

# FEAR & ANXIETY

Psychoanalytic Perspectives

*'Auntie, speak to me! I'm frightened because it's so dark.'  
His aunt answered him: 'What good would that do?  
You can't see me.' 'That doesn't matter,' replied the child,  
if anyone speaks, it gets light.'* S. Freud (1905)

4<sup>th</sup> EUROPEAN  
**PSYCHOANALYTIC**  
CONFERENCE FOR  
UNIVERSITY STUDENTS



3 – 5 October, 2019  
Brussels, Belgium



For all students and recent graduates in psychology, medicine and other fields who want to know more about psychoanalytic perspectives on fear and anxiety.

A 3-day trip through many aspects of this theme in development from infancy to adult life, in individuals, in relations, and in society.

Full of presentations, clinical examples, film and discussion.

In one of the most interesting cities of Europe: Brussels.



The EPF House Brussels



This conference is organized by the EPF, the European Psychoanalytical Federation. It unites approximately 5000 analysts from all over Europe and some other countries.

It is a non-profit organization, fully independent and fully self-supporting. Its major aim is to promote psychoanalysis and organizes many activities such as yearly conferences.

For further information please have a look at the EPF website:

**[www.epf-fep.eu](http://www.epf-fep.eu)**

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# Presenters

**Jan Abram** PhD is a training and supervising psychoanalyst of the British Psychoanalytical Society. She is Visiting Professor at University College London. She is the author of 'The Language of Winnicott' (1<sup>st</sup> edition 1996; 2<sup>nd</sup> edition 2007), editor of 'Donald Winnicott Today'. For more details go to Authors and Theorists at [psychoanalysis.org.uk](http://psychoanalysis.org.uk)

**Christina Gesser-Werning**, qualified in psychology. She is a member of the Psychoanalytische Arbeitsgemeinschaft Stuttgart/Tübingen, the German Psychoanalytical Association (DPV). She practises as psychoanalyst in private practice in Tübingen.

**Wouter Gomperts** PhD is a training and supervising psychoanalyst and director of training of the Dutch Psychoanalytical Society and supervisor of the Dutch Society for Psychoanalytic Psychotherapy. He was assistant professor at the Department of Clinical Psychology at the University of Amsterdam (1979–2016). He works in private practice in Amsterdam.

**Alexander Janssen**, training and supervising psychoanalyst and past-president of the Dutch Psychoanalytical Society. Works in private practice in Amsterdam and Amersfoort. Executive functions in Psychoanalytic organizations in Europe and worldwide, the IPA.

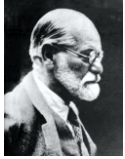
**Rosine Jozef Perelberg** PhD is a training Analyst and President Elect of the British Psychoanalytical Society, Visiting Professor in the Psychoanalysis Unit at University College London. Previously she did a PhD in Social Anthropology. She has published widely in journals and has written and edited 11 books. She works in London in private practice.

**Jasminka Šuljagić**, training and supervising psychoanalyst of the Psychoanalytical Society of Serbia, former president of this Society. Works in private practice in Belgrade. Member and chair of the EPF Ad Hoc Institutional Matters Group. Publications about infantile sexuality, aesthetic concepts, psychoanalytical organisations.

**Bernard Reith** PhD is Training Analyst and President of the Swiss Psychoanalytical Society. Works in Private practice in Geneva. He is past Chair of the Working Party on Initiating Psychoanalysis (WPIP) of the European Psychoanalytical Federation. He has edited and published two books on Initiating Psychoanalysis.

**Martin Teising** PhD, MD, training analyst of the German Psychoanalytical Association (DPV), 2010–2012 President of the DPV. 2012–2018 President of the International Psychoanalytic University Berlin. Since 2015 European Representative at the International Psychoanalytical Association-Board. Many publications.

**Ralf Zwiebel** MD, training psychoanalyst (German Psychoanalytical Association, IPA), former professor of psychoanalytic psychology at University of Kassel. Special interest: clinical theory, film psychoanalysis, buddhism and psychoanalysis. Works in private practice.



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**T**his year, the theme of the European psychoanalytic conference for University students (EPCUS) is Fear and Anxiety. It is a classical and central psychoanalytic theme, but also the one so present today in everyday discourse, in notions about our “dark times”, in almost every consideration of the future as well. Speaking about it becomes inevitable.

