

ACTORS' PACKET



SABINA

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PS
PORTLAND
STAGE

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Content Warning:
Please note that the play and this actors' packet contain mentions of severe mental illness, hospitalization, and Nazis.

Timeline of Important Events

August 1904: Sabina Spielrein is admitted to the Burghölzli Hospital in Zürich, Switzerland where she is treated by Carl Jung.

October 1904: Spielrein's mental state improves rapidly and she applies to medical school. She also begins assisting Jung.

December 26, 1904: Emma Jung gives birth to her first daughter, Agathe Jung.

1905 - 1911: Spielrein attends medical school at the University of Zürich where her main focus was psychiatry. She studied psychoanalysis with Jung and Eugen Bleuler (director of the Burghölzli Hospital), and spent time with Freud.

1906: Sigmund Freud and Carl Jung begin their written correspondence.

March 3, 1907: Freud and Jung meet for the first time in Vienna, thus beginning their close friendship and collaboration.

1909: Freud and Jung travel to the US. Freud delivers lectures at Clark University in Worcester, MA, and both men receive honorary doctorate degrees from the university.

1910 - 1911: Emma Jung corresponds with Sigmund Freud. In the letters, she cautions Freud's paternal relationship with Jung and expresses the difficulties she was experiencing due to the relationships Jung had with his patients Sabina Spielrein and Toni Wolf.

1912 - 1914: Freud and Jung cut ties with Jung after Jung publishes a book that disputes Freud's most famous theories and steps down in his role as the president of International Psychoanalytic Society.

1912: Spielrein moves to Berlin.

July 28, 1914 - November 11, 1918: World War I.

1920: Freud publishes *Beyond the Pleasure Principle*, which introduced his concept of the death instinct, which was originally proposed by Sabina Spielrein during the Vienna Psychoanalytic Society Conference in 1911.

January 30, 1933: Adolph Hitler is named Chancellor of Germany.

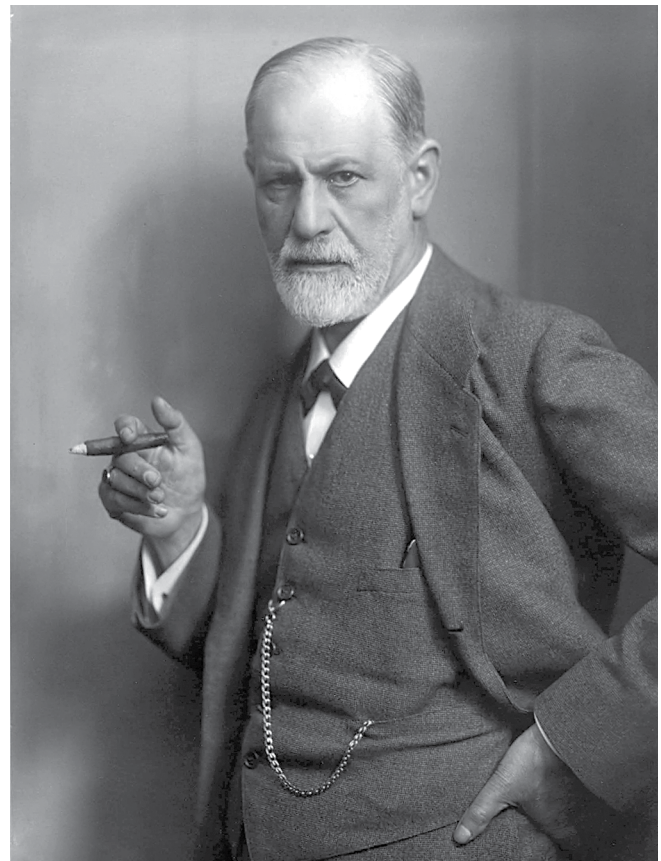
1937: Spielrein speaks about her case history at the Psychoanalytic Convention in Zürich.

Who were the Historical Figures in Sabina?



