

ANALYTICAL PSYCHOLOGY CLUB OF NEW YORK INC

BULLETIN

Volume 74
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May 2012

May Program

Thursday, May 24, 2012, 6:30 p.m.

ANNUAL BUSINESS MEETING

See page 7 for more information

New Directions Program

Saturday, May 12, 2012, 10:00 a.m. to 3:00 p.m.

A DEPTH WRITING WORKSHOP:

SECRETS AND SHADOW

A Workshop led by Fanny Brewster

See page 6 for more information

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APC Tel#:(212) 557-1502

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PROGRAM CALENDAR - Spring 2012

Thursday, May 24, 2012, 6:30 p.m.

ANNUAL BUSINESS MEETING

See page 7 for more information



All events start at 7:30 p.m. unless stated otherwise.

Program Fees: APC members \$10; non-members \$20; college students with ID \$9.

Eleanor Bertine Auditorium, C. G. Jung Center, 28 E. 39th Street, NYC.

General Inquiries: 212-557-1502 Program Inquiries: email psychefrancoise@aol.com



The Book Discussion Group

Meets every Tuesday from 5:30 pm to 7 pm in the Members Room

For more information call Bob McCullough at 212-531-8379



Centerpoint Group Discussions

For more information,
call Mollie Morse at 212-496-6938.



Exploring Dreams

with Francoise Richards, Jungian Analyst.

Call her at 212-586-7510

The Bulletin is a publication of the Analytical Psychology Club of New York, Inc., 28 East 39th Street, New York, NY 10016. It is published eight times a year from September through May. Send changes of address, etc. to APC Corresponding Secretary, C. G. Jung Center, 28 East 39th Street, New York, NY 10016.

Email submissions for the Bulletin to editor Katherine Mylenki at kmylenki@gmail.com. Copy deadline is the 15th of each month for inclusion in the following issue.

BULLETIN BOARD

NEW DIRECTIONS PROGRAM CALENDAR

New Directions Programs meet at the Center unless noted.

For more information call 212-557-1502

Fees: \$45 for APC members, \$50 for non-members,
college students with ID \$9, unless otherwise noted

Saturday, May 12, 2012, 10:00 a.m. – 3:00 p.m.

A DEPTH WRITING WORKSHOP

Led by Fanny Brewster, PhD, Jungian Analyst

See page 6 for more information

PRESIDENT'S REFLECTIONS

by Jane Bloomer, LCSW, Licensed Psychoanalyst

The Founding Mothers Conference about Esther Harding, Kristine Mann, Eleanor Bertine and Beatrice Hinkle was fascinating in a variety of ways. The four women M.D.s and Jungian analysts were each their father's daughters and their relationships with their mothers paled in contrast. We know that each of these four amazing women were uniquely creative in their own individual ways. The quartet were great friends and confidantes, who summered together at Bailey Island, Maine.

There is something distinctly feminine or relational about them in that their commitment to Jungian analysis extended beyond the one-on-one, analysts/analyssand relationship. Their contributions went beyond expanding the Jungian theoretical movement. They had the capacity to build group process into the organizations that they founded, i.e., the APC, The Foundation, the Kristine Mann Library and the Institute. Thus, the contacts they made and the individuals they analyzed became the backbone of these organizations. This became a pattern. It was not unusual that analysands of significant analysts would become members of the Club. Some Club members became analytic siblings, so to speak.

Dr. Eleanor Bertine wrote about the individualism in the group, in a chapter in her book entitled *Jung's Contribution to Our Time*. The chapter is worth rereading and contains gold nuggets that merit further study. Chris Beach, Jungian analyst and writer, spoke about Bertine and emphasized her strong feeling function. I quote here some material from this chapter. It may be valuable for us to reflect upon as we build relationships within the Club and with other Jungian organizations. It seems particularly pertinent at this time since the five organizations sponsored the Founding Mothers Conference, and the APC wants

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to continue building ties with all of the others.

The APC was founded in 1936. Dr. Eleanor Bertine gave a talk at the first annual dinner and asked: "Why should people who have been analyzed want to band together?...Club members felt that the goal of consciousness involved both individual and collective life...that the individual needs to function both alone and in the group, if he is to realize himself fully and the Club offers a unique psychological and experimental station as well as a quite special opportunity to work out more conscious relationships....What is group psychology? Does the group itself have a psychology apart from the psychologies of the people composing it? If so, how does it differ? Is it capable of development, of individuation? How can the individual relate himself to the process in such a way as to take part in creating values?"