The EPCUS is already a well-known event. This project of the European Psychoanalytical Federation (EPF) is devoted to students and recent graduates in psychology, medicine, and humanities. It provides the unique opportunity for the participants to approach the psychoanalytic way of thinking by listening to prominent psychoanalysts of today, by meeting colleagues and forming networks, thus gaining perspectives into various aspects of professional development. Three previous conferences were a great success, with a distinct atmosphere of learning, exchange and enthusiasm.

We will deal with the meaning and difference of the concepts of fear and anxiety in the theories of Freud, Melanie Klein, and Winnicott; in clinical work and in socio-political context. Overdetermination and a link to temporality will also be explored, with an attempt to clarify multiple notions from various levels including: ‘automatic anxiety’, ‘signal anxiety’, ‘fear of breakdown’, ‘paranoid-schizoid anxiety and depressive anxiety’, ‘nameless dread’, ‘states of panic’...

# General Information

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**PSYCHOANALYTIC**  
CONFERENCE FOR  
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**FEAR  
&  
ANXIETY**

Psychoanalytic Perspectives

This conference is of interest for university students and recent graduates, especially in medicine, psychology and other cultural or language sciences.

All presentations will be held in English.

The conference is held from Thursday October 3<sup>rd</sup> – till Saturday October 5<sup>th</sup>, 2019. Costs Euro 35.

Address: EPF Centre, Rue Gérard 35, Brussels, Belgium

For further information, please contact Frank Goderniaux: [frank.goderniaux@epf-fep.eu](mailto:frank.goderniaux@epf-fep.eu), Jasminka Šuljagić: [jasminkasuljagic@gmail.com](mailto:jasminkasuljagic@gmail.com), Alex Janssen: [a.m.janssen@xs4all.nl](mailto:a.m.janssen@xs4all.nl), or Martin Teising: [teising@t-online.de](mailto:teising@t-online.de)

**The conference registration** form is available on the EPF website [www.epf-fep.eu](http://www.epf-fep.eu), or by sending a mail to Frank Goderniaux, [frank.goderniaux@epf-fep.eu](mailto:frank.goderniaux@epf-fep.eu) to get a registration form by mail.

Please **register before 15<sup>th</sup> of September**.

Follow EPCUS on [www.instagram.com/epcus\\_epf/](https://www.instagram.com/epcus_epf/) and [www.facebook.com/epcus/](https://www.facebook.com/epcus/)





# Programme

## Thursday, October 3<sup>rd</sup> 2019

- 18:00 **Arrival and Registration**
- 18:30 **Welcome address**
- 18:45 **Introduction to the theme, from Freud to present-day**  
by **Alex Janssen**, **Jasminka Šuljagić** and **Martin Teising**
- 20:30 Reception and get-together with drinks and food

## Friday, October 4<sup>th</sup> 2019

- 09:30-11:00 Lecture – **Thoughts on Fear and Love in the theory of Melanie Klein** by **Jasminka Šuljagić**
- 11:00-11:15 Coffee break
- 11:15-12:45 Lecture – **Society in the mind. Anxiety in ethnocultural transference and countertransference**  
by **Wouter Gomperts**
- 13:15-14:15 Lunch

- 14:15-15:45 Discussion in small groups
- 15:45-17:15 Lecture – **Conscious and unconscious fears in the analyst and defences against them** by **Bernard Reith**
- 17:15-17:30 Coffee break
- 17:30-20:00 Lecture with filmclips – **Between abyss and trap. Hitchcock and anxiety** by **Ralf Zwiebel**

## Saturday, October 5<sup>th</sup> 2019

- 09:30-11:00 Lecture – **The riddle of anxiety: Between the familiar and the unfamiliar** by **Rosine Perelberg**
- 11:00-11:15 Coffee break
- 11:15-12:45 Lecture – **"Out of the Blue....!", Panic and Panic Attacks**  
by **Christina Gesser-Werning**
- 13:15-14:15 Lunch
- 14:15-15:45 Lecture – **The Frankenstein Complex: on birth terrors**  
by **Jan Abram**
- 15:45-17:00 Discussion in small groups
- 17:00-18:00 Coffee break, **information on training, closing remarks**