Ludwig Binswanger (April 13, 1881–February 5, 1966) was a Swiss psychiatrist known for his work in the field of existential psychology. He believed that many psychological issues developed as a result of a distorted self-image, and treated patients by helping them establish a complete and independent sense of self who has unique interactions with the larger world. Binswanger graduated with a medical degree from University of Zürich in 1907. While there, he crossed paths with Carl Jung and Sigmund Freud. He was the medical director of the Bellevue Hospital, in his hometown of Kreuzlingen, Switzerland, from 1911–1956. In 1942, Binswanger published his book *Basic Forms and Knowledge of Human Existence*, in which he combined psychotherapy with existentialism, and introduced the term “Daseinsanalyse” which means existential analysis.

Sigmund Freud (May 6, 1856–September 23, 1939) was an Austrian neurologist best known for developing and founding the practice of psychoanalysis. At the age of four, Freud moved to Vienna with his family and lived there until the Nazis invaded Austria in 1938, which forced him to flee to London, England for the final year of his life. Amongst his most prominent contributions to the field of psychology are his work on dream analysis and the subconscious, and the introduction of the id (which is primitive and unconscious, and responsible for sex and aggression), ego (the “I” which influences the way people perceive the outside world), and superego (the moral voice and conscience) as the three essential parts that make up the human personality. His books *The Interpretation of Dreams* (1900) and *The Ego and the Id* (1923) are two examples of his writing that remain notable texts in the field today. From 1906–1914, Freud worked closely with Carl Jung, but their professional and personal relationships disintegrated after Jung published a book disputing Freud’s theories.





Carl Gustav Jung (July 26, 1875–June 6, 1961) was a Swiss psychiatrist who founded analytical psychology. His father was a Protestant Pastor, but as a teenager, Jung developed an interest in philosophy which led him to study medicine at the University of Basel. In 1900, he began working at the Burghölzli, a psychiatric hospital in Zürich, where he initially treated and later worked alongside Sabina Spielrein. Although he was one of the first psychiatrists to employ Freudian psychoanalysis on patients, in 1912 he began to break from Freud after publishing *Psychology of the Unconscious*. In the book Jung disputed some of Freud's most famous theories, in particular those about the sexual basis of neuroses. One of his most notable texts was *Psychological Types* (1920), in which he introduced the concept of introverts and extroverts, and named other personality types such as, sensing versus intuition and thinking versus feeling. According to Jung, these traits inform how we interact with the world.

Emma Jung (March 30, 1882–November 27, 1955) was a Swiss psychoanalyst. She was the daughter of Berthe and Johannes Rauschenbach. Her father was a wealthy industrialist who owned a luxury watch company. In 1896, she was introduced to Carl Jung for the first time when he was visiting her parents. The two were married on February 14, 1903 and had five children together; they remained married for 52 years until her death in 1955. In 1916, Jung was named as the first president of the Psychology Club of Zürich and held the position until 1919. She began working as an analyst in 1930, and from 1950–1955 was the vice-president of the Carl Gustav Jung Institute of Zürich. She is remembered for approaching the practice of psychoanalysis with an awareness of the female psyche, which is notable because of the sexism present in the male-dominated field during her time.



ABOUT THE CHARACTERS

Sabina Spielrein (November 7, 1885–August 1942) was a Russian physician and psychoanalyst. She was the eldest of five children, and after the death of her sister Emilia, she experienced severe mental health issues which resulted in hospitalization. In August 1904 she began inpatient treatment with Dr. Carl Jung at the Burghölzli Hospital in Zürich, Switzerland. Spielrein improved rapidly and was able to apply for medical school in October of that year. From 1905 to 1911, she attended medical school at the University of Zürich where her main focus was psychiatry. Spielrein studied psychoanalysis with Jung and Eugen Bleuler (the director of the Burghölzli Hospital), and spent time with Freud. Her dissertation “On the Psychological Content of a Case of Schizophrenia” (1911) was the first published by a woman. In 1920, Spielrein began working at the Rousseau Institute, where she studied child development alongside distinguished psychologists like Jean Piaget. During her career, she made countless contributions to the field of psychology and published over 35 papers in German, French, and Russian.

