

Toronto, Canada

The Freud Café



In May 2014, Toronto's first Freud Café was launched by [Between Hours/Interdisciplinary programme](#) of the Toronto Psychoanalytic Society with Prof. Charles Hanly as the inaugural speaker who spoke to a packed public audience at Tik Talk café about Freud and Plato: Plato's anticipations of Freud's psychology of dreams in *The Republic*. We weren't at all sure who would attend and were taken aback by the large turnout of people from various walks of life, including students and professors. We were thankful for the microphone we had hired as people lined up outside with ears pressed to the doors in an effort to hear about psychoanalysis' philosophical roots. This was a great start, we thought, and we left with the encouraging thought that perhaps psychoanalysis IS alive and well!

The idea of starting up a Freud café of our own was prompted by the initiative of a few psychoanalysts in Europe who had been successful in inspiring a renewed interest in psychoanalysis through their own outreach endeavours. We were very much inspired by being presented with visuals of a Freud bar by Prof. Hanly at the IPA conference in Prague in 2013 and took on the task of taking time out of the consulting room to find our own way to stimulate similar invigorating discussions with young people in our own community.

This is a grass roots endeavour that for us involved knocking on doors and striking up conversation with local businesses and academic groups. We partnered with Caversham Booksellers in Toronto who have supported us in providing bibliographies etc., and promoting these talks, and in turn with the local businesses who agreed to house them. We advertised at the universities and more widely, and have had success in finding coffee shops and restaurants close to the University of Toronto who agreed to host, especially given that our target audience for this project is students. At times it has been difficult to secure a location and we have hosted in a number of sites by now. We have just recently partnered with a student group in Comparative Literature at the university of Toronto who have expressed a keen interest in psychoanalysis and want to be involved. This lends us an opportunity to host these events on campus in a setting that is also open to the general public. The Freud café runs every other month through the academic year.

The themes to date have ranged from the philosophical roots of psychoanalysis (Charles Hanly), to current ideas on guilt (Don Carveth), the unconscious (Joseph Fernando), prejudice (Cyril Levitt), and applied psychoanalytic ideas such as sibling rivalry in Austen (Margaret Ann Fitzpatrick Hanly) and jokes (Sara Freke), as found in literature. The talks take place in the evenings and run for 90 minutes with the talk portion taking up the first half, followed by an open discussion. We try to keep the talks as jargon free as possible. The Freud café has been well attended throughout and the feedback positive; it has inspired a renewed interest in other

courses on offer, training, and psychoanalysis in general. We are very hopeful that in partnering now with the student body we will get their input on what topics would be of particular interest to that demographic. This term, we look forward to talks on sport (the psychoanalysis of hockey -Ron Ruskin), relational pitfalls in coupling (Klaus Wiederman), and why we need to remember our dreams (Joshua Levy). We rely on analysts in our community volunteering their time to speak publicly so that we can continue to host these talks free of charge. It's an exciting time to be a part of the psychoanalytic community in Toronto just now in having the opportunity to collaborate, share our ideas, and *re-open* the dialogue between psychoanalysis and other disciplines.

The success of the Freud café has prompted another project, this time geared towards parents of young children, focusing on the inner world of the child and the experience of becoming and being a parent, this being a really important group to reach out to. For this, we have partnered with a Toronto children's bookstore, Parentbooks, who will house the series of monthly Saturday morning talks--ParentTalks@Parentbooks, starting in February 2016.

We are very grateful to our IPA colleagues who have generously shared their outreach ideas and inspired us to create something similar in our own community. If any of you plans to be in Toronto we would love to hear from you and perhaps you could come speak at the Freud café. We would also be happy to share what we have learned along the way with any other groups starting out on such a venture.

Vivienne Pasioka

For further information: www.torontopsychanalysis.com

Between Hours: *Interdisciplinary Dialogues*

Toronto Psychoanalytic Society



Programme of Events

2015 – 2016

tps&i
toronto psychoanalytic society & institute

www.torontopsychoanalysis.com

Welcome to **Between Hours/ Interdisciplinary Dialogues**—Applied Psychoanalysis programme of the Toronto Psychoanalytic Society.

We aim is to share psychoanalytic ideas in the community with the public at large. Between analytic hours, we invite mutually inspiring dialogue between psychoanalysts and community professionals from across a wide range of disciplines, including the arts. Alongside our psychoanalytic peers, all the way back to Freud, we greatly appreciate the crucial impact of art and literature on our clinical work and understanding of human nature and have purposefully set out to more actively engage it.

Our goal is to forge links with community groups by partnering with local businesses, academics, student groups, and other health professions with a view to making it possible to bring free and affordable talks to the public. Analysts from our community offer their time and expertise with the collective goal of sharing our psychoanalytic understanding with a view to promoting mental health.

