

THE THINKING HEART: RELATIONSHIPS AND MENTAL HEALTH IN CHINA

Sunday, 15th May 2022

1pm – 4pm BST



1pm – 1:05pm WELCOME

1:05pm – 1:45pm David E. Scharff & Jill Savege Scharff
Empty Heart Disease in China and the West

1:45pm – 2pm Q&A

2pm – 2:20pm Huan Wang
Integrity or Integration: A Very Chinese Dilemma

2:20pm – 2:30pm Q&A

2:30pm – 2:40pm BREAK

2:40pm – 3pm Elise Snyder
Psychoanalysis and China: Then and Now

3pm – 3:10pm Q&A

3:10pm – 3:30pm Hsuan Ying-Huang
Reading Online to Know Your Self

3:30pm – 3:40pm Q&A

3:40pm – 4pm PLENARY DISCUSSION

Coinciding with the UK Mental Health Awareness Week 2022 whose theme is Loneliness, this special online symposium will explore the dynamics of inter-personal relationships and intimacies of daily life in modern China, as they develop against the breathless pace of the country's socio-economic changes. Speakers with extensive clinical and research experience across the Chinese and Western cultures will discuss a range of topics pertaining to 'inner revolutions' and the current 'psycho-fever' in China: the relational intricacies of clinical encounters, the modern dilemmas of balancing collectivist values with Western influences, the rapidly changing role of technology in shaping personal connections and mental health services, and above all: the evolving nature of family and romantic relationships.

David E. Scharff and Jill Savege Scharff
Empty Heart Disease in China and the West

David E. Scharff MD, FABP and Jill Savege Scharff MD, MRCPsych, FABP are teaching and consulting adult and child analysts, Founders of the International Psychotherapy Institute and the International Institute for Psychoanalytic Training, Clinical Professors at Georgetown University, authors and editors. Their latest publications include *The Interpersonal Unconscious, Psychoanalytic Couple Therapy* and *Psychoanalysis in China*. David Scharff is the founding editor of the journal *Psychoanalysis and Psychotherapy in China* and the author of *Couples and Families in Modern China*; Jill edits the four-volume book series *Psychoanalysis Online*. The Scharffs are 2021 recipients of the distinguished Sigourney Award for exceptional work that advances psychoanalysis around the world for the betterment of humankind.

In their talk, they will take the theme of the UK Mental Health Awareness Week to explore loneliness in China. They will present clinical vignettes and share their psychoanalytic conception of unconscious conflict, its connection to the transmission of trauma specific to Chinese social history, its reflection of the culture of modern China, and its correlation to Empty Heart Disease – the term coined for the sudden loneliness, depression, and lack of meaning that hits highly

successful college students, which applies to other stages of the life cycle as well. They will elaborate on their extensions of this concept, its European counterparts, and its correlation with a family history of trauma.

Huan Wang

Integrity or Integration: A Very Chinese Dilemma

Huan Wang, Ph.D., is a candidate at the SAP (Society for Analytical Psychology) and a BACP-accredited psychotherapist at South London and Maudsley NHS Foundation Trust and in private practice. She is the author of *Intimate Relationships in China in the Light of Depth Psychology: A Study of Gender and Integrity* (Routledge: London & New York, 2020).

In her talk, she will discuss the very modern Chinese dilemma of balancing the inclusive attitude of 'integration' associated with the traditional ideology of collectivism and that of 'integrity' which values individual differences and personal autonomy. She will consider attitudes stemming from 'moral imagination' which embrace conflict and pluralism as a possible solution.

Elise Snyder

Psychoanalysis and China: Then and Now

Elise Snyder, M.D., is a psychoanalyst and psychiatrist, Founder and President of the China American Psychoanalytic Alliance (CAPA), Associate Clinical Professor of Psychiatry at Yale University School of Medicine, Visiting Professor at Sichuan University and a consultant to the Ethics Committee of the Chinese Psychological Society. She is a member of the Board of Directors at the American Psychoanalytic Association and the Accreditation Council for Psychoanalytic Education. She is past president of the American College of Psychoanalysts and a recipient of the Sigmund Freud Award

from the American Society of Psychoanalytic Physicians, as well as the President's Prize from the American Academy of Psychoanalysis and Dynamic Psychiatry. She has published widely in psychoanalytic journals and edited volumes.

In her talk, she will reflect on her decades of work bringing psychoanalysis to Chinese patients and clinicians. Challenging some of the common notions of 'cross-cultural issues' in psychoanalytic treatment, she will discuss the evolving nature of clinical encounters: psychoanalysis then and now.

Hsuan-Ying Huang

Reading Online to Know Your Self

Hsuan-Ying Huang, Ph.D., M.D., is a medical anthropologist with prior training in clinical psychiatry. He is Assistant Professor at the Department of Anthropology at the Chinese University of Hong Kong and has published numerous articles in *Culture, Medicine, and Psychiatry*, in *China Perspectives* and several edited volumes, examining how individual and interpersonal experiences related to psychotherapy reflect its developments, as well as broader cultural shifts.

In the talk, he will draw on his extensive research on the development of Western-style psychotherapy in China, focusing on the so-called 'psycho-boom' in major cities and its outgrowth into digital entrepreneurship. He will discuss how digital technology is changing the mental health services in China, the mental health of its people, and how they understand themselves.