



## **WHAT IS ANXIETY? TREATMENT CHALLENGES APPROACHES IN DIALOGUE**

**Friday, 9<sup>th</sup> December 2016, 8.45 to 5.15**

*Education and Research Centre at St Vincent's University Hospital, Elm Park, Dublin 4*

**8.45: Registration**

**9.15: Opening remarks: Prof. Douglas Veale, Professor of Medicine, Consultant Rheumatologist, Clinical Director, SVUH**

**9.20 – 10.50: First session**

**Chair: Prof. Mary Clarke**

- 9.20: Dr. Barry O'Donnell: What is anxiety?  
9.50: Prof. Brendan Kelly: What Do Psychiatrists Mean by 'Anxiety'?  
10.20: Dr. Patricia McCarthy: An Exploration of Anxiety and its Symptom(s)

**10.50: Coffee**

**11.10 – 12.10: Second Session**

**Chair: Tony Hughes**

- 11.10: Dr. Helen Sheehan: Searching for the lost object ... Freud's first steps (towards a theory of anxiety)  
11.40: Guy Le Gaufey: The object of anxiety

**12.10 - 1.00 Panel discussion**

- 12.10: Panel discussion led by Dr. Aisling Campbell with Dr. Mary Cosgrave, Prof. Walter Cullen, Tony Hughes

**1.00 – 2.00: Lunch**

**2.00 – 4.00: Third session:**

**Chair: Mary Cullen**

- 2.00: Malachi McCoy: Pre-Phobic Anxiety  
2.30: Dr. Christian Fierens: What can be done with anxiety? Enjoyment and acting

**3.00: Coffee**

- 3.20: Dr. Charles Melman: *Pourquoi suis-je anxieux ?*  
Translation: Dr. Cormac Gallagher

**4.00 – 5.00 Panel discussion**

- 4.00: Panel discussion led by Dr. Anthony McCarthy with Terry Ball, Mary Cullen, Dr. Gabrielle O'Kelly, Kim Spendlove

**5.00: Closing remarks:**

**Dr. Anthony McCarthy**

# Abstracts

**Dr. Barry O'Donnell**

**What is anxiety?**

An introduction to the question which invites attendees at the conference to hear the psychoanalytic position which is that anxiety is to be understood as a phenomenon of *mental* functioning, for all its physiological manifestations. There is no question but that anxiety presents challenges for any psychological intervention and for formulating a theory to help articulate and guide its handling. With the work of Sigmund Freud and Jacques Lacan, who situates anxiety as an inevitable phenomenon of human subjectivity, we have clinically based theoretical frame-works with which to orientate practice.

*Dr. Barry O'Donnell is Director of the School of Psychotherapy at St. Vincent's University Hospital and Director of Psychotherapy Programmes in the School of Medicine, UCD. He practises psychoanalysis and is a member of the Irish School for Lacanian Psychoanalysis (ISLP).*

**Prof. Brendan Kelly**

**What Do Psychiatrists Mean by 'Anxiety'?**

This talk explores current understandings of anxiety in psychiatric practice. It focuses on how anxiety is assessed, what diagnoses are most commonly made in the area of anxiety, and what therapeutic modalities follow on from this understanding of anxiety.

*Prof. Brendan Kelly is Professor of Psychiatry at Trinity College Dublin and Consultant Psychiatrist in Tallaght Hospital. His chief research interests are mental health and human rights, the history of psychiatry, and medical education. He is author of "Hearing Voices: The History of Psychiatry in Ireland" (Irish Academic Press, 2016) and continues to work on the history of mental health care in Ireland and elsewhere.*

**Dr. Patricia McCarthy**

**An Exploration of Anxiety and its Symptom(s)**

In 1926, in *Inhibitions, Symptoms and Anxiety*, his definitive and final paper on anxiety, Freud states that inhibitions and symptoms differ from each other and cannot be placed on the same plane. In the course of his 1962 – '63 seminar *Anxiety*, Lacan devoted 25 sessions to further teasing out the psychoanalytic distinctions between, not only inhibitions and symptoms, but between all three terms. He concludes that the symptom of anxiety that we name pathological by virtue of its affective manifestations - as these, for example, present themselves in panic attacks, generalized anxiety disorder or phobia - acts as a signal and differs from anxiety proper.

