courses that employ psychoanalytic ideas to enhance creativity in life and work. This year's LDF program features short courses on *The Creativity of Fatherhood* and *Politics Through a Psychoanalytic Lens*, and a long course, *Our Problems as the Roots of our Power*, taught by [Dr. Lucy Daniels](#) for people actively engaged in creative endeavors. Links to all of these programs can be found on the Calendar of Psychoanalytic Events at www.ncpsychoanalysis.org.

Options for more in-depth psychoanalytic education include courses that last a year, two years and longer. [The Psychoanalytic Psychotherapy Study Center of North Carolina \(PPSC\)](#), a division of the North Carolina Psychoanalytic Society, provides introductory and advanced programs in psychoanalytic concepts and psychotherapy, while the [UNC-Duke Psychoanalytic Education Program](#) trains participants to be fully qualified psychoanalysts. *continued*

psychoanalysis in the Carolinas

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Center of North Carolina is Accepting
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"Psychoanalysis helped me to recover from serious childhood trauma. I have included the NC Psychoanalytic Foundation in my will to help ensure that psychoanalysis will always be taught and practiced in North Carolina."

Heather Craige, MSW

FREEMANS *continued*

At the October 25th gala, David and Connie's fruitful lives will be celebrated! For information, call Sarah Stiegler at (919) 847-2323.

Contributed by Sharon O'Neill

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A service of the UNC-Duke Psychoanalytic Education Program

PSYCHOANALYTIC EDUCATION *continued*

The PPSC's popular, one-year [Introductory Course](#) helps students develop a basic psychoanalytic vocabulary and tunes their "third ear" to listen analytically—in a way that offers the possibility of better attuned understanding and more effective intervening. This course is for mental health professionals and trainees and others who wish to apply psychoanalytic ideas in their work. Held on Monday nights on the Duke University campus, the [Introductory Course](#) is led by [Bill Meyer, MSW](#), and [Harold Kudler, MD](#), renowned teachers who set a tone of respect and intellectual openness in the classroom.

The PPSC also offers a two-year [Advanced Curriculum](#), which is open only to mental health professionals and trainees. This program, comprised of weekly classes and supervised case-work, provides a solid foundation in theory and technique of psychoanalytic psychotherapy. According to [Rebecca Goz, PhD](#), Coordinator for the Advanced Curriculum, "Coursework provides exposure to the controversies, ferment and growth which characterize contemporary psychoanalysis and offers a comparative examination of models dealing with drive, ego, self, object relations and interpersonal relationships." Participants must have completed or be currently engaged in a psychoanalytic psychotherapy.

The biggest investment is made by candidates of the [UNC-Duke Psychoanalytic Education Program](#) (also known as the "Institute"), an accredited training program of the American Psychoanalytic Association, which offers full clinical training in adult, adolescent and child psychoanalysis. Clinical training consists of a personal training analysis, four years of clinical and theoretical coursework, and the supervised treatment of at least three patients in psychoanalysis. Mental health professionals who want to become psychoanalysts, as well as university faculty who apply psychoanalytic ideas in their scholarly work, are eligible to apply.

[James Cowan, PhD](#), retired UNC Adjunct Professor of Literature, says of his years as a candidate in the [Institute](#), "The best thing was the opportunity to learn from the finest psychoana-

LIDA JECK, MD, APPOINTED TRAINING ANALYST

In January 2003, Lida Morawetz Jeck, MD, was appointed a Training and Supervising Analyst of the UNC-Duke Psychoanalytic Education Programs. Dr. Jeck has been on the UNC-Duke Program's faculty since 1993 and is currently president-elect of the



North Carolina Psychoanalytic Society. She has a private practice of psychiatry and psychoanalysis in Durham, NC. She also enjoys teaching in the Psychoanalytic Psychotherapy Study Center and supervising psychiatry residents at UNC. Becoming a Training Analyst means that Dr. Jeck will be conducting the analyses of candidates in training to become psychoanalysts and also supervising the clinical work of other candidates. "I have always liked having a practice that applies psychoanalytic principles to the treatment of a wide range of patients, and I look forward to teaching and learning from supervisees."

lysts in this region, who served as mentors and instructors, and to be in an optimal learning situation with well-qualified and dedicated classmates. Psychoanalytic education has helped me in my work as a specialist in modern English literature by qualifying me to employ psychoanalytic ideas, from Freud's early theories to contemporary theories such as Winnicott's object relations and Kohut's self psychology, as I did in my recent book, *D.H. Lawrence: Self and Sexuality* (2002)."

[Sandra Bennett, LMFT](#), a psychotherapist who has been a student in both the PPSC and the [Institute](#), says, "My training has rewarded me with a deeper, richer, more complex understanding of myself and human nature in general. I listen, think, and speak in a more thoughtful, more helpful, more compassionate, and powerful way."

The PPSC and [Institute](#) programs will be explored in more detail in future issues of the newsletter. Contact information and links to the psychoanalytic organizations mentioned in this article may be found at www.ncpsychoanalysis.org. For those without access to the internet, the Calendar and brochure *Psychoanalytic Resources* may be obtained from the [NC Psychoanalytic Foundation](#) by calling (919) 847-2323.

Contributed by Heather Craigie, MSW

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NORTH CAROLINA PSYCHOANALYTIC FOUNDATION

VISIT OUR WEBSITE

www.ncpsychoanalysis.org

Providing an overview of resources for psychoanalytic education and therapy in North Carolina.

CALENDAR

The 2003–2004 Calendar of Psychoanalytic Events will be posted on the website in September. For those without internet access, a printed copy of the Calendar may be obtained by calling (919) 847-2323.

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