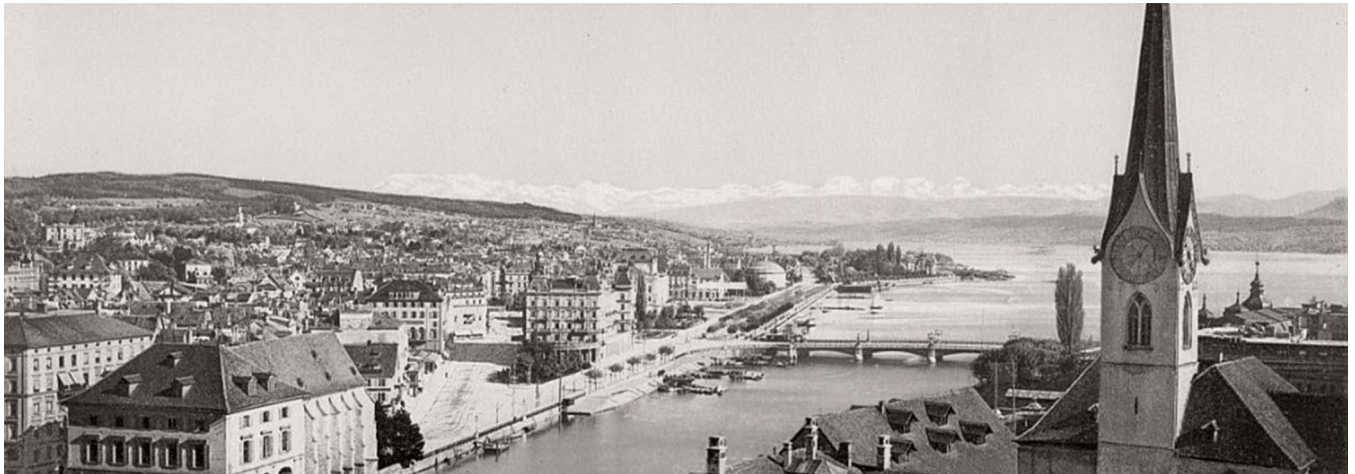


Zürich and Vienna

Zürich, Switzerland

Zürich is located in the foothills of the Alps and has two rivers, the Limmat and Sihl, running through it. These geographical features allowed for early economic growth because of the trade routes that utilized the Gotthard Pass and the rivers. In the mid-19th century, the political and industrial landscape of Zürich was shaped by Alfred Escher, a railway tycoon who transitioned into politics and was elected president in 1848. Escher was responsible for constructing Switzerland's first railway lines and in 1856 he founded the banking institute, Schweizerische Kreditanstalt. These changes led to Zürich's new role as the financial and economic center of Switzerland; this role continued into the 20th century. On January 1, 1893, Zürich's population grew from 90,000 to 120,000 when the city incorporated eleven neighboring communities. This population jump made Zürich Switzerland's first metropolis. By 1900, the city's population had grown to 150,703.

Switzerland was able to maintain neutrality during WWI, but there were cultural tensions between citizens with ties to Germany and those with ties to France. There were also frustrations from the working class towards the government at the end of the war because men who had been mobilized to defend Swiss borders received no compensation for their lost wages. The result was a strike which began in Zürich in 1918 and brought about important changes including the shift to an improved 48-hour work week and unemployment benefits.



ZÜRICH, SWITZERLAND IN THE LATE 1800s.

Vienna, Austria

Vienna is located in northeast Austria. The city is situated between the foothills of the Carpathians and the Alps, and along the Danube river. Similarly to Zürich, this positioning meant that Vienna was along several major trade routes. The city underwent major changes in the mid-19th century including the construction of new public buildings, improved drinking water, and freedom of trade. These innovations resulted in both economic and population growth at the turn of the century, and by 1900, almost 2 million people resided in Vienna. The city became a home for many influential artists in the late 19th and early 20th century including painter Gustav Klimt, composers Johannes Brahms and Gustav Mahler, and architect Otto Wagner.

