

BULLETIN Volume 75
Number 1
February 2013

February Program

Tuesday, February 12, 2013, 7:00 p.m. - 9:00 p.m.

ART THERAPY AS AN INTERVENTION WITH AUTISTIC CHILDREN

Lecture and Discussion led by Marcia K. Avirom, MA, ATR-BC, LCAT
See page 8 for more information

New Directions Program

Saturday, February 9, 2013 10 a.m.- 4:00 p.m.

COLLAGE: A TOOL TO VISUALIZE YOUR INNER SELF

Led by Sara Sill
See pages 6 & 7 for more information

Contents:

APC Tel#:(212) 557-1502

APC Calendar, programs Page 2
Bulletin Board - Program Information Pages 2 - 8
Notes from the President Page 4
Editorial Notes Page 5
Book Review of "A Floating Life" Pages 9 & 10
Report by Bob McCullough..... Page 11
Report on Holiday Party Pages 12 - 14
Poem by Fred Gurzeler Page 15

PROGRAM CALENDAR - Winter 2013

Tuesday, February 12, 2013 from 7:00 - 9:00 p.m.

ART THERAPY AS AN INTERVENTION WITH AUTISTIC CHILDREN

Presented by Marcia Aviron, Art Therapist

See page 8 for more information



Tuesday, March 12, 2013 from 7:00 – 9:00 p.m.

THE HEALING IMAGINATION THROUGH THE EYES OF THE CHILD

Presented by Mark Simmons, LCSW-R and Jungian-oriented therapist.

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

Program Fees: APC members \$10; non-members \$20; students with valid ID \$15
General Inquiries: 212 557 1502; Program Inquiries: email apcworkshops@aol.com
Eleanor Bertine Auditorium, C. G. Jung Center, 28 E. 39th Street, NYC.



Exploring Dreams

with Francoise Richards, Jungian Analyst.

Call her at 212-586-7510

Centerpoint Group Discussions

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

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 apcofny@aol.com with SUBMISSION in the subject line, or mail to SUBMISSION, APC of NY, Inc., 28 E. 39th St. New York, NY 10016. Copy deadline is 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.
Program Fees: \$45 for APC members, \$50 for non-members,
\$35 for over age 55, Students with valid ID are \$25.

General Inquiries: 212 557 1502

Program Inquiries, email: apcnewdirections@aol.com

Saturday, February 9, 2013, 10:00 a.m. – 4:00 p.m.

COLLAGE: A TOOL TO VISUALIZE YOUR INNER SELF

Presented by Sara Sills

See pages 6 & 7 for more information

Saturday, March 9, 2013, 10:00 a.m. – 4:00 p.m.

DANCE OF THE DARVISHES: SUFISM AND CREATIVITY

A Workshop with Janice Hassan

Saturday, April 6, 2013, 10:00 a.m. – 4:00 p.m.

POETRY FOR FUN AND INSIGHT

A Workshop with Katherine Mylenki, Poet and Actor

Saturday, May 11, 2013, 10:00 a.m. – 4:00 p.m.

DEPTH WRITING WORKSHOP: MEMOIR

Led by Fanny Brewster, Ph.D.



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 212-532-8379



PRESIDENT'S REFLECTIONS

by Jane Bloomer, LCSW, Licensed Psychoanalyst

I loved Steven Spielberg's *Lincoln*, with Daniel Day Lewis portraying the president, and dramatizing Lincoln's individuation process as he moved inexorably towards ending slavery. I also was powerfully impacted by Lincoln's political prowess, using humorous stories and clever wit in relating individually to his cabinet members and various Congressional groups. He pressed for the necessary legislation to abolish slavery throughout both the North and the South.

Once again, the APC Board is approaching a new election, in May 2013 in which we face another crossroads, namely the selection of a new president. At the last Board meeting, Mark Simmons was appointed chairperson of the Nominations Committee.

The APC Board is comprised of individuals committed to making the Club successful. We are at a peak moment. A year ago, Dr. Fanny Brewster initiated the concept of an APC website and got the process started. In June, Fanny resigned because of other commitments. In view of Beatriz Mejia's leadership skills, I asked her to take over as website chairperson. She responded by taking on the huge job of gathering and organizing extensive material for the web. After finishing the website template, she sent the material to Katherine Mylenki, Bulletin Editor, who tightened and polished the material. The website is about to be launched. This achievement is cause for celebration!

Francoise Richards and Fanny Brewster continue to offer exciting programs to members and the public. Each program stands alone on its own merits. I became aware of a delicious and cumulative effect from partaking of several presentations. The Authentic Writing Workshop featured Fred Poole and Marta Szabo. They invited aspiring writers to free themselves from constrictive formulas and instead to discover and express an inner voice yearning to emerge.

