

*J. H. KOBALT*

August 4, 1964

*Get*

Dr. Anna Freud  
20 Maresfield Gardens  
London, N.W. 3

Dear Dr. Freud:

Have you become used to the new form of address? I failed to congratulate you in Philadelphia at having been given the Honorary Degree, but this formality was hardly required. I did write a warm letter to Floyd Cornelison, thanking him for his share in bringing about this event. In all I behaved like a relative in a family affair: more identification than object relation.

As you had predicted, your letter was waiting for me when I returned to Chicago. You are very generous! What you had to say gave me great pleasure, and your approval was a welcome support amidst the inescapable insecurities under pressure to which we are all exposed. Strangely enough, it was not the discussion of the scientific contributions and other statements that I had sent to you but the very last, parting sentence of your letter which gave me the most food for thought. You sent me your best wishes for the presidency in the American Psychoanalytic Association, and expressed the hope that "...this office permits opportunity for some revolutionary moves." My mind has returned to your statement time and again since I first read your letter.

I know, of course, the objectives which we hold in common: to fight against the conception of psychoanalysis as a "sub-specialty" of psychiatry; to counteract the tendency to replace the psychoanalytic methods which are appropriate to our subject matter with the inappropriate (and thus sterile) methods of academic psychology; and to strengthen the position of psychoanalysis as a broadly based human psychology with its own body of knowledge and methodology. Toward all these objectives, however, we can work without "revolutionary moves," and victories can be won either by achieving limited degrees of improvement affecting a comparatively large area within the social framework of American Psychoanalysis (such as the small improvements which have occurred in some of the larger American Institutes during the last decade) or by creating a significant psychoanalytic activity on a limited scale (such as the publication of The Psychoanalytic Study of the Child, the organization of the Center for Advanced Psychoanalytic Studies, and, within the framework of the American Psychoanalytic Association, the organization of scientific meetings in such a way that outstanding psychoanalysts occupy the important spots in the program and that good psychoanalytic papers are accepted in our Journal). But these are not revolutionary moves.

While I cannot yet be certain that the membership will agree to the establishment of a Forum for Scientific Child Psychology (open to all child analysts, whether they are lay analysts or have a medical degree), I assume

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that the vote will be in the affirmative. If so, a nice piece of progress will have been made and I will be pleased at the thought of having contributed to it. But again: this is not a revolutionary move but only a shift of emphasis. We are also preparing a mail ballot to allow training analysts without medical degree to become regular active members of the Association. At present I am doubtful about the success of this proposition (it needs a two-thirds majority since it involves a By-Law change), but even if it should be accepted it would not be a revolutionary move.

The only move that could be called revolutionary, would be to abolish in principle (not as an exception) the medical and psychiatric requirements for membership (and thus automatically for students at our institutes); or, put it in another way, to approve the establishment of even a single institute which would train people without a medical degree and without psychiatric experience for a regular career as analysts (not as research candidates for a research career; this is, as you know, done now). Disregarding the question of the desirability of such a move, let me first discuss the question whether it could be achieved. I think that it could be done, i.e., with the right kind of leadership a secessionist movement could be started, something like the "Academy," except on the opposite end of the psychoanalytic spectrum. Up to one-fifth of the present membership of the Association might be willing to join such a splinter group (as individuals they could remain in the Association, just as at present many members of the Academy are also members of the Association) and they could (somewhat illegally) organize one or two institutes open to medical as well as to non-medical candidates. Chances are such institutes would soon have an almost exclusively non-medical student body, a result which is probably not desirable; my opposition to the revolutionary move rests, however, not on this possible drawback but on my anticipation of the following consequences: the best analytic teachers would be taken away from the established institutes; and the best and most firmly grounded psychoanalytic minds would be taken away from the meetings of the Association, with the result that the regular institutes and the regular meetings would deteriorate, would become analytic in name only, and would be taken over completely by "dynamic psychiatry." The established institutes would, however, continue to draw the major part of the gifted students and of the younger generation in general. (I have discussed an analagous problem concerning the topic of training analysis in a recent letter; I am enclosing a copy of this letter for you; it may also serve as an example of the non-revolutionary daily spade work that some of us are engaged in and of which I have given you other samples in my preceding letter.)

As you can see, I am, at this time, disinclined to employ "revolutionary moves" but will instead, <sup>as I</sup> ~~and~~ have done in the past, endeavor (a) to achieve slow changes in the broad field of American psychoanalysis, and (b) to establish limited foci of pure analysis within and without the framework of organized psychoanalysis in the United States.

