



ISTANBUL
PSYCHOANALYTIC
PSYCHOSOMATIC
ASSOCIATION

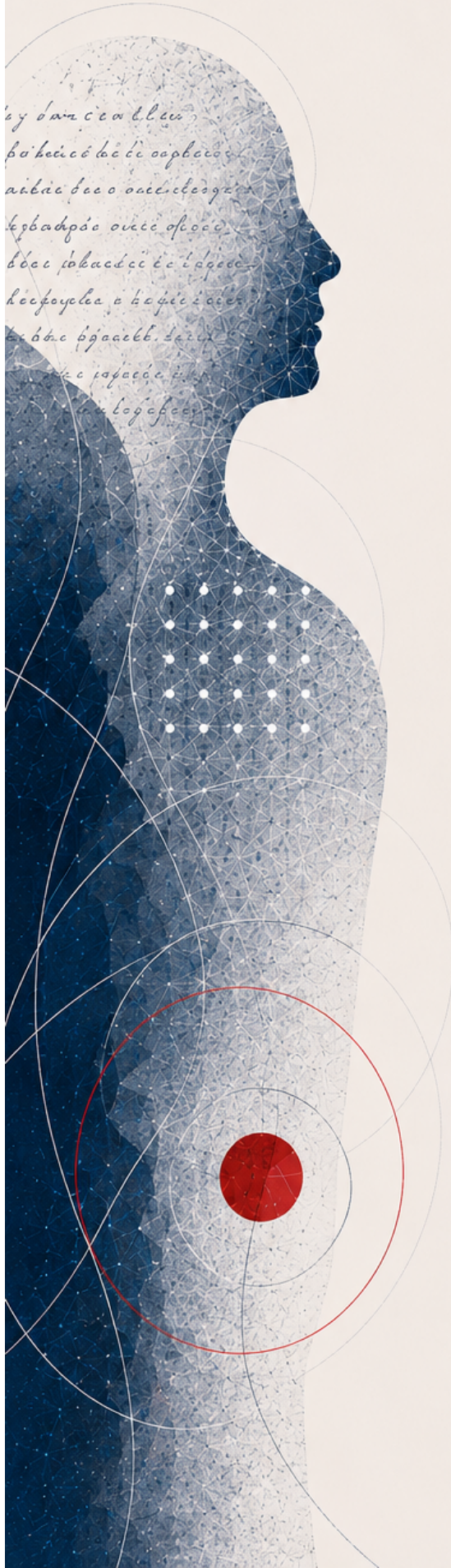
Annual Newsletter

Dear Colleagues,

The relationship between the psyche and the body has been one of the most multi-layered, richly explorable, and fertile areas of psychoanalytic practice since its inception. As the Istanbul Psychoanalytic Psychosomatic Association (IPPD), we have been coming together since 2022 to enhance our knowledge and experience in this field and to make meaningful contributions.

Since our establishment, our primary goal has been to bring the theoretical heritage of the Paris School of Psychosomatics (IPSO), founded by Pierre Marty, into dialogue with clinical practice in Turkey, and to rethink the body through the possibilities of psychoanalysis. With this newsletter, we aim to look back at our association's work together and share how our scientific production is transformed through our collective effort.

Our newsletter consists of seminars and publications we have organized and contributed to, as well as our upcoming events and future projects.





Theoretical Seminars

Introduction to Psychosomatic Theory Seminars

The “Introduction to Psychosomatic Theory Seminars,” which present the psychoanalytic psychosomatic theory beyond a theoretical reading, through the perspective of psychosomaticians and within a framework that allows interactive learning, took place for the fourth time in the 2025-2026 academic year. In these seminars, conducted under the guidance of our founding psychoanalyst members Tefrika Ikiz, Alper Sahin, Dilek Özer, Bessi Meshulam, Pinar Kanlikilicer, Göver Kazancioglu, and Seda Sahin Özyildirim, we open up a shared space of reflection for our participants on topics such as the difference between hysteria and somatization, the psychoanalytic psychosomatic model, maternal function and the impact of the environment on psychosomatic organization, operative life) and self-soothing mechanisms, bodily manifestations seen in children and adolescents, and technical differences in working with psychosomatic patients.