Marsha Rhodes, LCSW and Art Therapist, asked us to allow our senses to come out and play with clay. The tactile warmth of our hands softened the clay and surprising forms materialized before our very eyes. It is such fun to have the chance to rediscover young parts of myself playing hand in hand with the "grown up" parts! I wonder if it could be that Abe Lincoln's clever use of humorous stories reflected not only his wisdom but also aspects of his Inner Child.

EDITORIAL NOTES

by Katherine Mylenki, Bulletin Editor

By the time you receive this issue you will be able to log on to our long-awaited website, <http://apcny.org/home/>. It was slated to be launched on Friday, February 1 and as I write it seems it really will happen. This is in very great measure thanks to the tireless efforts of Beatriz Mejia, who took up the leadership challenge last June when Dr. Fanny Brewster, who initiated the project, withdrew due to other commitments. I have been doing my editorial part but without Beatriz pushing us all to pull through I don't think this day would have come.

There is a change in the New Directions program for February. The scheduled presenter withdrew and Dr. Brewster happily found a replacement, so the Saturday, February 9 workshop will be led by Sara Sills, on "Collage: A Tool to Visualize Your Inner Self." An article appears in this issue.

Our evening presentation will be on Tuesday, February 12, on "Art as an Intervention with Autistic Children," presented by Art Therapist Marcia Avirom. Francoise Richards, who scheduled the program, advises that Ms. Avirom works wonders with the children she works with and she expects an excellent program. Please see the article, and please do register.

We have two guest submissions this month. Fred Gurzeler, our Recording Secretary, has sent a poem, and Inez Martinez, who previously wrote in these pages about the Martin Luther King, Jr. Memorial, offers a book review on *A Floating Life*, a novel by APC member Tad Crawford.

Dreamers take note: Francoise Richards is planning to start a new dream group in the near future. All who have been part of her past groups, as I have, can tell you Francoise is a wonderful teacher of how to understand your dreams and the symbols that appear in them.

At the Holiday Party we talked about starting a series of informal get-togethers of members and friends, no lecture, just conversation, to see where and who we are, and where we want to go. There was quite a bit of interest and we had hoped to schedule the first in January or February but the program and meeting schedule is such that we haven't been able to do so yet. We will be sending out an email with more details and seeking feedback on what you would like to see in such a gathering.

The New Directions Committee of the APC, Inc. Presents:
COLLAGE: A TOOL TO VISUALIZE YOUR INNER SELF

Led by Sara Sill

Saturday, February 9, 2013 10 a.m.- 4:00 p.m.

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

apcofny@aol.com / 212-557-1502

REGISTRATION IS REQUIRED



Collage is an art form that involves combining images, drawings, words and other materials into an esthetic whole by glueing them together on a surface. The term comes from the French collar, “to glue.” In essence collage is about connecting things. Because the artist's choice of imagery and materials is very personal, it can offer fascinating insights into thoughts and associations that are often hidden in the subconscious.

Although some people like to choose a theme for their work before they start – for example something aspirational like a dream board – I enjoy a “free association,” “unintentional” approach.

In the workshop you will make a collage with materials you have chosen, then we will have an opportunity to talk about stories, symbols and meaning in your work.

You will need: Scissors (small enough to cut paper comfortably); Glue Stick (regular or “repositionable”); Markers, colored pencils, pens, oil sticks, etc (as you wish); An assortment of images, texts and materials which appeal to you visually or have some meaning to you. Don't think too much about why something attracts you. Go by your intuitive interest in the image or text. The shape or color of the image may draw your attention, or the subject. Do not censor yourself. Bring more materials than you think you can use.

Bring magazines about fashion, home décor, travel, gardening, art, dance – anything that interests you. The Metropolitan Museum of Art Quarterly Catalogue is a wonderful source. You can bring entire magazines and choose spontaneously, or your own photographs (or photocopies if you don't want to cut the originals); ticket stubs, letters, labels, wrappings, souvenirs, printed words or phrases, stickers, notices and postcards.

BULLETIN BOARD

Fees for the workshop: APC Members \$50; non-APC Members \$45; age 55+ \$35; Students with ID \$25.

**To make a reservation
call 212-557-1502 or email apcnewdirections@aol.com
For further information e-mail Dr. Fanny Brewster at
drbrew3@aol.com**

Sara Sill's journey as an artist is non-linear. Her resume includes training in architecture, practice as a corporate lawyer, and a career in development for a non-profit classical music organization. Throughout she has pursued her passion to make art. Most recently, her work was seen in two public installations, "In Plain Site" along West 23rd Street, and CAMBA Gardens, Brooklyn. Sara has had four solo exhibitions at the National Arts Club, a joint exhibition at COO Gallery, and many group shows.

