



HISTORICAL SKETCH

The idea of a Center for Advanced Psychoanalytic Studies was first discussed, in a general way, in 1950 and 1951. These early discussions took place between Doctor Muriel M. Gardiner and myself. It was about ten years later, in November of 1961, that the first Princeton Conferences were held at the Nassau Inn.

Soon after I moved to the Princeton area, in 1955, the idea of a Center for Advanced Psychoanalytic Studies (CAPS) began to receive more of my active interest and attention. There were discussions, at that time, with Doctors Robert Waelder and Rudolph M. Loewenstein as well as continuing considerations with Doctor Muriel M. Gardiner. Soon I discussed this kind of possibility with a number of other colleagues, in particular, with Doctors Grete L. Bibring and Maxwell Gitelson. In 1959, the following general notion was agreed upon: "That there be established some facility, not connected with any already existing psychoanalytic institute, in a non-urban area, with the idea that there be freedom from the usual interfering activities. Here psychoanalysts could meet with no set responsibilities, beholden and responsible only to themselves." Although there was to be no involvement with any already existing psychoanalytic institute, there was to be a connection with the "mainstream of psychoanalysis."

From the very outset the idea of CAPS received the interest, encouragement, and support of leaders in psychoanalysis. In 1960, a CAPS Advisory Board, with a Steering Committee, was established. By common agreement, Doctor Maxwell Gitelson assumed the Chairmanship of the Advisory Board. The following were invited to serve as members of the Advisory Board of CAPS: Doctors Jacob A. Arlow, David Beres, Grete L. Bibring, Muriel M. Gardiner, Phyllis Greenacre, Ralph R. Greenson, Samuel A. Guttman, Bertram D. Lewin, Rudolph M. Loewenstein, Leo Rangell, Miss Helen Ross, Doctors Martin H. Stein, Helen H. Tartakoff, Robert Waelder, Emanuel Windholz, and Elizabeth R. Zetzel. The Steering Committee was originally composed of the following: Doctors Grete L. Bibring, Maxwell Gitelson, Samuel A. Guttman, Leo Rangell, and Martin H. Stein.

CAPS Group One was established in 1961 after polling, informally, a number of our older, more experienced and knowledgeable colleagues. The simple "ground rules" for Group One were: that there be some attention to geographical distribution and the idea was to select colleagues, under fifty years of age, who were most likely to make continuing contributions to one or more areas or aspects of psychoanalysis. Fifteen invitations were extended and all accepted. This original group was made up of the following: Doctors Brian Bird, Victor Calef, Charles Fisher, Samuel A. Guttman, Heinz Kohut, Samuel D. Lipton, Peter B. Neubauer, Eugene Pumpian-Mindlin, Leo Rangell, Victor H. Rosen, David L. Rubinfine, Alfred H. Stanton, Martin H. Stein, Arthur F. Valenstein, and Henry Wermer.

Doctor Robert Waelder served as Guest Moderator for the first meeting. There was a general understanding that, ordinarily, each group, once established, would meet for two weekends a year and determine its own activities and ways of doing things. Once a group was established, if someone dropped out, there could be replacements. Members of the group would, of course, have a colleague who suited them. The CAPS Steering Committee was available in an advisory capacity. The main and important notion from the outset has been minimal formal organization and each group would proceed in its own way, at its own pace.

Group One got off to a start in "high gear". One possible reason was that everyone in the group, except one person, was well known to all other members of the group. Practically everyone in the group was more than an acquaintance. Friendships had been formed over the preceding years, so, in a sense, some of the more common "growing pains" did not take place. This does not mean that the same high level of operation persisted all along. There have been fluctuations. After two long weekends with Doctor Waelder as Guest Moderator for the group the group proceeded without a Guest Moderator. This came about by chance. A Guest Moderator could not, at a late date, keep the engagement, so we proceeded without a substitute guest and found how well we worked "on our own". This was a good stroke of fortune and was very instructive. On one occasion Doctor Heinz Hartmann spent part of a weekend with Group One as a guest. Also, on another occasion Professor Thomas Kuhn, was a guest. On yet another occasion, Doctor Anna Freud was a guest. These colleagues were part of the group and some member of Group One would serve as moderator. Usually, Group One has a different moderator for each morning and afternoon conference.

After several years, for various reasons, some of the original members withdrew from Group One, two passed away, and new colleagues were invited. Group One continues to meet regularly with enthusiasm. It is interesting to note that now almost all of the groups have conferences without Guest Moderators.

Groups Two, Four, and Five also started out with Doctor Robert Waelder as Guest Moderator. For Groups Six, Seven and Eight, Doctor Rudolph M. Loewenstein served in that capacity. (The term "Guest Moderator" has been changed to "Guest Participant"). There have been some dropouts and some deaths in these groups and replacements have been made.

Guest Participants for the several groups, besides Doctors Loewenstein and Waelder, have included Doctors Jacob Arlow, Robert C. Bak, Peter Blos, Helene Deutsch, Professor Erik Erikson, Doctors Anna Freud, George Gero, Merton M. Gill, Phyllis Greenacre, R. Ralph Greenson, Samuel A. Guttman, Heinz Hartmann, Mary O'Neil Hawkins, Edith Jacobson, Heinz Kohut, Bertram D. Lewin, Hans W. Loewald, Margaret Mahler, Lillian Malcove, Miss Helen Ross, Doctors Roy Schafer, Hanna Segal, Martin H. Stein, and Leo Stone.

Until approximately five years ago the Princeton Conferences had been tape recorded. Some of these have been very, very roughly transcribed. This material remains in Princeton and there is general agreement that it is the "property" of each group. So far nothing has been done with this material. (Some of it is very first rate, too). The general idea is: "We do not want to spoil the informality and spirit by publishing or thinking that way." A list of the conference topics is available.

What colleagues receive from The Center for Advanced Psychoanalytic Studies (CAPS) involves many intangible intangibles. Guest Participants receive an honorarium. Members care for their own travel and other personal expenses. With "geographical distribution" there are considerable differences in travel expense for the members, not to mention time lost in practice. Quite spontaneously, after a while, members of the several groups established a "travel pool". The air travel expenses along from the West Coast, are quite expensive. Travel expenses are tabulated and each participant ends up by paying the same amount of money. This, at least, eases the financial burden a bit for those colleagues who must travel some distance to come to Princeton.

CAPS is certified by the Accreditation Council for Continuing Medical Education to grant CME credits to participants.

CAPS is now in its twenty-sixth year. Currently there are eleven groups which meet semi-annually, mostly at the Nassau Inn, in Princeton.

Samuel A. Guttman, M.D.

Rev. 9/9/81

10/12/82

3/10/86