Screen Body

“Screen Body,” in which the reflections of mental functioning on the screen of the body are examined through psychoanalytic theory, is conducted by Psychoanalyst Pinar Kanlikilicer and Clinical Psychologist Efsane Ebcim, and consists of four consecutive seminars. In this study, where cinema characters are used as cases, the formation processes and manifestations of core psychosomatic concepts are addressed. The aim of the seminars is to demonstrate how psychosomatic theory can be handled within the theoretical and clinical spectrum, starting from its concepts.



All colleagues who are curious about the theoretical foundations of psychosomatic thought can participate in these two introductory seminar series. The event program and announcements are made annually. Our announcements can be followed on our website and social media accounts.

Psychosomatic Readings: Meetings with Books Series

Psychosomatic Readings is our periodically organized event series where we aim to bring together our association members with psychoanalysts and psychosomaticians who have contributed to the field both nationally and internationally to think collectively. You can find the seminar titles and brief summaries of the contents presented by our esteemed colleagues, with whom we have worked since our establishment, on the following page. Announcements for future events can be followed on our website and social media accounts.

Wolfgang Lassmann – Losing Interest in Desire

2 April 2023

Based on a sixty-year clinical experience conducted with subjects who manifest through somatic expressions and whose fantasy life is inhibited, this work by the Paris School of Psychosomatics (IPSO) re-problematizes the concept of “operational thinking” through contemporary metapsychological perspectives. This first meeting formed the theoretical foundations of our endeavor to analyze the manifestations of deficits in symbolization capacity on the somatic stage, and the psychic silence behind the bodily symptom.

Marilia Aisenstein – Desire, Pain, and Thought

17 September 2023

Defining primary erotogenic masochism as psychic resilience and survival, and as the “guardian of life,” Aisenstein shared her theory following Freudian metapsychology. This theory suggests that thought is actually a painful process involving the relinquishment of the object of desire, and that desire is one of its most concrete manifestations.

Kübra Koç & Elif Yavuz Sever – Working with Women with Fibromyalgia

4 February 2024

Clinical Psychologist Kübra Koç shared excerpts from her study titled “Sensoriality and Projective Tests in Fibromyalgia Syndrome,” in which she investigated the psychic representations behind the chronic pain of female participants through projective tests. In this meeting, where the possibilities of transforming somatic pain into a psychic narrative were problematized, new methodological perspectives were presented regarding the deciphering and making sense of the bodily symptom in the clinic.

Irina Adomnicai – Adolescence and the Ailing Body

3 March 2024

Approaching somatic illness as a riddle that every psychoanalyst must solve, Adomnicai conveyed through poignant case histories how this bodily pain holds a place in the subject’s history, and how the adolescent process is disrupted by a somatic illness.

Savvas Savvopoulos – Seven Life Stories

23 February 2025

This study, presented by Savvopoulos through seven clinical cases, conveyed to the participants the decisive role of the psychic organization across a wide spectrum that includes conditions presenting with attacks such as asthma, allergy, and migraine, as well as severe somatic destructions like oncological processes.



Psychosomatic Meetings

Psychosomatic Meetings create an interdisciplinary ground for reflection and discussion by bringing together national and international psychoanalysts and psychosomaticians with our members. Here are our events presented for the interest of our members and all colleagues who have participated in our association's activities since our establishment:

● First Anniversary Event

21 October 2023

In the first anniversary event, where the collective production process of the association was made visible, the founding psychosomaticians of the association came together with the members.

● School and Psychoanalysis Symposium XVI – The Ailing Body and the School

7 May 2023

The intersections of education and bodily symptoms were addressed, and reflections on psychosomatic symptoms within the pedagogical context were explored.

● Laurent Chiche – The Squiggle Game

18 February 2024

The most primitive and creative forms of symbolization were examined, and traces of early representation processes in psychoanalytic thought were traced.

● Jean Claude Elbez – The Theoretical and Clinical Transformation of the Psychosomatic School

9 June 2024

The historical development of the psychosomatic school was examined from theoretical and clinical perspectives.

● VI. National Rorschach and Projective Tests Congress

6 September 2024

During the panel, the importance of projective data within the psychosomatic clinic was reflected upon and emphasized.

● Giuseppe Civitarese – The Body in Psychoanalysis

13 October 2024

The sensory and aesthetic dimensions of the body were re-examined from a psychoanalytic psychosomatic perspective.

● Bessi Meshulam – Ferenczi and Psychoanalytic Psychosomatics

25 May 2025

Within the framework of Ferenczi's "wise baby" conceptualization, the relationship between early period experiences and bodily suffering was discussed.