DIRECTORY CHANGES

Iris A. Drey, MD FAAOS
irisdrey@gmail.com

Mary Dale Allen
marydaleallen@gmail.com

The Analytical Psychology Club of New York, Inc. Presents :
**ART THERAPY AS AN INTERVENTION WITH
AUTISTIC CHILDREN**

Lecture and Discussion led by
Marcia K. Aviom, MA, ATR-BC, LCAT
Tuesday, February 12, 2013, 7:00pm - 9:00pm
At the C.G. Jung Center, 28 East 39th St., NYC
apcofny@aol.com / 212-557-1502



Art Therapy is a creative process that reaches and focuses children at an early age. Art making is healing and life enhancing. Marcia will discuss cases that reflect her therapeutic work over more than 16 years. This non-verbal commentary on the children's world is quite striking.

Fees: APC Members \$10; Non-Members \$20; College Students with ID \$15

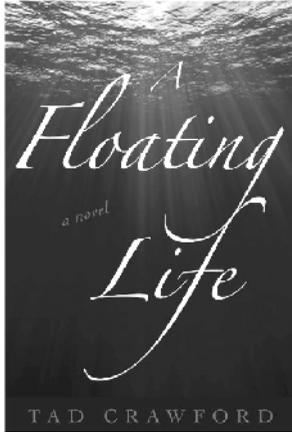
For further information or to make a reservation e-mail psychefrancoise@aol.com

Marcia K. Aviom, MA, ATR-BC, LCAT, is a registered art therapist who specializes in working with children with special needs, 16 years and younger. She is the Director of Art Therapy for Jackson Developmental Center and has been a consultant to St. Mary's Hospital for Children. She serves as an advisor to Sanctuary for Families, a shelter in New York for abused women and their children, and to the Connecticut Guardian Ad Li Tem Association.

BOOK REVIEW

by Inez Martinez, Ph.D.

"A Floating Life" by Tad Crawford



If you like novels that make the unconscious visible, then you should really enjoy reading *A Floating Life* by Tad Crawford. Tad is a member of the APC, an active member in fact, who has served for years on our Finance Committee. Now we have the opportunity to reap the benefit of his extraordinary work of imagination.

Jung said that symbols can be known through their need to be entertained, reflected upon, interpreted—their meanings not being self-evident like those of signs. Crawford's *A Floating Life* is rich with

symbols, partially because it is rich with allusions, such as its title. Apparently the title is based on the name given the life of night pleasures in Japan, A Floating World. The narrative's inclusion of and refusal to reject darker aspects of life, even unconsciousness, which is rendered as full of transformative potential, is one of the gifts of imagination the novel offers.

Another is the way the novel recalls characteristics of dreaming, particularly the surprising developments that occur in dreams. A character who seems to be a stranger in one scene turns out to have been very well known in a later one. The narrator often does not know why he is someplace or what the expectations are of the places in which he finds himself—and he finds himself in some very odd places!—and then adapts in often humorous ways. For example, he finds himself in a large kitchen and only eventually discovers he's there as a job applicant, at which point he becomes amusingly earnest about succeeding although he does not know what the job is. He verbally fences and evades, worrying all the time whether he's failing to say the right thing. He's a willing if somewhat obtuse fellow.

Also as in dreams, characters are not limited by space, time, or literal existence. Regarding space, dead characters can reappear oceans from where they died; regarding time, a character from a previous century can appear at a moment of crisis; regarding literal existence, a character can be modeled on a mythic character such as the Cyclops but in a totally modern role, such as chief

BOOK REVIEW, continued

chef. And yet the novel is not utterly removed from contemporary phenomena. The chef, for example, works for the Mafia, and that entire chapter may be read as metaphoric commentary, both on the Mafia and on the narrator.

This narrator, who remains nameless, begins, as in a dream, completely unconscious of how unconscious he is and then develops along lines that are as odd as the sequences of dreams. One line of development concerns his sexual life, beginning with a delightfully surprising rendition of a failed marriage, moving through a diagnosis of impotence, on to being lectured by a maintenance man about the best way to emit sperm, and climaxing with the narrator's connection to a famous Chinese warrior who happened to be a eunuch. A related line of development concerns the narrator's capacity for relationship which begins at zero, including his relationship with himself, proceeds through his finding a mentor he did not realize he was looking for, and then not only beginning to know himself a little, but eventually knowing and caring for others enough to become willing to sacrifice himself for them. These are only two of the ways that this narrator, who entertainingly knows less than anyone he encounters, develops.

Perhaps the most dreamlike and yet oddly lifelike quality of the novel is its consistent unexpectedness—suddenly an instance of time travel, or, out of nowhere, an encounter with talking and festive bears, or, equally unanticipated, a meeting with a numinous underworld goddess cook in the land of the dead.

