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San Diego Psychoanalytic Center Newsletter

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November 2014 • Vol 1



News

The SDPC Holiday Party will be held on December 6th from 3 - 7 pm. [Join the SDPC Community](#) for a festive time. Details to follow!

[Judith M. Hughes, Ph.D.](#) has published *The Holocaust and the Revival of Psychological History* (Cambridge University Press, 2014). Available on [Amazon](#). [Read more.](#)

The 2014 Western Regional Child Psychoanalytic Conference was held at SDPC

On October 25th and 26th, 2014, The Western Regional Child Psychoanalytic Conference was held at the San Diego Psychoanalytic Center. Child psychoanalysts from Seattle, San Francisco, Denver, Los Angeles and San Diego gathered to discuss issues related to child psychoanalysis. Cases were presented by: Kevin Udis, Ph.D. from the Denver Psychoanalytic Institute; Carla Hershman, LICSW from the Seattle Psychoanalytic Society and Institute; and Gordon Caras, Ph.D. from the San Diego Psychoanalytic Center. All three clinicians presented very interesting cases which generated much discussion.

The next Western Regional Child Psychoanalytic Conference will also be in San Diego on Saturday October 24th and Sunday October 25th,, 2015.



Recently Published: *The Technique and Practice of Psychoanalysis, 5: The Ralph R. Greenson Training Seminars*, by Ralph R. Greenson, M.D., edited by [Harry Polkinhorn, Ph.D.](#), is now available on [Amazon](#). [Read more below](#).

SDPC Member Spotlight

Heline Mirzakhania, Ph.D.

Student, SDPC Psychoanalytic Psychotherapy Program



Hometown: Tehran, Iran

What was your pathway toward entering the mental health field?

I have always been intrigued with the human brain and human behavior. I pursued a doctorate degree in clinical psychology with the aim to become a researcher and explore the mechanisms underlying human behavior. In preparation for my graduate degree I completed several fellowships through which I was introduced to individuals suffering from severe mental illness. While initially my interests were restricted to conducting research understanding the etiology of mental illness, I became more and more interested in its treatment. I came to realize that I can make an important contribution to each individual's

well being as a clinician, which in turn is highly gratifying at a personal level.

And what drew you to psychoanalysis/psychoanalytic psychotherapy?

I was first introduced to psychoanalysis and psychoanalytic psychotherapy during my internship year at Yale University. Until then, I knew of psychoanalysis and associated the field only with Freud's theories that I believed, in my limited knowledge, could benefit a very small number of individuals. My experiences as an intern exposed me to psychoanalytic thinking and the applicability of psychoanalytic psychotherapy to different patient populations. Even that small glimpse during my intern year allowed me to recognize that compared to other approaches, psychoanalytic psychotherapy is a better match when it comes to addressing the complexity of human thought, behavior and relationships.

Tell us about your educational experience thus far at SDPC.

Every single event, seminar or course at SDPC has added to my clinical knowledge and skill set. I am grateful to the instructors who not only are incredibly knowledgeable but also highly motivated in sharing their knowledge and experience with us. Being able to apply the theoretical knowledge from our readings to our cases has helped me improve my understanding of my patients and aided in treatment planning. I also highly enjoy discussing cases and learning the many different ways one can conceptualize the same case.

How has your training in psychoanalysis or psychoanalytic psychotherapy affected a) your practice, and b) your professional development? Other areas of life?

This training has deepened my understanding on how people relate to others and helped me gain a new perspective on what motivates our behavior. I incorporate these insights into my clinical work with my patients. On a professional development level, this training has introduced me to a large number of peers and added to my support system. Even on a personal level, this training and the associated psychotherapy has increased my understanding of myself and how I see others.

How else have you applied your analytic knowledge?

As a psychologist at UC San Diego I incorporate my acquired knowledge in my clinical work whenever appropriate.

What is something very few people know about you?

I occasionally paint and love to go to art galleries.

Tell us about your practice and who you are most interested in working with.

In my private practice I work with adolescents and young adults who struggle with severe anxiety and depression. I also see individuals who are at cross-roads in their lives and need to gain a better understanding of themselves in order to live more satisfying lives. As a psychologist at UC San Diego I see patients in the very early phases of psychosis with the aim to help them improve their everyday functioning.

Where is your practice, and how can potential patients contact you?

My private practice is located at 2645 1st Avenue, San Diego, CA 92103. It is in the Banker's Hill area of San Diego.

