

## RIAPP

### Rhode Island Association for Psychoanalytic Psychologies

An official chapter of the Division of Psychoanalysis (39) of the American Psychological Association

#### Wednesday Evening Lecture Series 2013-2014

Central Congregational Church  
296 Angell Street (Diman Street entrance)  
Providence, RI 02906

**December 4, 2013 7:30-9:00 PM**

### PRESENTS

Axel Hoffer, M.D.

#### **The Couch and the Cushion: What psychoanalysts and meditators can learn from each other.**

**Abstract:** The practices of both Buddhist meditation and Psychoanalysis are deeply concerned with human suffering. Yet their approaches to it are very different. Their similarities and differences will be the topic of the presentation. Further, we will discuss what each discipline can learn from the other.

**Learning Objectives:** After this **intermediate/advanced** presentation, participants will be able to:

- a) compare the analytic method of free association with the practice of meditation.
- b) Explain the different views of suffering and reality in the two disciplines.
- c) Assess the risks inherent in each approach.
- d) Compare insight with awareness

**Biography:** Axel Hoffer, M.D. is a Training and Supervising Analyst at the PINE Psychoanalytic Center in Boston, MA. He is Associate Clinical Professor of Psychiatry at Harvard Medical School. His interests and writing have been on psychoanalytic neutrality, on the “fundamental rule” of psychoanalysis (“free association and evenly-hovering attention”), on the relationship between Freud and Ferenczi and, more recently, on the mind of the meditator.

**References:** a) Safran, J. (2003). *Psychoanalysis and Buddhism: an unfolding dialog*. Wisdom: Boston  
b) Rosenberg, L. (1998). *Breath by Breath*. Shambhala, Boston  
c) Epstein, M. (1988). Attention in Analysis. *Psychoanal. Contemp. Thought*, 11:171-189  
d) Epstein, M. (2013). *The Trauma of Everyday Life*. Penguin, New York.

**Psychologists:** Division 39 (Psychoanalysis) is approved by the American Psychological Association to sponsor continuing education for psychologists. Division 39 maintains responsibility for this program and its content.

**Physicians:** Butler Hospital is accredited by the Rhode Island Medical Society to provide continuing medical education for physicians. Butler Hospital designates this *live activity* for a maximum of 1.5 *AMA PRA Category 1 Credit (s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Social Workers:** An application for social work continuing education credits has been submitted. Please contact Barbara Krementz, LICSW ([barbarakrementz@gmail.com](mailto:barbarakrementz@gmail.com)) for the status of social work CE accreditation.

**Lectures are \$20 (non-refundable) for non-members and free for members, residents and graduate students.**

During all continuing education programs the presenter(s) will attempt to address the validity/utility of their topics (while presenting, or via a list of references) as well as the limitations and/or risks of the content/approaches discussed. Additional information can be found on our website regarding our policies on conflict of interest, commercial support, ethical standards and commitment to accessibility and non-discrimination.

**1.5 Continuing Education/Medical Education Credits**

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