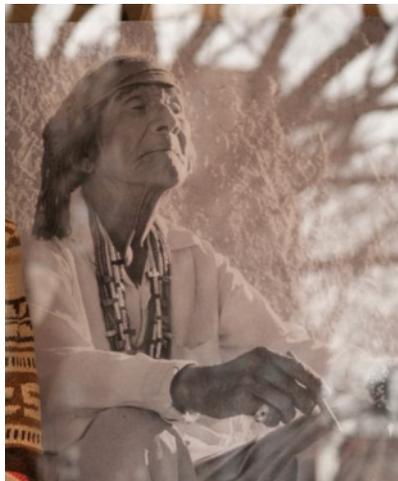
Given the freedoms Crawford takes with everyday reality, one might expect wordiness and vagaries, but I was delighted again and again by the precise word choice and elegant conciseness of his descriptions. His characterization of the narrator, in particular, is repeatedly accomplished with wry, succinct dialogue and juxtaposition.

Anyone who has experienced the vitality in consciously reflecting upon the symbolic occurrences of his or her dreams really ought not to miss reading this highly original and well-wrought novel. As do our dreams about ourselves, *The Floating Life* entices reflection on the mysteries intimated through its symbols.

DREAMWORK THROUGH PHOTOGRAPHY

Report by Bob McCullough

On October 27, 2012 the New Directions Committee presented a workshop entitled "Dreamwork through Photography," led by Bill Allured Ph.D., a photographer and psychologist/psychoanalyst in Manhattan. Quite a creative group attended. There were two actor-writers, two filmmakers, a full-time student of photography, a psychologist and two students of spiritual healing.



The workshop was in two parts. In the morning session we experimented with using our cameras (including two people with cell phone cameras) in new and creative ways. Dr. Allured provided props, some to be thrown in the air, some hung on the walls, to offer opportunities to snap unusual images. During lunch Dr. Allured selected a number of our photos and arranged them in a power point presentation. We then whittled the number down to perhaps 10 or 12 which seemed to call out for dreamwork. Then in the darkened room we allowed consciousness to deepen and expand. Very interesting amplifications and commentary emerged as we viewed the images displayed on the screen.

One startling image showed one of the attendees with the image of an older woman that was part of the photo on the screen projected on her back. This gave rise to an upsurge of feeling about the feminine, centered on the mother archetype. Dr. Allured called attention to some of the smaller details in various photos—for instance, a notebook lying unopened on a table and an empty coffee cup nearby. This put at least one of us in touch with his feelings of abandonment.

I left the workshop with a greater appreciation for the possibility of finding greater depth in the images presented daily to my sight, indeed to all of the five senses. Over Christmas I saw one of the attendees and asked him how the workshop had affected him in the two months since we had participated. He pulled out a new camera (he'd been one of the cell phone users) and asked "Need I say more?"

2012 HOLIDAY PARTY

Report by Katherine Mylenki, Bulletin Editor

The APC holiday party was on Tuesday, December 18 this year. Needless to say the food, arranged for by our esteemed Vice President Francoise Richards, was exceptional.



© RON CASPARI

The Feast



© RON CASPARI

Gresceck fiddles while members munch

Recklessly Romantic Violinist James Gresceck returned, this time in a tux, and Yours Truly read a selection from *Act One*, the autobiography of Moss Hart, a well-known theatrical figure, that suited not only the season but also Francoise's theme of the Inner Child for APC's season of evening programs.



Katherine Mylenki reads to the assembled revelers

REPORT: Holiday Party, continued



Vice President Francoise Richards laughs with friends

Steve Moskovitz, APC Assistant Treasurer, auctioned off the copy of the Red Book that Jeanne Sutton left to the Club and realized about \$200, which will go into the Club coffers.



Dr. Iris Drey plays Santa

Very generous member Iris Drey, MD, once again had gifts for all, this time laminated copies of various images from the Red Book.

REPORT: Holiday Party, continued



President Jane Bloomer Announces

Jane Bloomer very kindly presented all Board members with the 2013 calendar of images from ARAS's *The Book of Symbols*.

Photographer Ron Caspari attended and took quite a few photos, and is kindly permitting us to use them for no more than photo credit. The previous photos were all taken by Ron Caspari. Thank you.

CROSSROADS

A Poem by Fred Gurzeler

I'm alone, very alone,
clutching the sides of my bed,
Amid the shrill anguish of many,
who move like phantoms past my room.

In this hospital that provides my haven,
calamity swoops down,
a falcon after its prey.

I lay threadbare with no place to go,
save to the words of my nurse who arrives,
uttering those words that carry love in the air,
and have never caught me naked before.

The scent of anesthesia probes my nostrils,
while my surgeon stands in the doorway, dressed in white,
He gives me a calm but tired glance,
"In just a few minutes now,"
and walks away, but his words stay in the room.

I cry into my pillow,
the linen companion who knows,
the travail of an injured soul,
soft against my tearful cheek,
waiting with me for the beginning.

Analytical Psychology Club of New York, Inc.

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