My conviction that this non-revolutionary approach is the correct one is based on facts which I have only gradually learned to understand. I am

the true nature of  
aware, of course, of the resistances against analysis. I have, nevertheless, come to hold the view that the attraction which analysis exerts on many potentially capable students in this country is intimately connected with specific, culturally determined, and thus pre-formed, sublimatory patterns; and I believe that these specific motivations help to explain both the comparatively wide-spread acceptance of psychoanalysis in this country as well as the specific ways in which it tends to be diluted and distorted (the scientific-psychiatric distortion; the interpersonal cure-through-love dilution; and all kinds of blends and amalgamations of the two).

Let me briefly tell you about the two major groups that participated in the initial growth of American psychoanalysis which took place before the great influx of European analysts to this country. While these two groups were propelled toward psychoanalysis by different cultural motivations, each of them separately, and both of them together, have basic cultural value systems which are different from that of the educationally and culturally secure core of European analysts to whom analysis provides (in non-individual, cultural terms) a union of their interests in biology in the humanities. It is, of course, well known that the influence exerted by the European group on the two groups of analysts which were already established in this country has been a very strong one. Yet, the picture cannot be understood fully from the point of view of the value system of the Europeans. But what constitutes the older core of analysts in the U.S., what are these two groups? The one, more numerous but not necessarily more influential group, is Eastern European Jewish, a generation or two removed from the ghetto, to whom the haven of American institutions (despite the prejudice and narrow-mindedness of a large part of the population) was liberation and for some of whom the rationality of a career in medicine and in psychiatry as a branch of medicine was the professional embodiment of a whole new world of freedom. The other group, numerically smaller but of great influence, is predominantly Anglo-Saxon, of that attractive branch of Protestantism that has replaced increasingly the belief in the dogma of orthodox Christianity with a tendency for missionary work, progressive social action, and social reform. This is a well-established minority on the American social scene; best known among them are the more mystical Quakers and the more rationalistic Universalists and Unitarians who received their baptism of fire during the Abolitionist period. It is the combination of these two groups and, with all their differences, their friendship (and often marriage, in the literal sense) which has up to very recently determined the direction of American psychoanalysis: a combination of a close tie to psychiatry with an emphasis on interpersonal healing, helping, and reforming.

It is my conviction that the best human material for psychoanalysis in the United States will continue to come from these two groups which, to some extent, counteract and complement each other. For both groups (although probably more for the first one) the tie to the recognized profession of medicine (and psychiatry) is a very strong and deep one. Institutes who would separate themselves from medicine and psychiatry would draw their student body largely from the second group with their tendency to non-scientific (or scientifically rationalized) healing through love, through

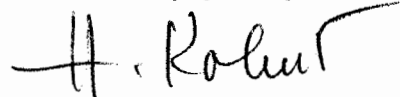
interpersonal support, through education, through being a living example, and through offering a cure by identification. (An already existing example is the William Alanson White Institute in Washington, D.C., which is outside the American Psychoanalytic Association.) Thus, one predictable result would be an increase of existential psychiatry and existential analysis, analogous to the European pattern.

For the time being, I believe that the best hope for American psychoanalysis is a realistic acceptance of this strongly established balance of preferences; not to upset it with revolutionary moves, but to continue to exert a gradual influence by word and example (of which I have furnished some illustrations in my enclosures last time and today). I myself have therefore, not entirely given up my University connections although I resisted a prestigious offer which would have taken me away from analysis. I still give a weekly seminar to resident physicians in psychiatry, to stimulate their interest in the insights of psychoanalysis and to draw the best of them into psychoanalytic training.

I am sorry to see that this letter has expanded into a small essay, explaining little with many words. But I know that (if you find the time to let me have the benefit of your reactions) your clarity and courage will not fail to have its effect on me.

I hope that you are well and that you are enjoying a good summer. Please give my regards to Willie Hoffer, to the Sandlers, and to Mrs. Burlingham (who may remember me from Princeton).

Cordially yours,



Heinz Kohut, M.D.

HK/lb

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20 Maresfield Gardens,  
London, N.W.3.

March 7, 1965.

Dr. Heinz Kohut,  
664 North Michigan Avenue,  
Chicago, Ill.

Dear Dr. Kohut,

You were quite right to remind me that I still owe you an answer in our former exchange of thought about lay analysis, and an explanation ~~by what~~ of what I mean by talking of "revolutionary moves". I shall try to be a little clearer about both points now.

In the mean time I had your letter of August 4th and I was very impressed with the contents. They are the clearest evidence of all the thought which you have given to these matters instead of merely accepting the prevailing atmosphere and taking it for granted as so many other people do. I merely know the American scene as an outsider and in that position it is easy to misjudge matters. I try to be careful about that. Also I have quite a lot of opportunity to compare the American and English scene; nothing could be more different so far as the attitude to psychoanalysis, the advantages and disadvantages are concerned.