● International Psychodermatology Congress

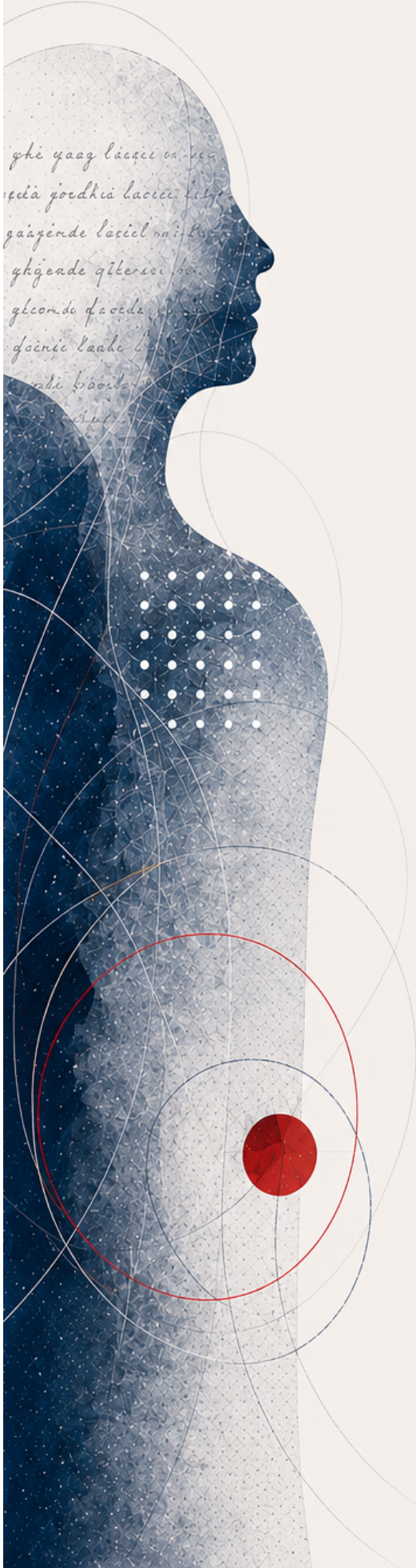
28-31 May 2025

At the intersection of psychoanalytic thought and dermatology, the psychosomatic dimensions of skin diseases were addressed, and the fluidity between the body and the psychic world was re-examined with the contribution of different disciplines.

● In the Pursuit of Psychosomatic Writing

6 December 2025

In this meeting hosting Jean Claude Elbez, psychosomaticians shared their reflections at the intersection of writing and the clinical field regarding the psychosomatic domain.



Books and Academic Contributions

Our association continues to contribute to theoretical production in the psychosomatic field not only through events but also through publishing activities. In this regard, two of our publications have recently been released: one translation and one periodical.

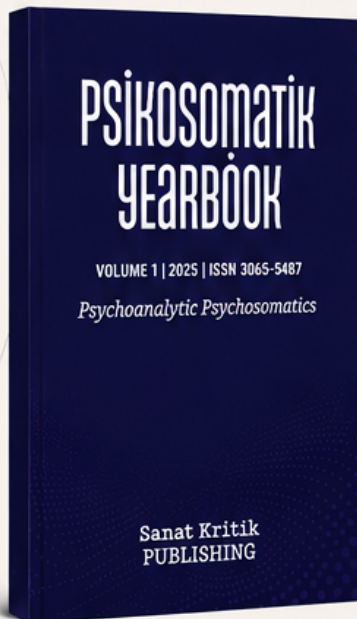
To stay informed about our publications, you can follow our website and social media accounts.



Voluntary Ascetics (Gönüllü Çilekeşler) – Gérard Szwec

This work brings together the meticulously woven clinical observations and theoretical reflections of French psychoanalyst and psychosomatician Gérard Szwec regarding psychic structures where unrepresented trauma is expressed through bodily repetitions. Drawing from Pierre Marty's school of psychosomatics and rethinking concepts such as Michel Fain's "lover's censorship," Szwec presents a unique approach to the body's place in psychosomatic functioning, particularly through "self-soothing methods."

As the association's first translated publication, it was translated by Elmira Karaylanoglu and published by Sanat Kritik Yayınları. In 2025, it was selected for the Psychoanalysis Writings Translation Success Award by the Istanbul Psychoanalytic Association.



Psychosomatic Yearbook (Psikosomatik Yıllığı)

This is the first periodical in the field of psychoanalytic psychosomatics published by the association in our country.