Our events strive to offer insight into the inner world and its link to the broader society, and aim to facilitate interdisciplinary dialogue, whether through exploring the relationship between psychoanalysis and the arts, or looking at psychological development and socio-cultural issues from a psychoanalytic perspective. All our events are open to the public and offer a public forum for discussion.

The name, *Between Hours*—poetic term for the application of psychoanalytic thinking between analytic ‘hours’—is taken from Salman Akhtar’s book of the same title, which is aptly a collection of poems written by psychoanalysts. We are grateful for his permission to use the name. We use the term ‘applied psychoanalysis’ in its broadest sense to refer to a psychoanalytic perspective that emanates out of and extends beyond clinical practice.

Our mandate is to

- make a psychoanalytic perspective more accessible to the general public
- facilitate ongoing interdisciplinary dialogue, discussion, and debate in the broader community
- share a psychoanalytic point of view with specific community groups and with health and allied professionals
- engage in dialogue with artists and writers on the mutual task of symbolically representing experience
- respond to current and pressing concerns in the community that pertain to mental health

Our annual conference—the *Day in Applied Psychoanalysis* — has a long tradition in Toronto that focuses on a wide range of themes from the arts to politics. It actively promotes conversation between community professionals and psychoanalysts.

In May 2014, *Between Hours*, in partnership with Caversham Booksellers, launched Toronto's first *Freud Café*—a community event held in a local café that runs every other month through the academic year, September to May. This ongoing programme, now in its third academic year, involves free public talks by Toronto psychoanalysts on Freud's ideas and those of his followers that invite open discussion about their impact on our lives today. This is a free, drop-in public event; registration is not required.

In February 2016, *Between Hours*, in partnership with Parentbooks, launches the Saturday Morning parenting clinic—*ParentTalks@Parentbooks*--a new series of five *free public talks for parents* that focus on understanding the inner world of the child and exploring the experience of becoming and being a parent. It runs once a month, February to June, 9:30 to 11:00am at Parentbooks on Harbord.

We also host spontaneous interdisciplinary events in the community throughout the year on diverse areas of social and cultural interest. Check the website for details.

We would like to thank our community business and academic partners for making it possible to host these events free of charge to the public. To date, these include: Caversham Booksellers, Tik Talk Café, Cups Café, Harbord House, Parentbooks, and the Comparative Literature Course Union and Hart House of the University of Toronto.

The Freud Café Series



Originating as an outreach initiative of the International Psychoanalytical Association aimed at sharing psychoanalytic ideas in an informal setting, these free public talks are hosted in the community every other month throughout the academic year in collaboration with Caversham Books. It is thanks to our community hosts that these talks are provided at no cost to the public. As of March 2016, these events will be presented to the public in partnership with the Comparative Literature Course Union at Hart House of the University of Toronto.

Monday, September 28, 2015: Freud Café, 7

8pm @ Harbord House

Of Human Bondage and Jokes

Somerset Maugham's autobiographical novel, "*Of Human Bondage*," is read through the lens of Freud's paper, "*Jokes and their Relation to the Unconscious*," examining what is at stake to allow the movement from the masochistic bond to the capacity for fraternity.

with **Sarah Freke, MD.**, psychoanalyst in private practice in Toronto; on faculty at the Toronto Institute of Psychoanalysis.

Monday, March 19, 2016, Freud Café, 8

8pm at the Arbor Room, Hart House

The Psychoanalysis of Hockey

Join us for a lively discussion on mind/body integration aimed at exploring the psychology behind our national sport from a psychoanalytic perspective.

with **Ronald Ruskin, MD.**, training and supervising analyst, Canadian Psychoanalytic Society; staff psychiatrist, Mount Sinai Hospital; associate professor of Psychiatry, University of Toronto.

May 2016, Freud Café 9

8pm at the Arbor Room, Hart House

Coupling: A psychoanalytic point of view

A look at relationships, their developmental origins and trajectory and what happens when things go awry.

with **Klaus Wiederman, PhD.**, psychoanalyst in private practice in Toronto; on faculty at the Toronto Institute of Psychoanalysis.

Wednesday, June 1, 2016, Freud Café, 10

8pm at the Arbor Room, Hart House

Why do we need to Remember our Dreams?

This special Freud Café is a pre-conference outreach event presented in partnership with the National Communication with the Public Committee of the Canadian Psychoanalytic Society.

with **Joshua Levy, PhD.**, training and supervising analyst, Canadian Psychoanalytic Society.