When I talked of "revolutionary moves", I had nothing as drastic in mind as the ~~steps~~ steps to which you refer and which would imply the breaking up of the A.P.A. Certainly not. I thought much more of a revolution in spirit which would then lead to the gradual steps and changes which you outline yourself. My thoughts in that direction were almost identical with those expressed by Gitelson in his talk to the A.P.A. When I read this speech, I felt very excited. It seemed to me that Gitelson had taken a long round-about way and had arrived exactly at the view of psychoanalysis which my father, and we others with him, had always held. That somebody in his position could do this seemed almost a miracle.

Since your August letter, two promising moves in the attitude towards lay analysis have been defeated. I mean of course the questions of child analysts and of analytic lay teachers. This may mean no more than a delay, but anyway it shows clearly that

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the spirit which I call revolutionary is not there yet, or certainly not very wide-spread. Surely, there are many members in the A.P.A. who are content with developments as they are. We both know that there are many others also who are looking out for changes.

It would be quite wrong to say that I am first and foremost concerned with the question of lay analysts. For me the latter are only incidental to a bigger question, namely the expansion of analysis from too intensive concentration on psychiatry and medicine i.e. therapy, to the applications in a whole variety of fields. I do not need to name these, you know them anyway. Lay analysts are important because they come from these fields and carry their interests with them when they become analysts, just as psychiatrists carry out their analytic work in the spirit in which they have been trained. If candidates are recruited from many fields, analysis will in the final result reflect this and remain, or rather become again, a broad discipline. If the training previous to analysis is a uniform one, (as it is with all other preparations excluded except medicine) this uniformity will spread also to the final result. I think it would be exactly the same if we admitted as candidates only teachers, or only psychologists, or only philosophers, etc. Perhaps it is argued by some people that the medical training is broad enough in itself to serve as a basis for analysis. But is this really true? Medical training is so exacting while it lasts, and so exclusive, that it leaves hardly a possibility for involvement with other matters.

If these are my argument about the intake of candidates, I am even more concerned about the form of training which has become our standard throughout the whole I.P.A. It is true that we began analytic training as an evening affair, i.e. a part time training. In those beginning days this was a necessity, excusable because of our poverty and lack of resources. Still, the disadvantages were counteracted in the individual cases by the deep involvement of our candidates and their affective response to the analytic experience. But now, when poverty and lack of resources have disappeared, can we really justify the part time aspect of

our training schemes? I have the possibility to compare the effect of part time and full time training since I work for the Institute of Psychoanalysis here as well as for our own Hampstead training; the former part time, the latter full time. What one can give in the full time training just does not compare with the other. On the other hand it compares very well with all other full time trainings of University standard, medical or otherwise, where the student lives in the atmosphere of the discipline in which he is trained, works with his teachers (apart from his personal analysis), shares in study and research, and, above all, has time to do so. My Institute students which I have at present in a clinical evening seminar, all arrive after at least 10 hours hospital work, and I often feel that the only thing important to them is to get home and to bed. I know that in America this varies from Institute to Institute, and in Chicago it may be much better than in many other places. But on the whole the fact remains, that we believe analysts can be trained additional to other work which has to be pursued at the same time. It seems of no advantage to me if this work is psychiatric, and therefore apparently similar.

I have no doubt that this change to full time analytic training will come about some day. But do we really have to wait until analysis is taken up by the Universities. Cannot we bring it about on our own? In a modest way we have tried it out on the Hampstead Clinic, and really, it is not as difficult as it sounds, and it gives an Institute all the research assistants needed for intensive work.

Now you know what my revolutionary thoughts are. I shall be glad to know what you feel about them.

Yours sincerely

HEINZ KOHUT, M. D.  
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CHICAGO, ILLINOIS 60611  
DELAWARE 7-6770

March 16, 1965

Miss Anna Freud  
20 Maresfield Gardens  
London N.W. 3, England

Dear Miss Freud:

Your letter is very valuable to me; it supports me in my outlook and makes me feel more certain than ever that the approach which I am taking is the proper one. I am particularly glad to hear that you, too, do not feel that one must look upon the question of lay analysis as having an intense emotional significance of its own, but that it derives its importance from the fact that psychoanalysis as a science should be given primacy in our hierarchy of values over psychoanalysis as a form of therapy and (this goes without saying) over psychoanalysis as a professional (i.e., medical) specialty. The dangers to which psychoanalysis is exposed in the United States are different from those with which you are more familiar. I have set myself the task to discuss these dangers (and the question of lay analysis in relation to them) in the Address which I will give to our Association in May. The defeat of the Forum on Child Psychology and the delay in the granting of membership for lay analyst teachers are regrettable setbacks; I do not, however, consider them as decisive defeats. I will discuss these two issues and I hope to create the modicum of guilt about them which is more than deserved. All in all I hope to express my thoughts and feelings about all these topics in May and I will therefore not discuss them further at this time. Many thanks, however, in the meantime for your letter. It should prove to be of great help to me when I will attempt to weld my thoughts into a set of effective and persuasive arguments.