During WWI, the city opened its doors to refugees which further increased the population. Following the war, the Austrian monarch King Charles abdicated the throne and social democrats came into power. This group brought about reform in different public sectors including: housing, education, welfare, and health care. As a result, Vienna was nicknamed "Red Vienna" and it became a model for how to implement modern welfare.

The Burghölzli Hospital

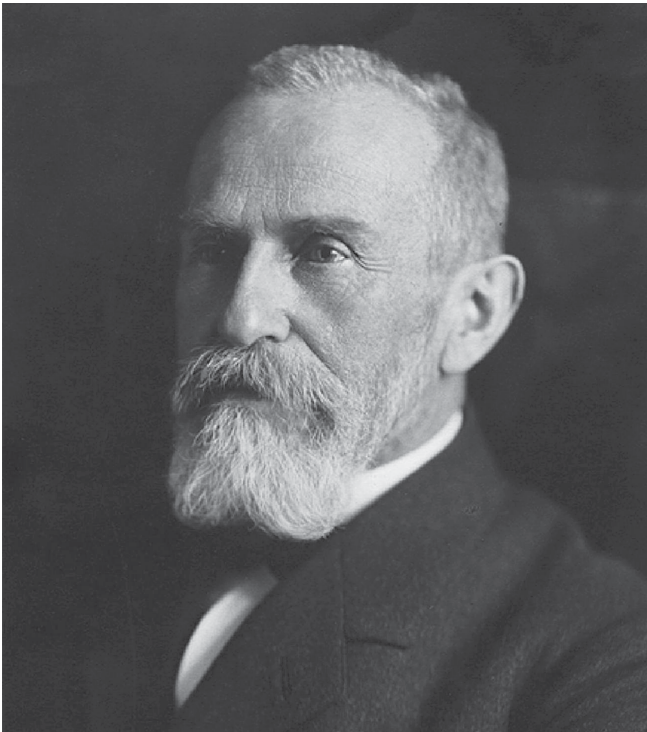
The Early Years

In 1860, Wilhelm Griesenger, a German psychiatrist and neurologist, began to work towards opening an institution that would provide humane care for people with mental health issues. Two years later, he used publicly donated funds to purchase the land where the Burghölzli now sits. Griesenger did not live to see the hospital's completion, he died two years prior to its opening in 1870.

The first three directors (Bernhard von Gudden, Gustav Huguenin, and Eduard Hitzig) believed that mental illness could be attributed solely to biological factors, and focused on brain pathology and physiology. The fourth director, August Forel brought a new approach which combined the biological focus of German psychiatry and France's dynamic psychiatry which emphasized emotional processes. This shift in thought brought the clinic international attention and recognition.



ILLUSTRATION OF THE BURGHÖLZLI HOSPITAL.



Eugen Bleuler's Tenure

Eugen Bleuler was the director of the Burghölzli from 1898 - 1927. During his tenure, both Carl Jung and Ludwig Binswanger worked at the hospital, and Sabina Spielrein was treated as a patient before enrolling in medical school. Under Bleuler, the hospital became the first clinic to utilize and test Sigmund Freud's psychoanalytic theories and therapeutic methods. In his role as director, Bleuler is also remembered for working against institutionalization and advocating for early discharge, and is thus viewed as one of the early adopters of the community psychology movement.