It aims to present current debates and theoretical developments in the psychosomatic field in a comprehensive manner.

Our journal is published once a year.

We welcome contributions from our colleagues who wish to contribute to the field.

The Yearbook meets its readers in collaboration with Sanat Kritik Yayınları.



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Internal Association Events



Freud Readings

Organized since 2022 on the second and fourth week of every month with a reading group consisting of our association members, Freud Readings addresses the texts from The Standard Edition of the Complete Psychological Works of Sigmund Freud along with Mark Solms' revisions, rethinking them from a psychosomatic perspective. The readings, which held their 50th session this year, are ongoing.



Interdisciplinary Seminar Series

This series aims to address psychoanalytic thought through different disciplines. Following our first event held under the title "Biology-Psychosomatics," the series continued with the topic "Neuroscience-Psychosomatics," featuring Dr. Moshe Bar, the founding director of the Cognitive Neuroscience Laboratory at Harvard Medical School and Massachusetts General Hospital. The series, whose most recent session was held with Prof. Dr. Ayşegül Ketenci on the topic of "Pain-Psychosomatics," continues with the interest of our members.



Clinical Seminar Series

The Clinical Seminars, where psychosomatic cases will be studied in a group format, will be conducted under the leadership of psychosomaticians Tefrika İkiz and Alper Şahin. The event is exclusive to members and is held with a limited quota.



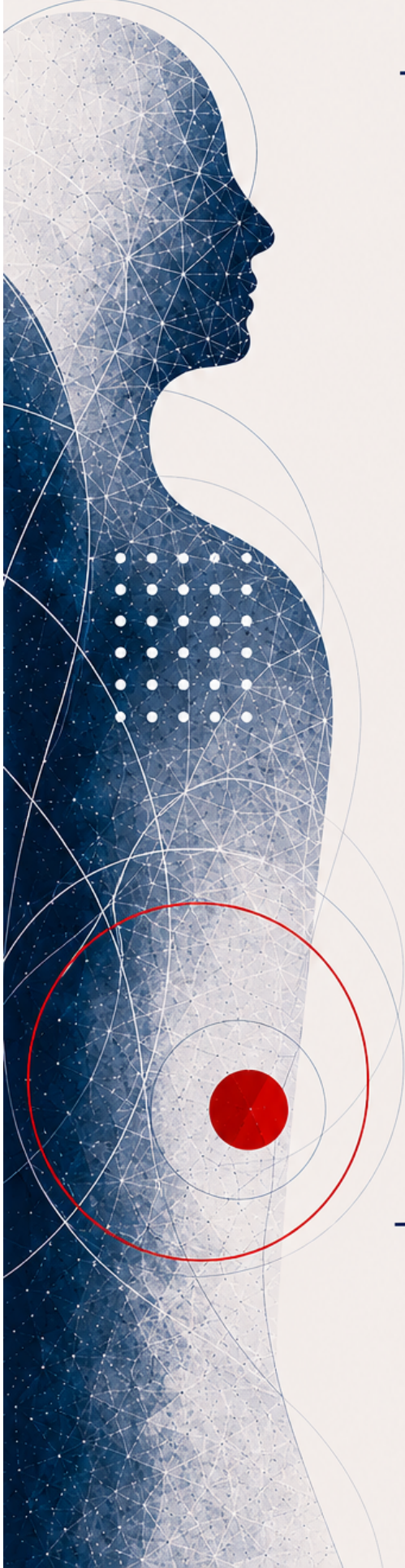
Psychopathology of the Contemporary Subject

The environmental and social upheavals we witness along with the rapid transformations of modern society impact both the representation of psychopathology and paradigms regarding mental health. New forms of psychological distress or new modes of expression for psychic pain emerge; in parallel, new forms of resistance or coping mechanisms against discontent develop. In this series, we aim to keep our members' perspectives fresh by studying contemporary subject psychopathologies alongside psychosomatic readings.

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We hope that the works shared through this newsletter will continue to contribute to the theoretical and clinical richness of the psychosomatic field. We believe that this collective effort, carried out to this day, will expand even further in the coming period with the participation and contributions of our members. With the aim of developing and enriching psychosomatic thought together, we look forward to coming together again in future events.

Wishing to meet our colleagues
in our upcoming events!



Istanbul Psychoanalytic Psychosomatic Association
Coordination Team

Translated by Irem Arslan