Sincerely,



Heinz Kohut, M.D.

HK/lb



HEINZ KOHUT, M. D.  
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October 11, 1966

Miss Anna Freud  
20 Maresfield Gardens  
London, N.W. 3, England

Dear Miss Freud:

Last night I checked out the last of my letters about the Pre-Congress (an information copy was sent to you, too) and can now turn to more pleasant activities. There is some enjoyment, however, in having this complex enterprise taking shape and seeing it fitting into the larger context of our science. In my letter I tried to give a glimpse of broader perspectives to the recipients, many of whom feel outside the mainstream of the development of psychoanalysis. To give to analysts a sense of their participation in a science which constitutes a significant step forward in Man's cultural development is, as I have always held, among the most important tasks of the leaders of our organization -- a conviction which has enabled me to take with equanimity some of the setbacks which are unavoidable in organizational work.

I wish that I could give you my South American impressions with the same security and broad perspective. Much of South America is officially "Kleinian," yet I have a feeling of cautious optimism about the future. It is based on seeing the heart-warming enthusiasm which the younger generation appears to have for psychoanalysis; on the repeated experience that there is great eagerness to learn and that there seem to be no rigid defenses against our ideas; and, finally, that there is willingness toward the open discussion of clinical material and of the analytic process.

Is my optimism ill-founded? Perhaps. The South Americans were certainly on their best behavior with us and may not have shown their ambivalence. I found it useless to confront our opposing systems of thought head-on: that leads only to their recitation of the gospel according to Klein and gets nowhere. I have, however, patiently stuck to other, more effective, methods. When, in discussing clinical material, mention is made (it appears to happen less and less!) of the patient' evidently having swallowed the analyst as the bad breast who was now eating him up from the inside, or analogous formulations within the depressive or paranoid "position," I reply in two ways. I say that I don't know anything about these fantasies and, while I see little evidence for them, can neither rule them out nor deny that they may occasionally be harbored by patients. What interests me, however,

is not standardized fantasies which supposedly underlie a patient's depressed or anxious mood but the specific context in which the mood arose. Are you the bad breast, I ask the analyst, because you were late to the appointment last time, or because you announced that you would go on vacation, or because you gave an interpretation which the patient didn't like? If so, let us concentrate on what it means to the patient in terms of the present and the past that someone goes away, that someone is late, that someone says something that hurts his feelings. If you always concentrate on a standard reaction, the patient soon learns that your reference to the standard fantasy is just a complex way of telling him that he is depressed or anxious. Assume, I tell them, that we other analysts would treat Freud's remarks about the prototypical anxiety (that the form of its manifestations is correlated with the first great tension state, the passage through the birth canal) in the same way as you treat the supposedly existing standard fantasies underlying depressive and anxious moods. Suppose we would tell our patients (every time when we believe that they are anxious) not that they are anxious but that they have fantasies of being enclosed in a narrow dark space, that they are trying to catch a breath but can't, that they want to get out into the open, etc., in short that they are repeating the process of passing through the birth canal. Our patients would soon realize that with these complexities we are simply telling them that they are anxious, and that is the only thing they will hear.

The other approach that I have been using is the stressing of the structural point of view and, especially, of the structural model of the mind. When they tell me for example that the analyst works always with his "countertransference," I do not directly contradict but ask them to fit this assertion into the structural model of the mind, with the result that we get soon into a discussion of the complexities and varieties of psychological activities as describable with the aid of the structural model. And we end up discussing the many ways in which an analyst "responds" to his patients.

Aside from the irrationality and the stereotypical nature of the specific nature of the creed of the Kleinians-- I have often predicted that they will finally die out because of the sheer boredom which their formulations must cause them -- I have often been repelled by the fact that their analyses are characterized by a heavy atmosphere of guilt, reproach, and expiation which struck me as even more harmful than the theoretical views which are correlated to this atmosphere. It made me rather optimistic that I did not get the impression that this was the predominant mood in which analyses are conducted in the Latin American countries. (I have noticed, however, that some of the "reformed" Kleinians continue this "depressive" attitude in their analyses, even though the reproaches about the fantasies of the "bad" baby-patient are

replaced by a holding up to the patient their adult "badness" with an emphasis on their "lack of integrity," their "corruption," and the like.) So much for today about South America!