Coming next term

Memory, Trace, and Portraiture

Centered on two recent book publications-- *Chronophagia* (<http://www.amazon.com/Robert-Polidori-Chronophagia/dp/386930698X>) and *Eye & I* (<http://www.artbook.com/9783869305929.html>) -- by the internationally renowned photographer, Robert Polidori, David Dorenbaum will explore these themes from a psychoanalytic perspective.

with **David Dorenbaum**, MD., psychoanalyst in private practice, member Toronto Psychoanalytic Society, assistant professor, Department of Psychiatry, University of Toronto.

ParentTalks@Parentbooks



A series of 5 FREE parenting talks focusing on the inner world of the child, followed by open discussion on the experience of being a parent. This series of talks is presented in collaboration with community health professionals who work within a psychoanalytic perspective and **Parentbooks**

@ **Parentbooks** at 121 Harbord St. ~ **Saturday mornings, 9:30 to 11:00am** ~ Space is limited.

Pre-registration is required @ tps&i Administration: psychoanalyst@bellnet.ca

February 20, 2016

There's a Monster under my Bed

– Understanding Children's Primitive Fears and all that they Evoke

with **Vivienne Pasiaka**, PhD, C.Psych, Clinical Psychologist/Psychoanalyst

What are the rudimentary anxieties of infants and young children? How do they show themselves and impact us as parents? And what can we do to remain present to help children manage them? We will look at common childhood anxieties, such as fear of the dark, fear of falling, of separation, sibling rivalry, jealousy in being one-of -three, and how re-visiting these significant developmental markers alongside our children enhances understanding and provides an opportunity for further growth.

March 19, 2016

That Big Bad World –

Helping Children Thrive in Anxious Times

with [Alex Russell](#), PhD, C.Psych, Clinical Psychologist, co-author with Tim Falconer of *Drop the Worry Ball: How to Parent in the Age of Entitlement*.

Anxiety disorders among children are on the rise and even among those not diagnosed with a disorder, children are appearing increasingly daunted by the task of taking on the world around them. Hard for parents not to get anxious! This workshop takes a health perspective in which childhood anxiety is understood as a necessary building block of adaptation, and an essential gateway to a child's creative engagement with the world. Parents gain a perspective that helps them slowly shift the burden of responsibility on to their children as they grow – something that helps them take on anxiety adaptively, at the same time as they experience the sense of mastery and competence such growth generates.

April 9, 2016 *How to say No to your Kids without Feeling too Guilty*

with [Kathy Schneider](#), MD, Psychiatrist, Psychoanalyst

In this talk, we will explore separation anxiety and the “Double Shift”:-the additional task of parents who work outside the home and feel guilty non-stop

May 14, 2016

The Time of Our Lives

with [Christina Whyte-Earnshaw](#), PhD, Psychoanalyst

This presentation will utilize a consideration of the experience of time as an approach to thinking about the development of relatedness in families.

June 11, 2016

Thinking Together

with [Susan Glouberman](#), MA, MEd, Psychoanalytic Psychotherapist, faculty member, Canadian Institute for Child and Adolescent Psychoanalytic Psychotherapy.

In looking at material taken from ordinary good enough family situations, we will explore together how we, as parents, come to "put ourselves in the child's shoes", while also remaining in our own. We will look at what might be the thoughts and feelings in the child's mind, and in the mind of the parents or child carers that create relationships.

Recent BH Annual Events @ George Ignatieff Theatre, Trinity College, University of Toronto

- **October 3, 2015: 20th Annual Day in Applied Psychoanalysis: Precarious Beauty: The Aesthetic Conflict in Art and Psychoanalysis:** An inspiring day of presentations by artists in dialogue with analysts



Acclaimed British Artists with psychoanalytic ancestry—**Jane McAdam Freud** and **Meg Harris Williams**—reflected with us, through the medium of their respective work in sculpture and life drawings, on the impact of the aesthetic object in driving curiosity and the development of a thinking/feeling mind. Meg Harris Williams expounded on the Meltzerian concept of the aesthetic conflict as a developmental construct originating in the emotional tension between the infant's attraction to and fear of the mother that is re-experienced through life in coming into contact with each 'new idea.' Its application to both the artistic and psychoanalytic process was explored through conversation with psychoanalysts, Joseph Fernando and Louis Brunet.

Jane McAdam Freud, MA (RCA), FRBS, Fellow of the Royal British Sculpture Society, is an acclaimed British sculptor and multi-disciplinary artist. Great granddaughter of Sigmund Freud and daughter of Lucian Freud, Jane McAdam Freud's presentation focused on the meeting of Art and Psychoanalysis.

Joseph Fernando, MD, Training and Supervising Analyst, Toronto Institute of Psychoanalysis, won the 2010 Gravida prize for a book on psychoanalytic theory, *The Processes of Defense*.