Drmirzakhani@gmail.com or phone: (858) 242 9330

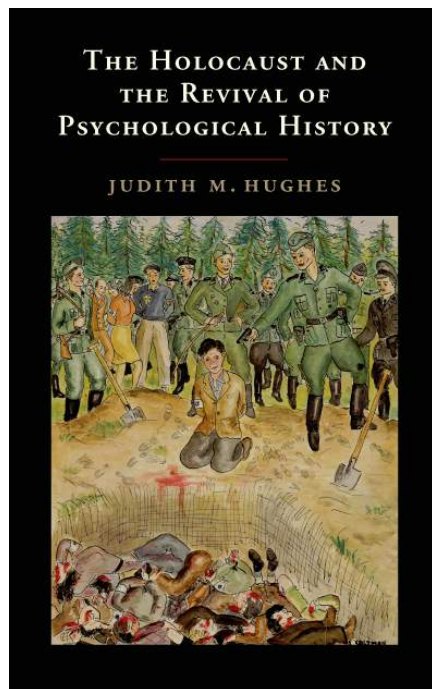
For information about the UC San Diego Early Psychosis Treatment Center, please email: care@ucsd.edu

Member Publications

The Holocaust and the Revival of Psychological History, by Judith Hughes, Ph.D. (Cambridge University Press, 2014) Now available on [Amazon](#).

Judith M. Hughes has published *The Holocaust and the Revival of Psychological History* (Cambridge University Press, 2014). In it she asks: Why did men--and women--in one of the best educated countries in the western world set out to get rid of Jews? Questions of this sort have once again come to the fore in the study of the Holocaust. In *The Holocaust and the Revival of Psychological History*, Hughes focuses on how historians' efforts to grapple anew with matters of actors' meaning, intentions, and purposes have prompted a return to psychoanalytically-informed ways of thinking.

[Judith Hughes, Ph.D.](#)



The Technique and Practice of Psychoanalysis, 5: The Ralph R. Greenson Training Seminars, by Ralph R. Greenson, M.D., edited by [Harry Polkinhorn, Ph.D.](#), is now available on [Amazon](#).

“Ralph Greenson was a gifted charismatic teacher of psychoanalytic technique, premiere in his generation. I and many other students of analysis had the privilege of learning from his clear yet scintillating seminars on dreams and clinical practice. The editor has done a major service to all mental health practitioners in providing these brilliant sparkling Greenson seminars, notes, and papers for our benefit.”

— Peter Loewenberg, Professor of History Emeritus, UCLA, Training and Supervising Analyst, Dean Emeritus New Center for Psychoanalysis, Los Angeles

from “Introduction”

In this fifth in the series of the lectures, teaching seminars and writings, Dr. Greenson discusses the subjects of transference and empathy . . . Among other aspects Dr. Greenson discusses . . . how transference is acted on both in the analytic setting and outside of it. The erotic nature of transference is conveyed not only through words but also through dress, facial expressions and position on the couch, among others.

Although obviously a highly skilled practitioner of psychoanalysis, Dr. Greenson openly acknowledges the humility necessary to do analytic work and the awareness on the part of the analyst of the inevitable experience of uncertainty, countertransference and mistakes.

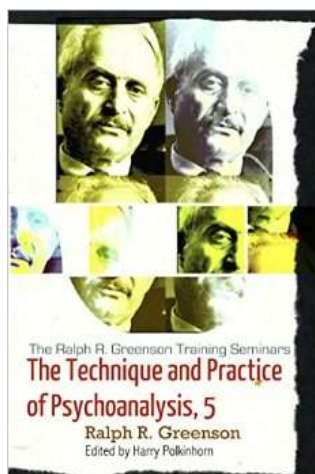
Perhaps his thinking on empathy is even more revealing and useful than his thoughts about transference. The ability of the analyst to empathize, to put himself or herself in the shoes of the patient, is an absolutely essential capacity to understand transference. In exquisite detail and sensitivity Dr. Greenson connects transference and empathy by describing the role empathy plays in the dosage, timing, and tact of transference interpretations.

Anyone who enjoys watching a master of his craft at work will want to read the first four volumes and anticipate the ones yet to come.

— Calvin Colarusso, M.D., Training and Supervising Analyst, San Diego Psychoanalytic Center

My special thanks to my colleagues at SDPC who have made it possible for me to edit the previously unpublished papers in the Ralph R. Greenson Archive of the San Diego Psychoanalytic Center, from which these volumes are drawn.