A few days ago during an informal evening with a number of our students, I found myself talking with them about the "ideal institute." Granted the necessity of making compromises, I said, and, at least in this country, the need to train psychiatrists in the skills of analyzing, could there not be in a country as large and wealthy as the U.S.A., room for one institute whose methods and goals would transcend those of the standard training institutions. Since I know that this topic is dear to your heart, it occurred to me that you might like to talk about it while you are here in Chicago. The thought occurred to me in a specific context. Among the activities of the Chicago Institute is a meeting on scientific topics which takes place once a week after lunch. Dr. Piers approached me a few days ago and told me that you would be attending one of the post-luncheon Wednesday conferences. He said that he was doubtful about the program for this session, was considering a discussion of the "Adult Profile", but wondered whether instead of that I would be willing to present some of my work on one of the aspects of the topic of narcissism which he knows I am working on. After some reflection I decided that none of the unpublished parts of my work on narcissism would at this time lend themselves for the loosely knitted discussion format of these meetings. But the thought occurred to me that "The Ideal Institute" might be a nice topic and one about which you might wish to lead off by giving your ideas free reign in this informal setting. Would you want to have this opportunity to talk about your views on psycho-analytic education, on "The Ideal Institute --- A Utopia"? Since, for a number of reasons, you might not wish to discuss this topic during your visit here, I have not mentioned it to Dr. Piers or to anyone else. But I do know that, if you should want to, it could easily be arranged instead of the "Adult Profile" (or of some other, as yet undetermined, topic). Please let me know about it so that other arrangements can be made in case you prefer not to treat this topic or to have the burden of this additional task.

It will amuse you to learn that I found no need to exert my tactful pressure with regard to the tendency to involve you in a string of dinner parties. On my arrival I found among my mail a copy of a reply by Dr. Piers to a letter from Helen Ross in which she obviously had already expressed herself clearly about the issue.

Concerning your stay with us, please do realize how much genuine pleasure it will be for us to make your stay comfortable. As Betty wrote to you, we hope that you will feel at home here and that, for example, you will feel as free to ask your friends over as if you were in your own house in London. I hope that I can convince you that you are giving us pleasure (and not work or

hardship) if you tell us in all respects what you would like us to do for you. We are quite centrally located for your purposes: Marianne, for example, will be nearby and she is looking forward to consider our place as one to come and go at her leisure. The same should hold true for all the other friends whom you wish to be included.

One further thought occurred to Betty and me, there is a house in the country, not very far from Chicago, which belongs to the family and is available to us as a quiet retreat, e.g., during the weekend of December 17-18. Would you be interested in that as a respite from city life in a lovely wooded area. No luxury but comfortable and quiet with surroundings that allow pleasant, non-strenuous walks in the woods? No need at all to decide on it, or to consider it now, but you might like it with a few books and a friend or two. It can be easily arranged without special notice.

Well that really has become a long letter -- and I haven't even told you about the lucky coincidence that, as Marianne mentioned to us a few days ago, your no-egg preference happens to be my dietary habit as well: so you can see, as I wrote to you some years ago, it's again a case of "identification" and therefore no trouble at all.

Carmel was as lovely as ever and the squirrels are just as lively and strong as when you knew them. Only one squirrel this summer seemed to be feeble. We watched him sitting in our garden on a big fir tree, seemingly very old and with a shaky limb. Betty took pity on him and, every morning and evening, put out some peanuts next to the bird feeder and provided fresh water. You can reconstruct the rest of the story from the poem which we composed afterwards.

"There was a scrawny old squirrel who lived in a tree,  
His paw had a tremor, he could hardly see.  
But peanuts and water have cured his disease:  
He now chases the blue jays and is getting obese."

With warmest regards from Betty and Tom,

Sincerely,



Heinz Kohut, M.D.

HK/lb

answ. yes  
28. VII.