Meg Harris Williams, visual artist and literary critic, has published widely on interdisciplinary lines, including, *The Apprehension of Beauty* (with Donald Meltzer), *The Chamber of Maiden Thought*, *The Vale of Soulmaking*, *The Aesthetic Development: The Poetic Spirit of Psychoanalysis*, and *Bion's Dream*.

Louis Brunet, Ph.D., Psychoanalyst, President, Canadian Psychoanalytic Society, Ex- Director (Psychology), Université du Québec à Montréal, has published widely on individual and mass violence, archaic psychic organizations, projective identification, and the containing function.



- **February 1, 2014: 19th Annual Day in Applied Psychoanalysis: The Storied Skin, *Stories we tell Ourselves*** Eminent Canadian Director, storyteller, filmmaker, **Sarah Polley**, spoke directly to her film, '*Stories We Tell*' through conversation with **Vivienne Pasiaka, PhD**, psychoanalyst, and dialogue with the audience, following a full screening of the film. **Margaret Ann Fitzpatrick Hanly, PhD**, Toronto Training Analyst and past president of the Canadian Psychoanalytic Society, gave a psychoanalytic response and spoke to unconscious meanings in the creative process and in narrative structures.



To Register for events:

On-line: www.torontopsyoanalysis.com

Or email: info@torontopsyoanalysis.com

Between Hours Committee: Vivienne Pasiaka, PhD, Keith Haartman, PhD, Gavril Hercz, MD, Jon Novick, MD, Mandisa Nkungu, MD, Orit Zamir, MD.

Image on cover: *Riders in the Chariot*, courtesy of Meg Harris Williams

Between Hours/ Interdisciplinary Programme,
Toronto Psychoanalytic Society, in partnership with *Parentbooks*, hosts

ParentTalks@Parentbooks



A series of 5 **FREE** parenting talks focusing on children's fears and the inner world, followed by open discussion on the experience of being a parent.

@ **Parentbooks** on Harbord (121 Harbord St.)
Saturday mornings, 9:30 to 11:00am.

Space is limited. Please pre-register for individual talks at tps&i Administration @
psychoanalyst@bellnet.ca

February 20, 2016 *There's a Monster under my Bed -*

Understanding Children's Primitive Fears and all that they Evoke

with **Vivienne Pasioka**, PhD, C.Psych, Clinical Psychologist/Psychoanalyst

What are the rudimentary anxieties of infants and young children? How do they show themselves and impact us as parents? And what can we do to remain present to help children manage them? We will look at common childhood anxieties, such as fear of the dark, fear of falling, of separation, sibling rivalry, jealousy in being one of three, and how re-visiting these significant developmental markers alongside our children enhances understanding and provides an opportunity for further growth.

March 19, 2016 *That Big Bad World -*

Helping Children Thrive in Anxious Times

with **Alex Russell**, PhD, C.Psych, Clinical Psychologist, co-author with Tim Falconer of **Drop the Worry Ball: How to Parent in the Age of Entitlement.**

Anxiety disorders among children are on the rise and even among those not diagnosed with a disorder, children are appearing increasingly daunted by the task of taking on the world around them. Hard for parents not to get anxious! This workshop takes a health perspective in which childhood anxiety is understood as a necessary building block of adaptation, and an essential gateway to a child's creative engagement with the world. Parents gain a perspective that helps them slowly shift the burden of responsibility on to their children as they grow – something that helps them take on anxiety adaptively, at the same time as they experience the sense of mastery and competence such growth generates.

April 9, 2016

How to say 'No' to your kids without feeling too guilty

with [Kathy Schneider](#), MD, Psychiatrist, Psychoanalyst

In this talk, we will explore separation anxiety and the "Double Shift":- the additional task of parents who work outside the home and feel guilty non-stop.

May 14, 2016

The Time of Our Lives

with [Christina Whyte-Earnshaw](#), PhD, Psychoanalyst

This presentation will utilize a consideration of the experience of time as an approach to thinking about the development of relatedness in families.

June 11, 2016

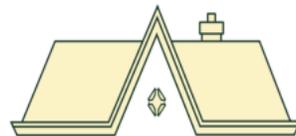
Thinking Together

with [Susan Glouberman](#), MA, MEd, Psychoanalytic Psychotherapist, faculty member, Canadian Institute for Child and Adolescent Psychoanalytic Psychotherapy.

In looking at material taken from ordinary good enough family situations, we will explore together how we, as parents, come to "put ourselves in the child's shoes", while also remaining in our own. We will look at what might be the thoughts and feelings in the child's mind, and in the mind of the parents or child carers that create relationships.



www.torontopsychoanalysis.com



Parentbooks

121 Harbord Street, Toronto ON M5S 1G9

(416) 537-8334 • 1 800 209-9182

info@parentbooks.ca

www.parentbooks.ca