Glossary

Archetype: An inherited idea or mode of thought in the psychology of Carl Gustav Jung that is derived from the experience of the race and is present in the unconscious of the individual. (p. 70)

Attaché: Short for attaché case, which is a small, flat, rigid, rectangular case used for carrying documents. (p. 9)

Bergasse 19: The location of Freud's office from 1891 until 1939 where he developed his theory of psychoanalysis, wrote books, and treated patients on the building's second floor. (p. 6)

Bourgeoisie: The middle class, typically with reference to its perceived materialistic values or conventional attitudes. (p. 70)

Brünnhilde: The wife of Gunther, who instigated the murder of Siegfried. In the Norse versions she is a Valkyrie whom Sigurd (the counterpart of Siegfried) wins by penetrating the wall of fire behind which she lies in an enchanted sleep. (p. 48)

Budapest: The capital of Hungary, it consists of two parts, Buda and Pest, which are situated on opposite sides of the river and connected by a series of bridges. (p. 3)

Burghölzli Asylum: A psychiatric asylum located in Zürich, Switzerland. Burghölzli entered the history of psychoanalysis as a result of the interest shown by Eugen Bleuler and his students (including Carl Gustav Jung) in Freud's theories and their possible application to the mental patients at the asylum. The Burghölzli served as a bridge between the dynamic approach taken by French psychiatry and the biological orientation of German psychiatry. After Jung's falling out with Freud, the clinic lost its importance as a center of psychoanalytic research and a vehicle for its dissemination. (p. 3)

Cataleptic: Affected by or characteristic of catalepsy, which is a medical condition characterized by a trance or seizure with a loss of sensation and consciousness accompanied by rigidity of the body. (p. 9)

Catatonic: Relating to or characterized by catatonia, which is abnormality of movement and behavior arising from a disturbed mental state (typically schizophrenia). It may involve repetitive or purposeless overactivity, or catalepsy, resistance to passive movement, and negativism. (p. 10)

Clark University: A research university founded in 1887 and located in Worcester, Massachusetts. (p. 70)

Clinical Assistant: Healthcare providers who assist medical professionals with patient management, basic diagnostic tests, and recordkeeping. (p. 56)

Complexes: A related group of repressed or partly repressed emotionally significant ideas which cause psychic conflict leading to abnormal mental states or behavior. (p. 69)

Consulting room: A room in which a doctor or other therapeutic practitioner examines patients. (p. 18)

David and Goliath: From the story in the Bible in which David, a young boy, kills Goliath, a giant, with a stone; used for describing a situation in which a small person or organization defeats a much larger one in a surprising way. (p. 81)

Day Room: A room (as in a hospital) equipped for relaxation and recreation. (p. 58)

Death instinct: Also known as “death drive,” the drive toward death and destruction, often expressed through behaviors such as aggression, repetition, compulsion, and self-destructiveness. Sabrina Spielrein first presented her death instinct hypothesis during her “On Transformation” lecture at the Vienna Psychoanalytic Society Conference in 1911. (p. 68)

Delirium: An acutely disturbed state of mind characterized by restlessness, illusions, and incoherence, occurring in intoxication, fever, and other disorders. (p. 10)

Din: A loud, unpleasant, and prolonged noise. (p. 16)

Dockhand: A person who loads and unloads ships at a seaport. (p. 4)

Effigy: An image or representation especially of a person. (p. 5)

Folly: Lack of good sense or normal prudence and foresight. (p. 43)

Franc: The basic monetary unit of Switzerland and several other countries (including France, Belgium, and Luxembourg until the introduction of the Euro), equal to 100 centimes. (p. 77)

Fraulein: A title or form of address for an unmarried German-speaking woman, especially a young woman. (p. 14)

Freud’s Wednesday Society: An informal group founded by Freud in 1902. Each meeting included the presentation of a paper or case history with discussion and a final summary by Freud. The group later became the Vienna Psychoanalytic Society. (p. 79)

Gentile: A person who is not Jewish. (p. 28)

Germanic: Relating to or denoting the branch of the Indo-European language family that includes English, German, Dutch, Frisian, and the Scandinavian languages. (p. 67)

Herr: A title or form of address used of or to a German-speaking man, corresponding to Mr and also used before a rank or occupation. (p. 40)

Id: The one of the three divisions of the psyche in psychoanalytic theory that is completely unconscious and is the source of psychic energy derived from instinctual needs and drives. (p. 68)