Bertine continues: "At first it would seem that the relation of the individual to the group ought to be a fairly obvious matter psychologically. But a second look reveals that the reverse is the case. The reason is that the group is not the simple aggregate of the people composing it...there is also the great X of the unconscious to which each individual contributes his quota..."

Beth Darlington, Jungian analyst and Vassar College professor, discussed the background and the life of Kristine Mann. Beth used historical material from the Kristine Mann Library and the APC archives. The KML and the APC have reframed that which is rich in history. Of particular interest were mandalas Kristine Mann created in her analysis. It would be wonderful to have a seminar that explored these works and their meaning.

Polly Armstrong, Jungian analyst, did a presentation about Esther Harding, whose forbidding, stern and hard exterior intimidated many. Polly brought a personal and empathic attitude to her talk. Having had life-changing heart surgery herself, Polly sought to locate "heart" in Harding that was revealing and touching.

Jay Sherry, Ph.D., Jungian researcher and scholar, discussed the ways that Dr. Beatrice Hinkle accompanied Carl Jung around Greenwich Village in 1913 when many literary figures resided there. It would be fun to learn more about Jung's meeting with these writers and artists through Sherry's perspective.

In conclusion, let us think about opening doors to a deeper understanding of historical roots, and ways that we may be guided to a more creative future.

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EDITORIAL NOTES

by Katherine Mylenki, Bulletin Editor

This is our last Bulletin of the season—the next issue will be published in September. We again end our program year with a workshop by Dr. Fanny Brewster; on May 12 she will present "A Depth Writing Workshop: Secrets and Shadow." We ran the flier last month, and are repeating it in this issue. We hope many of you will take advantage of this opportunity to learn to "write depthfully," lighting the path to creative freedom.

Our other May event is the Annual Business Meeting on Thursday, May 24 at 6:30 p.m. All members are strongly encouraged to come to hear Board officers' reports on the year's various activities and the election results. Please take this opportunity to discuss with the Board and other concerned members your thoughts about this or any topic concerning the Club.

We will be making decisions about the lectures and workshops to be presented next season, which we expect to print in our September issue. We'd really like to have your input on programs you'd like to see. If you have suggestions of topics and/or presenters, please call 212-557-1502 or email apcnewdirections@aol.com. As always, if you wish to have comments or an article printed in the Bulletin send them to me at kmylenki@gmail.com.

BULLETIN BOARD

The New Directions Committee of the APC, Inc. Presents:
A DEPTH WRITING WORKSHOP:
SECRETS AND SHADOW

A Workshop led by Fanny Brewster, Ph.D.

Saturday, May 12, 2012, 10 a.m. – 3:00 p.m.

At the C.G. Jung Center, 28 East 39th St. NYC

apcofny@aol.com / 212-557-1502

We all have secrets. These secrets are hidden within the darkness of Shadow. We may hide them so well they are consciously forgotten. Seemingly erased from memory. However, the unexpected happens and brings the secret back to mind. When it does we feel discomfort, perhaps even shame.

This writing workshop is an opportunity to explore our creativity and move past negative self-judgment, a hallmark of shame. Writing with depth

allows us to revisit the secret and as a result gives us opportunities to release repressed creative energy and put it in the service of authentic living. Writing depthfully into our deep, dark secret, lights the path to even more creative freedom.

The Depth Writing Workshop is especially useful for those interested in creating memoir or autobiography pieces within this genre or poetry, for anyone feeling creatively blocked, and for those seeking greater self-expression in their lives.

**Fees for the workshop: \$45 for APC members, \$50 for non-members,
college students with ID \$9**

**For further information or to make a reservation
call 212-557-1502 or email apcnewdirections@aol.com**

Fanny Brewster, Ph.D., is a Jungian analyst and graduate of the New York C.G. Jung Institute. She is the author of "Kensho: The Mirror of Self-Reflection" in the journal Quadrant (2012) and is a two-time nominee for the NAAP Gradiva award for her writing of Window to Eternity: A Personal View of Death (2010) and for Mythology and the Battered Feminine: The Use of Feminine Mythology and Dreamwork as Practice in the Healing of Battered Woman Syndrome (2011). She has an MFA from Goucher College in Creative Non-Fiction.

The Analytical Psychology Club of New York, Inc. Presents :

ANNUAL BUSINESS MEETING

Thursday, May 24, 2012, 6:30 p.m.

All members are invited and encouraged to attend the Annual APC Business Meeting. The election results will be announced, and the Executive Officers and Committee Chairpersons will present their annual reports concerning the program year just ended. We're hoping for a good turn-out this year.

Big changes are coming to the APC. A Club website, under discussion off and on for a long time and only last year just in the "should we do it" stage, is about to become a reality, thanks in very large part to the energy and efforts of Fanny Brewster. We will have an update on this advance by the Club into the digital age at the meeting.

