

Colloquium Series Presentation: Review of Stefan R. Zicht, PsyD:

**“On the Experiential and Psychotherapeutic Dimensions of Psychoanalytic Supervision:
An Interpersonal Perspective”**

On Friday September 24, 2010, Stefan R. Zicht, PsyD gave the Manhattan Institute for Psychoanalysis’ *John Fiscalini Memorial Lecture in Interpersonal Psychoanalysis*, entitled: “On the Experiential and Psychotherapeutic Dimensions of Psychoanalytic Supervision: *An Interpersonal Perspective*” at NYU’s Kimmel Center. Dr. Zicht is the Co-Director of Manhattan Institute, as well as a member of the Faculty and Supervisor, and is also a Faculty member, Supervisor of Psychotherapy, and Supervising Analyst at the William Alanson White Institute.

In his presentation, Dr. Zicht advocated for an “enlargement or extension of the traditional model of supervisory theory and praxis” to provide, what he termed “a frankly psychoanalytic [and psychotherapeutic] experiential encounter for the supervisee.” He stipulated that “for supervision to be considered psychoanalytic, it must convey experientially the very idiom it is intending to impart.” Dr. Zicht provided an eloquent and informative talk on the subject, making reference to such Interpersonal writers as Fromm, Sullivan, Wolstein, Levenson and Fiscalini, in examining the ongoing development of what he termed the “irreducibly coparticipatory nature of psychoanalysis and its implications for theory and praxis,” to which he includes the practice of psychoanalytic supervision.

Dr. Zicht took the position that with psychoanalysis centrally utilizing the fullest dimensions of transference/countertransference matrices in the “here and now” of the dyad in the room, this may, or perhaps *must* be similarly and favorably utilized in the supervisory relationship. He stated that “failing to do so may undermine or shortchange the potential benefits for transformation and learning in the supervisory situation for the supervised therapist as both clinician and human being”, and undermine the project of supervision due to its “message and medium” not being fully consonant.

Referencing Benjamin Wolstein’s conceptions of “supervision as experience” and how supervision may lead, as psychotherapy does, to increased self-knowledge and insight, he further

developed and elaborated the idea of supervision as an opportunity to explore coparticipatory distortions, anxieties, and resistances to knowing and being. This more fully elaborated process is what Dr. Zicht posited will ultimately enhance the learning and development of the supervisee.

Dr. Zicht illustrated these ideas by sharing his experience of a case that he worked with while in supervision with Wolstein and how this particular style of supervision led to tremendous insight and growth for him. Dr. Zicht presented a second case to illustrate his ideas wherein he described how he utilized a supervisory session psychoanalytically and how the supervisee gained insight from this process.

Dr Zicht also addressed the issue of confidentiality in evaluated-supervision for its potentially representing a roadblock to idea of “creating [such an] amalgam of psychoanalytic supervision.” He articulated the idea that this potential area of impediment might be constructively utilized to good effect, along the lines that transference and countertransference were ultimately further conceived not merely as impediments, but also as keys to understanding that could be usefully inquired into and thereby resolved.

A discussion ensued after the lecture, where members of the audience asked questions and made comments related to their own experiences with supervision.

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