For Lacan, anxiety proper lies on the hither side of the symptom and is the response of the subject to the real. What should be found shocking is the psychoanalytic understanding that we are all subject to the effects of anxiety, effects that by definition, are symptomatic. Symptomatic can then no longer be equated simply with the pathological; symptomatic is to be understood as the acting out, in the symbolic and the imaginary, of the question of your existence or the taking on of an identity of which you are unaware or unconscious.

A ‘game changer’ such as this makes it incumbent on psychoanalysts to at least speak about it. It remains an open question as to whether or not this can be thought to be relevant to anyone outside the field of analysis.

*Dr Patricia McCarthy is a practising psychoanalyst. She is a former Director of the School of Psychotherapy at St Vincent's University Hospital and a former psychiatrist. She participates in the cartel structure of The Irish School for Lacanian Psychoanalysis and is the current editor of The Letter, Irish Journal for Lacanian Psychoanalysis [www.theletter.ie](http://www.theletter.ie)*

**Dr. Helen Sheehan**  
**Searching for the lost object ...**  
**Freud's first steps (towards a theory of anxiety)**

This paper examines Freud's early work on anxiety. It considers the development of his theory and his preliminary conclusions. In particular it will focus on his work in the period 1892 – 1895.

*Dr. Helen Sheehan is a psychoanalyst working in Dublin.*

**Guy LeGaufey**  
**The object of anxiety**

I want to tackle the question of anxiety according to a semiotic perspective, since Freud, in his second theory of anxiety, conceives it as a sign, as Lacan did later on. What kind of sign is it, and how does it work?

*Guy Le Gaufey has been member of the Ecole Freudienne de Paris from 1974 to its dissolution in 1980. He then co-founded the Lacanian review Littoral in 1981 and the École lacanienne de psychanalyse in 1985. He has written a great number of papers (available at [www.legaufey.fr](http://www.legaufey.fr)), and published many books at epel ([www.epel-edition.com](http://www.epel-edition.com)). His books include Le pastout de Lacan, translated by Cormac Gallagher in The Letter ([www.theletter.ie](http://www.theletter.ie)) and on [www.lacaninireland.com](http://www.lacaninireland.com). He is also translator from English to French of some books including the poetry of Philip Larkin and on Gender Studies.*

**Malachi McCoy**  
**Pre-Phobic Anxiety**

It [*The Interpretation of Dreams*] contains, even according to my present-day judgement, the most valuable of all the discoveries it has been my good fortune to make.” Freud's breakthrough reveals the structure of our mental activities. With recognition of Freud's symbolic discovery, what can we learn from the anxiety-dream of a child?

*Malachi McCoy is a practising psychoanalyst and teaches Lacanian psychoanalysis at the School of Psychotherapy at St. Vincent's University Hospital. He is a member of l'Association Lacanienne Internationale Rhône-Alpes and co-ordinates a resource centre for people with severe diagnoses with Shine (formerly Schizophrenia Ireland).*

**Dr. Christian Fierens**  
**What can be done with anxiety? Enjoyment and acting**

There are two different answers to this question depending on two different conceptions of psychoanalysis: the first one depends on a more or less Cartesian conception of the affect and is related to Freud's first theory of anxiety. The second one depends on a more or less Spinozist conception of the affect and is related to Freud's second theory of anxiety and to Lacan's theory of affects.

*Dr Christian Fierens is a practising psychoanalyst. He is a psychiatrist, a doctor of psychology, and a member of the Questionnement psychanalytique, of the Association freudienne de Belgique and of the Association lacanienne internationale. He has published a number of books, including Logique de l'inconscient (1999), Lecture de l'Etourdit (2002, translated by Cormac Gallagher on [www.lacaninireland.com](http://www.lacaninireland.com)), Comment penser la folie (2005), La relance du phallus (2008), Le discours psychanalytique (2012, translated by Cormac Gallagher on [www.lacaninireland.com](http://www.lacaninireland.com)), L'âme du narcissisme (2016). He has been presenting lectures on Freud and Lacan for over 20 years and leads a seminar on psychoanalysis and philosophy.*