HEINZ KOHUT, M. D.  
180 NORTH MICHIGAN AVENUE  
CHICAGO, ILLINOIS 60601  
TELEPHONE 726.6300

July 12, 1968

Miss Anna Freud  
20 Maresfield Gardens  
London, N.W. 3, England

Dear Miss Freud:

My eyes are always on the next analytic generation who will have to continue our work, and I am trying to identify the all-too-few who show unusual gifts and who promise to become significant contributors to analysis in the future. You know what a difficult task this is and how easily and how often one does get misled. Once in a while however one thinks that one has recognized genuine talent in a young analyst and feels stimulated to do what one can to further his professional and scientific development. In Chicago there are unfortunately very few people who show such promise. One of them is I believe Dr. John Gedo, a comparatively young analyst (he became a member of the American Psychoanalytic Association just about five years ago) who, because of his uncompromising and original thinking, has become increasingly disengaged from the local structure around the Institute and has turned toward private research pursuits. In view of my high opinion of his scientific potential I have supported him to the best of my ability. When I was President of the American Psychoanalytic Association I appointed him to one of the scientific committees, he has been serving as Secretary to the Committee on Scientific Activities, has worked with me on the regional workshop on narcissism, etc. Yet I have wondered whether something more could be done for him and the thought occurred to me that it would be a particularly wholesome experience for him to spend some time with you, see the Hampstead Clinic at work, and get a chance to become stimulated by your mode of thinking and by your research methods. I asked Dr. Gedo whether such an idea would be of interest to him, and he responded with immediate warm enthusiasm. His time and resources are limited, but he thought that he could consider spending from four to six weeks in London in the late spring or early summer of 1969, supporting himself (though with some difficulty) for such a stay. Do you think that this idea is realistic and that it has merit? In order to familiarize you with the intellectual level and the analytic sophistication of this young analyst I am enclosing reprints of two of his small contributions which just appeared. (You might be interested to know that he originally wanted to become a historian before he entered

medical school to become an analyst.) If you want to see others of his writings, you can easily have access to them since all of them appeared, I believe, in the Journal of the American Psychoanalytic Association.

With my warmest regards,

Sincerely,

*H. Kohut*  
Heinz Kohut, M.D.

HK/lb

D. H. Roberts

September 10, 1968  
Carmel, California  
93921  
c/o General Delivery

Dear Miss Freund,

Your letter followed me to California where we shall be staying until the end of September. I spent one week at the University of California in Berkeley, alone, in a guest room at the faculty club, while Betty was getting Tom ready for college. Then I drove to Carmel where we are renting a lovely home for the month, and a few days ago Betty joined me, and we are now spending a few peaceful weeks together. But it's lonely, too, since this is the first vacation without Tom, and we often think of him and are trying not to get the blues. Judging by two telephone conversations he seems to be doing all right at least as far as the first impact of the separation from us is concerned -- for the rest we shall see. I think he learned a great deal in his summer job (I understand that he never got around to writing to you about it as he had intended) and I don't believe that he became discouraged.

I was deeply gratified and reassured by your response to my paper. I am writing slowly but steadily on the longer version and I believe that it is gradually becoming presentable, more orderly, and more clear. As a matter of fact I have come to think that it will turn out to be an advantage that the paper will be read before the book.

Off and on I am still worrying about allowing myself to be nominated for the presidency of the I.P.A. as I am being urged to do, but frankly my inclination is against it. If I can really make an important contribution to analysis by my writings then I think I should devote myself fully to it and not get burdened down with administrative responsibilities. I cannot believe that either Arlow or Ransell could really do that much harm. But still - from time to time I wonder whether this is the right decision and I leave myself a little opening of doubt.

HEINZ KOHUT, M. D.  
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CHICAGO, ILLINOIS 60601  
TELEPHONE 726-6300

November 29, 1968

Dear Miss Freund,

today only a line to tell you that  
I received your letter and that I have again  
opened this whole issue of the Presidency of the  
IPA in my mind. I will think about it  
for a few days -- and nights! --, will  
talk about it with a couple of intimate friends  
and will then let you know what I have come  
with my warm regards,

Sincerely,

Heinz Kohut



HEINZ KOHUT, M. D.  
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January 4, 1969

Miss Anna Freud  
20 Maresfield Gardens  
London, N.W. 3, England

Dear Miss Freud:

I was so glad to receive your warm letter which arrived while I was in New York for the meetings: it confirmed my conviction that my decision to allow myself to be nominated was the right one. Marianne who had me for dinner despite her painful hip was also very encouraging and the Eisslers, too, are most supportive.

I am of course moved by your pessimism about analysis -- realistic as some of your misgivings undoubtedly are, I cannot quite share them. Barring a war or a political holocaust which would do away with Western civilization as we know it, I believe that analysis will not only survive but become ever more strong and influential, notwithstanding the attacks and the defections. It is over and over again amazing and reassuring to me to see how many people are still working quietly, thoughtfully, and effectively in our science and I for one believe, as you know, that it will in the long run not be broad acceptance but creative discovery supported by solid productivity which will be decisive.