Impiety: A lack of respect, especially for God or religion (p. 72)

“In the Land of the Blind, the one-eyed man is king”: A proverb dating to 1500 and credited to Desiderius Erasmus's *Adagia*, it means that in a difficult situation someone with only a few skills is in a better position and more successful than those people who have none. The original Latin is “in regione caecorum rex est luscus.” (p. 5)

Institute Rousseau: A private school in Geneva, Switzerland. Founded in 1912, this new institution was given the name of Jean-Jacques Rousseau, to whom founder Édouard Claparède attributed the "Copernican reversal" of putting the child, rather than the teacher, at the center of the educational process. (p. 103)

Keen: (of a smell, light, or sound) Penetrating; clear. (p. 11)

"Look a fright": To have a disheveled or grotesque appearance. (p. 90)

Malignancy: A cancerous growth. (p. 101)

Neurasthenic: A person with neurasthenia, which is an ill-defined medical condition characterized by lassitude, fatigue, headache, and irritability, associated chiefly with emotional disturbance. (p. 9)

Neurosis: A relatively mild mental illness that is not caused by organic disease, involving symptoms of stress (depression, anxiety, obsessive behavior, hypochondria) but not a radical loss of touch with reality. (p. 72)

Neurotic: Abnormally sensitive, obsessive, or anxious. (p. 8)

Odessa: A city southwestern Ukraine about 275 miles (443 km) south of Kyiv. (p. 3)

Oedipus: The son of Jocasta and of Laius, king of Thebes. Sigmund Freud named the Oedipus complex after this character. Oedipus complex refers to the complex of emotions aroused in a young child, typically around the age of four, by an unconscious sexual desire for the parent of the opposite sex and wish to exclude the parent of the same sex. The term was originally applied to boys, the equivalent in girls being called the Electra complex. (p. 28)

Oracle: A person (such as a priestess of ancient Greece) through whom a deity is believed to speak. (p. 27)

Orthodox: Conventional. (p. 85)

Paralytic: Relating to the loss of the ability to move (and sometimes to feel anything) in part or most of the body, typically as a result of illness, poison, or injury. (p. 8)

Patricide: The murder of one's own father. (p. 27)

Practitioner: A person actively engaged in an art, discipline, or profession, especially medicine. (p. 62)

Privyet: An informal way of saying "Hello" in Russian. (p. 29)

Psychoanalytic: Relating to or involving psychoanalysis, or the treatment of mental disorders by investigating the interaction of conscious and unconscious elements in the mind and bringing repressed fears and conflicts into the conscious mind by techniques such as dream interpretation and free association. (p.7)

Psychogalvanic: Pertaining to or involving electric changes in the body resulting from reactions to mental or emotional stimuli. (p. 68)

Psychotic hysteria: A dated name for a condition in which psychotic symptoms (e.g., hallucinations, delusions, and bizarre and sometimes violent behavior) appear suddenly in a person with histrionic personality disorder, usually in response to a stressful precipitating life event. Symptoms are of short duration, lasting two weeks or less, and there is a full return to the previous level of functioning. Currently, however, hysterical psychosis is not widely considered a distinct clinical entity. Also called dissociative psychosis. (p. 9)

Puritan: A person with censorious moral beliefs, especially about self-indulgence and sex. (p. 70)

Pyim: "Smoke" in Russian. (p. 37)

Renata: The name of Sabina's eldest daughter with Russian Jewish physician Pavel Nahumovitch Sheftel, who was born in 1913. (p. 52)

Rostov: A city in northwestern Russia which lies along Lake Nero and the Moscow-Yaroslavl railway. (p. 3)

Schizophrenia: A long-term mental disorder of a type involving a breakdown in the relation between thought, emotion, and behavior, leading to faulty perception, inappropriate actions and feelings, withdrawal from reality and personal relationships into fantasy and delusion, and a sense of mental fragmentation. (p. 7)