**Dr. Charles Melman**  
**Pourquoi suis-je anxieux ?**  
**[Why am I anxious?]**

*Dr. Charles Melman is a leading psychoanalyst and psychiatrist in France. He is a co-founder of Association Lacanienne Internationale (ALI), Paris. Dr. Melman has published extensively and contributed very influentially to the elaboration of Lacanian psychoanalysis internationally. He has been a very strong support to psychoanalysis in Ireland over the decades. He worked with Jacques Lacan in Paris.*

## **Panel Participants and Chairs**

**Ms Terry Ball** is a practicing psychoanalyst. She is the Subject Leader of the Department of Psychotherapy and of Psychoanalysis in Dublin Business School. She is a member of the Irish School for Lacanian Psychoanalysis, a Registered Practitioner member of the Association for Psychoanalysis and Psychotherapy in Ireland and an Analyst Member of the Association Lacanienne Internationale.

**Dr. Aisling Campbell**, Consultant Psychiatrist in Cork University Hospital and UCC. She has a psychoanalytic training and psychoanalysis informs her work. Dr. Campbell has an interest in eating disorders and in traumatic stress syndromes.

**Prof. Mary Clarke** trained in medicine and neurology and then in psychiatry. She was appointed as Consultant Psychiatrist to St John of God Hospital in 2001 where she specialized in substance misuse and psychosis. She is Clinical Lead of the DETECT early intervention service in psychosis service since 2011, Senior Lecturer in Psychiatry to UCD since 2008 and Clinical Professor since 2014. Her research has focused on longitudinal studies of first episode psychosis and early intervention. She has an interest in developing interventions to improve outcome in psychosis. She is a fellow of the Royal College of Psychiatrists UK and the Royal College of Physicians in Ireland.

**Dr. Mary Cosgrave** is an old age psychiatrist at the Ashlin Centre located at Beaumont Hospital. Dr. Cosgrave is Executive Clinical Director for the North Dublin Mental Health Service and St Joseph's Intellectual Disability Service. She completed the UCD MSc in Psychotherapy in The School of Psychotherapy in 2000.

**Mary Cullen** has a background in social work and in community development. She is a licensed group analyst (IIGA) and accredited psychoanalytic psychotherapist (ICP). In the School of Psychotherapy Mary is clinical tutor in psychoanalytic psychotherapy and member of the Group Analytic training team. She is a member of ISLP, IGAS, IIGA, and IFPP. She is a member of the Board of Community Action Network and was previously chairperson of the board of Southside Partnership.

**Prof. Walter Cullen**, Professor of Urban General Practice at UCD School of Medicine & GP Dublin North Inner City

**Dr. Cormac Gallagher** is a psychoanalyst, co-founder and first Director of The School of Psychotherapy and founder of the Irish School for Lacanian Psychoanalysis (ISLP). He is the translator of Lacan and other writers including the work of Christian Fierens, Guy Le Gaufey and Charles Melman. He is the author of many papers which provide access to the work of Freud and Lacan (see: [www.lacaninireland.com](http://www.lacaninireland.com)). He introduced Lacanian psychoanalysis into Ireland. Today he is providing the simultaneous translation for the paper by Dr. Melman.

**Tony Hughes**, psychoanalyst, former editor of The Letter. Irish Journal for Lacanian Psychoanalysis ([www.theletter.ie](http://www.theletter.ie))

**Dr. Anthony McCarthy**, Consultant Psychiatrist, St. Vincent's University Hospital and National Maternity Hospital; Clinical Director, Elm Mount, St. Vincent's University Hospital

**Dr. Gabrielle O'Kelly**, lecturer / assistant professor, UCD School of Nursing, Midwifery and Health Systems; Programme Director of the new Higher Diploma in Mental Health Nursing; Dr. O'Kelly studied psychoanalysis and trained as a psychoanalytic psychotherapist. Her PhD was on the impact of nurses' unconscious mental processes on their work with patients.

**Kim Spendlove** works for the Tower Project, community based project funded by the Probation Service for pre- and post- release offenders. A psychoanalytic practitioner with a background as a criminologist Kim is a member of the Irish School for Lacanian Psychoanalysis (ISLP).

**Prof. Douglas Veale**, UCD Professor of Medicine, Consultant Rheumatologist, Clinical Director, St. Vincent's University Hospital