It makes me sad though, that you feel that your efforts are not arousing a sufficient response. You are so much part of an external ego ideal for so many analysts that there may be a counterforce which prevents them from showing their high regard in appropriate actions -- and, of course, there is ambivalence in most toward all that is great and admired. It is foolish at this time to give thought to what I might do, should I become the leader of the I.P.A. -- but the question occurred to me whether a future Congress program (or a series of them) might not be entitled "Foci of Psychoanalytic Thought", beginning with your work at Hampstead (perhaps Dr. Lustman as chairman of the program), followed by a Congress on ego psychology, etc. Let me know some time what you think of the idea.

I am sending along two enclosures. One a communication which I sent to the New York Times (it was not published) which expresses some of the thoughts transmitted to you earlier in this letter. The other a draft for the final report of the Committee on Scientific Activities. It is too long and too chatty but that was the easiest way for me to prepare this draft. It will be much tightened and there will be some changes of substance in response to the reactions of the members of my

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committee. Since it is long you might not want to spend the time to read it all. But since I am referring to you in this (to me important) document which will I hope get wide distribution, I would like you to check page 13 and tell me whether I rendered the spirit of your views correctly.

Tom began his Christmas vacation by joining me in New York. We had a delightful father-son weekend: at the meetings, the Play of Daniel in a New York church, and in the opera (Die Meistersinger). Now he is here with us until approximately January 6 when he will return to Oberlin. Betty is nearly recovered from a slight attack of sciatica and the whole family is well and happy. We all send you our affection. Warm greetings to Dorothy. And a good 1969 to you!

Sincerely,  
*Heinz Kohut*  
Heinz Kohut, M.D.

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Dr H. Kohut

February 16, 1969

Dear Miss Freund:

I had no trouble making up my mind after I received your letter, and I agree with you that it is not a good thing to offer oneself for defeat. I phoned the Eisslers and informed them about the fact that I was withdrawing from the race and gave them the reasons for it (I simply assumed that the "private and confidential" which you mentioned applied to everyone with the exception of the Eisslers and Marianne). I have not spoken to Marianne yet but told the Eisslers that they could talk to her. I will, however, probably phone her today, Sunday, and tell her about it personally.

With regard to my private life and my scientific work this development is a blessing. But -- with all the feeling of relief -- I will not deny that the disappointment was great. On the lesser side there were waves of hurt pride and anger, and, in particular, feelings of resentment that the very group that should have understood best what choice to make did not even seem to consider me. Harder to settle internally is the turning away from the plans about the future of the I.P.A. that had begun to form in my mind. But here, too, I am making progress. After one disturbed night I am again sleeping soundly -- and that is a good sign that I am well on the road to finding my balance.

As far as the I.P.A. is concerned it is hard to make a prediction. I do not believe that my present personal involvement interferes with the objectivity of my judgement. By comparison with Arlow, Rangell is the lesser evil: for the simple reason that he is the weaker person --- more guided by needs for personal success and without strong convictions. I have serious scientific disagreements with the Arlow-Brenner approach. How important a danger to analysis their work constitutes, however, I cannot evaluate. The older generation and those already established in their analytic thinking will probably remain unimpressed. But the younger generation particularly those under their direct influence in New York, might well be led astray. Rangell's writings, on the other hand, seem, on the face of it, perfectly harmless. I find them polished, intelligent, very nicely put, but completely unoriginal. He is beloved by the South-Americans, has some friends in the U.S.A. (but many will prefer him to Arlow -- most of those who would have voted for me will now vote for Rangell, i.e., against Arlow), and now, surprisingly enough, he has the leaders of the European psychoanalytic community on his side. If he gets elected -- as you know, he barely made it for Vice-President in Copenhagen. He got the lowest number of votes of those elected; as a matter of fact he got in by "the margin of a single vote ! -- he will probably do quite well as a peace-maker and compromiser. And strong pressures that would test his stamina and his devotion to analysis are not likely to arise.

I have learned long ago not to waste my anger in quarrels and I will not react to the provocation, especially in view of the fact that it was couched in a seemingly balanced and mild phraseology. Perhaps the final report of the Committee on Scientific Activities will give me a chance to discuss the question where and how analysis is similar to the other sciences and where and how the subject matter forces us to create our own methodology and our own system of theoretical formulations.