Shadchen: A Jewish professional matchmaker or marriage broker. (p. 67)

Siegfried (character): The hero of the first part of the *Nibelungenlied*. A prince of the Netherlands, Siegfried obtains a hoard of treasure by killing the dragon Fafner. He marries Kriemhild, and helps Gunther to win Brünnhilde before being killed by Hagen. (p. 48)

Siegfried (opera): The third of the four operas in Wagner's *Ring* cycle. It is the story of a hero, Siegfried, and how he grows into manhood to discover fear and love. Raised by the Nibelung Mime, Siegfried is young, innocent and cocky. With the help of a mysterious Wanderer (who is really Wotan in disguise), Siegfried finds the pieces of his father's sword, Notung, reforges them and uses the instrument to kill the dragon Fafner who guards the hoard of Nibelung gold that formerly belonged to the Rhinemaidens. As a result of his killing of Fafner, Siegfried comes into possession of Alberich's cursed ring. But, Siegfried faces his ultimate challenge when he follows a birdsong to find the sleeping Brünnhilde whom fate has destined Siegfried to awaken and fall in love with. At the end of the opera, Siegfried gives the Ring to Brünnhilde to prove and symbolize his oath of love and fidelity to her. (p. 47)

S.S. George Washington: An ocean liner built in 1908 for the Bremen-based North German Lloyd. When George Washington was launched in 1908, she was the largest German-built steamship and the third-largest ship in the world. George Washington was built to emphasize comfort over speed and was sumptuously appointed in her first-class passenger areas. The ship could carry a total of 2,900 passengers, and made her maiden voyage in January 1909 to New York. (p. 74)

Talking cure: A method of treating psychological disorders or emotional difficulties that involves talking to a therapist or counselor, in either individual or group sessions. (p. 7)

Thrall: The state of being in someone's power; captive. (p. 45)

Transference: A phenomenon in which an individual redirects emotions and feelings, often unconsciously, from one person to another. This process may occur in therapy, when a person receiving treatment applies feelings toward—or expectations of—another person onto the therapist and then begins to interact with the therapist as if the therapist were the other individual. Often, the patterns seen in transference will be representative of a relationship from childhood. The concept of transference was first described by psychoanalyst Sigmund Freud in his 1895 book *Studies on Hysteria*, where he noted the deep, intense, and often unconscious feelings that sometimes developed within the therapeutic relationships he established with those he was treating. (p. 44)

Typhoid: An infectious bacterial fever with an eruption of red spots on the chest and abdomen and severe intestinal irritation. (p. 10)

Vienna: The capital of Austria. Vienna produces more than half of Austria's capital goods and almost half of its consumer goods. Special Viennese products are silk, velvet, linen, ceramics, jewelry, scientific and musical instruments, watches, cutlery, leather goods, furniture, paper, and carpets. (p. 3)

Vrach: "Doctor" in Russian. (p. 34)

Wilhelm Richard Wagner (May 22, 1813—February 13, 1883): A German dramatic composer and theorist whose operas and music had a revolutionary influence on the course of Western music, either by extension of his discoveries or reaction against them. Among his major works are *The Flying Dutchman* (1843), *Tannhäuser* (1845), *Lohengrin* (1850), *Tristan und Isolde* (1865), *Parsifal* (1882), and his great tetralogy, *The Ring of the Nibelung* (1869–76). (p. 44)

Worcester: A city in Western, MA. (p. 83)

Word Association: Free association in which a word serves as the stimulus object. (p. 19)

Wotan: Another name for Odin, who is the supreme god and creator, god of victory and the dead in Norse Mythology. (p. 48)

Zürich: The largest city of Switzerland and capital of the canton of Zürich. Located in an Alpine setting at the northwestern end of Lake Zürich, this financial, cultural, and industrial center stretches out between two forested chains of hills, about 40 miles (60 km) from the northern foothills of the Alps. Two rivers, the Limmat and Sihl, run through the city. (p. 3)