Please take this opportunity to give the Board and other concerned members your thoughts about this or any topic concerning the Club. The Board needs and wants your feedback.

If you have an idea for a program you'd like to present, or see presented, I assure you the program chairs will be more than happy to hear your suggestions. Attending the meeting and contributing to the discussion in person is best, or send your thoughts to apcnewdirection@aol.com or to Katherine Mylenki, Bulletin Editor, at kmylenki@gmail.com.

The Club is only as good as you want to make it. This is your opportunity to help shape it, make it relevant, and help it to grow, in size and in influence in the Jungian community.

UPDATE ON OSTEOPOROSIS

Report by Katherine Mylenki, Bulletin Editor

On Thursday, April 12 Dr. Iris Drey, FAAOS, an orthopaedic surgeon, gave a very informative and helpful lecture about osteoporosis, a bone disease that afflicts millions of women and men over age 50.

She told us peak bone mass comes in one's 20s, then begins to decline. It will never increase after that, so the goal is to lose less. It decreases at a lower rate with exercise and healthy eating and all the good habits that keep us healthy in all ways.

Bone fractures can be debilitating in many ways, and there is a 20 percent risk of mortality within one year after a hip fracture.



REPORTS continued

Dr. Drey talked of the factors that can lead to osteoporosis—heredity, nutrition, and lifestyle, as well as various illnesses and medications taken. She told us about a wide variety of treatment options for the disease, and had various handouts on prevention, including regular bone scans, and options if you have the diagnosis.

The more you know, the more you can protect yourself.

THE AUTHENTIC WRITING WORKSHOP

Report by Fred Gurzeler, APC Recording Secretary

“There are no epiphanies in true writing,” author Fred Poole said. Thus, the theme was set for the Authentic Writing Workshop on March 17, led by Mr. Poole and his partner and author, Marta Szabo, co-director of this workshop.

Writing is commonly taught to fit only a specific outline, or a set of rules which can stifle the creative process, in contrast to writing viewed as an art. Indeed, Mr. Poole and Ms. Szabo refer to their writing workshops as a *studio*, much akin to that of painters and sculptors.

“Teaching writing is extraneous,” Mr. Poole asserted. Linear construction by definition, is a constraint for writing, whereas writing for the sake of exploration, such as a dream, invites mystery, because life is a mystery, not a set work, but always with surprises.

Mr. Poole and Ms. Szabo emphasized the importance of breaking through the limits of one form, and of being true to oneself. They cautioned against using a prompter, stressing remaining open ended when writing, observing that seemingly trivial ideas might hold importance.

Using the aforementioned tools for true writing as art, the participants were encouraged to write their short stories, autobiographical or otherwise. Everyone enjoyed this exercise, which culminated in stories read enthusiastically aloud. Mr. Poole and Ms. Szabo also contributed their stories, to the delight of those present.



REPORT

FOUNDING MOTHERS: HONORING THE FOUR WOMEN DOCTORS WHO INTRODUCED JUNG'S ANALYTICAL PSYCHOLOGY TO THE U.S.

Report by Fred Gurgeler, APC Recording Secretary

On March 31 the Jungian community and those interested in C.G. Jung's work, were privileged to attend a momentous day-long conference in the Eleanor Bertine Auditorium, "Founding Mothers," an event honoring the four women physicians who introduced Jung's analytical psychology to the United States.

Beatrice Hinkle, Kristine Mann, Eleanor Bertine, and Esther Harding pioneered not only Jung's work but heroically defined women as a visceral as well as an intellectual force in the face of relentless patriarchy. All four had strong relationships with their fathers, and less compelling relationships with their mothers. Each chose a healing profession, epitomizing the development of the animus in championing feminine resolve.

Four presenters of these women distinguished themselves during the course of the day, Jay Sherry, PhD. on Beatrice Hinkle, Beth Darlington, PhD. on Kristine Mann, Christopher Beach, J.D. on Eleanor Bertine, and Polly Armstrong, Ph.D. on Esther Harding.

Dr. Sherry opened the program adroitly enough with an in-depth approach to Hinkle's life. She was an early 20th Century striver entering medicine in 1905, who in 1916 translated Jung's *Psychology of the Unconscious* from the German,



The presenters for Founding Mothers:
Christopher Beach, Polly Armstrong, Beth Darlington and Jay Sherry

REPORT on Founding Mothers continued

believing in a methodology of psychoanalysis versus persuasive advice.