The real issue however is not a small one. It is the necessity of having to continue the watchful efforts on behalf of analysis on two, seemingly opposite, fronts: (a) against the foggy fantasies and the unscientific mode of thinking of the id psychologists who see the psychological world populated by depressed and paranoid babies; and (b) against those who are using the insights of ego psychology not in order to enrich their understanding of the interplay between the irrational and the rational aspects of the human mind, and of the more or less successful taming of the irrational in the service of the rational, but who have replaced the access to the understanding of the human mind in depth which your father opened to us by a preoccupation with the activities of the surface.

I know, of course, that one cannot help but be influenced by one's dominant experiences, and I know that you in England (and in a different form on the Continent: existential analysis, for example) had to confront those who disregard the powers of the ego. In America, as you also know, the opposite holds true. The in and of itself laudable interest in "technique", methodology, and theoretical systematizing, leads here often to a renewed surface behaviorism and considerations of professional acceptability, of merging with other disciplines (rather than a dialogue with them) are strong forces which endanger the survival of analysis.

This has become a long communication; but these reflections are a background to the fact that people whose views I value highly have expressed deep concern and that I am urged to become a candidate for a four-year position which would seriously curtail the continuation of my scientific work. For the time being, I have stalled and said that I would see after my September vacation what progress I have been able to make with the monograph on which I am working.

And now only once more my gratitude for your understanding: it means a great deal to me.

Warmly yours,

*Heinz Kohut*  
Heinz Kohut M.D.

HK/lb

*D. H. Kolbert*

April 6, 1969

Dear Miss Freud,

Yes, I knew about your illness from Marianne who conveyed to me the message that you had wanted to write to me but that you were not feeling well. I am so glad to know that you have now recovered from this nasty siege and that you will have the tonic of the Irish surroundings to restore you completely.

Concerning the I.P.A. I do not think that we should withdraw our interest from it -- whoever the next president will be. I will do my best not to react in hurt withdrawal but to support analysis even in the unwieldy organization that the I.P.A. has now become. My personal reactions to Vander Leeuw's report about the attitude of the European training committees which prompted us to give up the race has largely subsided and I know more and more what a personal and scientific benefit accrued to me by this development. The only thing that still stirs me up from time to time is the arrival of expressions of support which I am still receiving from various quarters. I had, unfortunately, already started my "campaign" before I received your fateful message, i.e., I had written more than a hundred personal notes to people in all parts of the world who would, as I had reason to believe, support my candidacy in Rome. Since I had, of course, nowhere mentioned my candidacy directly there is no need (and really no possibility) to take anything back now -- these things will quickly take care of themselves now by word of mouth. But from the replies which I received I got some very interesting impressions. The entrenched, institute-bound leaders seem to have been least responsive to me (in Europe and South-America, especially noticeable in France and Great Britain), perhaps because they have the (correct) impression that I would be a force that is opposed to the progressive institutionalization and professionalization of psychoanalytic learning. There seems to be a large group, on the other hand, which sees in me the representative of something that is in danger of getting lost in the institutionalized and professionalized analysis of the present; and it is, in particular the fact that I received many enthusiastic messages about my last paper which gives me heart that my efforts are not in vain. Well, somewhere I must be an incorrigible optimist -- perhaps because I, too, am the firstborn child of a young mother.

The manuscript of my book is now nearing completion, and the first eight copies have been read by a selected group of young analysts, i.e., by people who are in their first decade of independent work after graduation from institutes. Some of their responses moved me more deeply than anything that I have experienced in my professional life. I don't doubt that these responses are an unrealistic overvaluation

And now I do wish to tell you, how much your letter meant to me. You have nothing to blame yourself for -- on the contrary, you did what you had to do and you did it well. The behavior of large groups follows laws which we do not know. Things might very well have worked out differently, and there was no way of testing the situation without having at least gone as far as we did. My major efforts can now be devoted to my scientific goals, and -- after I will have been done with my reaction to the present disappointment -- I will now have a chance for a fruitful period of work.

Sincerely,

*Heinz*  
Heinz Kohut, M.D.

which he had entertained for a moment. And, as he listened further, the truth became revealed. The comfort which the patient had been seeking was alas, not spiritual but carnal; he had not turned to the Mezuzah but to a "masseuse," clearly a euphemism for a house of prostitution.

I will take this story as an allegory of the victory of science which rejects embellishments and insists on accepting reality in all its unrelieved starkness. And, letting the story speak for itself, I shall ~~therefore~~ without any further elaboration, propose <sup>this</sup> a toast to Heinz <sup>our colleague and friend, and our teacher!</sup> ~~to~~ the man who not only has given to psychoanalysis a great theoretical edifice of elegance and perfection but who was also <sup>able</sup> to build it without sacrificing the biological realities which it contains; <sup>many, many</sup> ~~many~~ happy returns to Heinz!

Heinz Kohut, M.D.