It was not a harmonious environment in which to strike out on one's own, nor to favor a revolutionary such as Jung, who had split from Sigmund Freud in 1913. Scholarly bias in support of Freud plagued Jung and made it difficult to support him. However, Hinkle's translation of Jung's work was applauded. Hinkle had a reputation as an early feminist, nurturing a strong alliance with feminine virtues in transcending the common perception of women as servers of men rather than achievers in their own right. This reformist stance won respect.

Next Dr. Darlington presented her lecture about Kristine Mann, who was viewed with admiration by a former student, Elizabeth Whitney. Dr. Mann taught principles of logical thought concerned with truth unburdened by rules, but imbued with reality, a journey of the soul, living in the moment and growing with wisdom. Whitney saw Mann as pursuing her Holy Grail—Mann the sturdy daughter of the Vikings. Mann's father was a minister, rebellious against ecclesiasticism. Mann worked for the improvement of women's health, studied medicine at Cornell and became an M.D. She became attracted to Jung after a succession of leadership roles in public health, and teaching English. In 1921, Mann began her career as a Jungian analyst. Beatrice Hinkle started a relationship with Mann as her analysand.

Mann introduced Jung to alchemy. As a painter, she viewed Jung as a sorcerer. Her paintings signaled a shift from the animus to the anima and emphasized flexible serenity.

Dr. Beach lectured about Bertine and mentioned at the outset Bertine's book, *Close Relationships*, an exploration of life values. The Jungian analyst Edward Edinger's remembrance of Bertine was of integrity, gentleness, agility of mind, inner warmth, a crystal clear mind, feeling and compassion. She was born in 1922 in Manhattan, inquisitive and brilliant. Bertine and Mann fostered a student/teacher relationship. Bertine entered medicine and launched a New York City practice. She encouraged sex education in schools, and education about women's hygiene. After reading Jung's *Psychology of the Unconscious*, she and Mann attended Jung's lectures. During this period, Bertine met Harding.

Bertine helped create the journal *Spring*. In 1920, she attended an international YWCA conference on women physicians in which health and psychology loomed large, including the importance of keeping an open mind about childless heterosexual and homosexual relationships.

Reared in conventional religious settings, Bertine and Jung were similar in questioning accepted doctrines and dogmatic beliefs. After reading Jung's work, a block in Bertine's inner life ended. Bertine wrote essays concerned with good versus evil, the need for wholeness above one's virtues. Her conclusion: good leads to

REPORT on Founding Mothers continued

human happiness and development, evil leads to unhappiness and stultification.

Dr. Armstrong closed the day with her ebullient talk about Harding. Esther's public demeanor was quite different from the personal version at Bailey Island, Maine, her summer retreat. Harding became a prominent Jungian, yet books written about her did not cover the personal side.

In public, Harding was prone to jarring comments, a stiff British professional, and set a precedent for her followers as a taskmaster. Edward Edinger won her favor and consequently inherited her personal papers and was appointed executor of her will.

The dominance of patriarchy and the struggle for power by both genders were cultural forces that affected Harding. One can only speculate how these conditions might have led her to oppose group therapy. Doubtless, late 19th Century England must have had a malevolent impact on a female child. Patriarchy aside, Harding adored her father, though she was a loner in childhood.

Harding became a physician in a British society that had contempt for women whose goals went beyond the traditional roles of wife and homemaker. She was helped along in this quest by people like composer Igor Stravinsky, whose music (*Firebird*) enabled her to see a different world. To nudge along this evolutionary process, she read Jung's *The Collective Unconscious*. Her encounter with Jung was lifesaving and pivotal.

As a young woman in her twenties, Harding was put in charge of a London hospital during World War I, an unheard-of feat. She started the London Psychoanalytic Club, built a friendship with Bertine, and the two developed a joint attraction to Jung. She subsequently moved to New York City to live with Bertine, and she, Bertine and Mann started a Jungian institute together. Harding was key in creating the Analytical Psychology Club of New York and the C.G. Jung Foundation, donating \$1 million towards this end.

Harding's life blossomed emotionally from her lesbian relationship with Bertine. This was extraordinary in a world that viewed women as inferior. These professionals were thriving in the face of scorn. Harding's book, *Women's Mysteries*, suggested a whole new orientation with women rather than men as dominant. It became a bestseller, the forerunner to *The White Goddess* (Robert Graves). These publications instituted the early feminist movement.

For Bertine, Mann and Harding, Bailey Island became a private sanctuary for exploring their souls, with Harding a "spiritual mother" for visiting analysands.

At 83, and her health failing, Harding visited Zurich and Greece, and enjoyed a friendship with William Kennedy. This was to be her last trip, culminating in her death upon arrival in London.

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