[Harry Polkinhorn, Ph.D.](#)



"Silence As the Voice of Trauma"

by Maria Ritter, Ph.D.

The American Journal of Psychoanalysis, 2014, 74, (176–194)

Abstract: "Silence is a key to the unspoken world of the patient. Rather than interpreting silence as a defensive maneuver, the analyst may understand this disruption as a royal road to the patient's traumatic experiences."

"The author proposes to recognize traumatic silences in the analytic process and the transference as a re-experiencing of past, unpredictable traumatic affective states and memories."

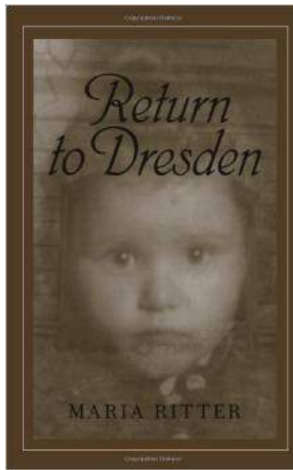
"Silences in this context are both a repeat of a disconnecting experience as well as a manifestation of a silencing identification with the original silencer. The clinical material illustrates effects of a German mother's World War II (WWII) personal traumata and collective shame-based silence on her daughter's self and good object development."

"In the daughter's analysis, the patient and the analyst, who herself experienced similar WWII traumata, face the pain of trauma recovery and un-silencing. The author suggests that the deadening effect of past traumata may be reversed by an analytic process of re-remembering and re-speaking for both the patient and analyst. This allows for a more transparent, subjective experience in the transference and a verbal integration of ego functions."

Dr. Ritter is also the author of

[Return to Dresden](#)

[Maria Ritter, Ph.D.](#)



The Psychiatric Witness in Court: What Mental Health Professionals Need to Know

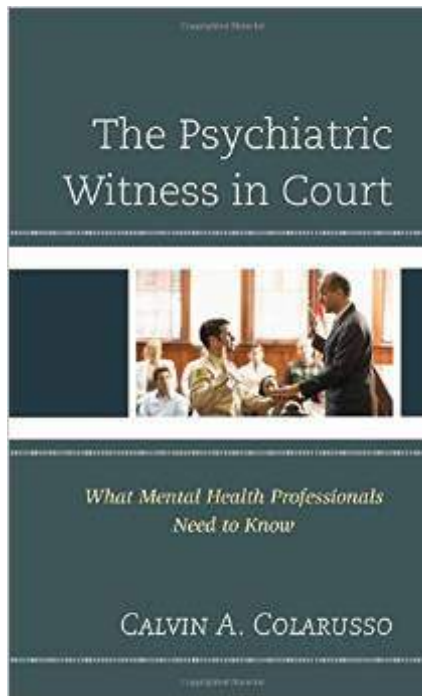
by [Calvin Colarusso, MD](#), Rowman & LittleField, New York, October, 2014.

The book is a practical guide for mental health professionals who wish to serve as expert witnesses or are called upon to participate in the legal process or give depositions regarding their patients.

"Calvin A. Colarusso, who has written about the devastating impact of childhood sexual abuse, now turns his attention to the art and science of being a psychiatric witness in the legal system. With the help of lucid vignettes and a step-by-step manner, Colarusso dispels misconceptions regarding the courtroom and guides us through the labyrinthine process of cross examination in the court. He delineates the stands one needs to take in order to be comprehensible, even handed, and just under such circumstances. Since any and all of us can be called to testify on behalf of our patients, Colarusso's book is of immense help!" Salman Akhtar, M.D., Chairman, Department of Psychiatry, Jefferson Medical College, Philadelphia, Pa; Training and Supervising Analyst, Psychoanalytic Center of Philadelphia.

"Colarusso is a Renaissance Man--physician, psychiatrist, psychoanalyst, author, teacher and citizen of the world. This book will become a classic in forensic psychiatry. From the psychoanalytic couch to courtroom combat, he is a master." Reid Meloy, PhD, ABPP, University of California, San Diego, San Diego Center for Psychoanalysis

[Calvin Colarusso, M.D.](#)



How Talking Cures: Revealing Freud's Contributions to All Psychotherapies by Lee Jaffe, Ph.D.

From Dr. Jaffe:
"Dear Colleagues,

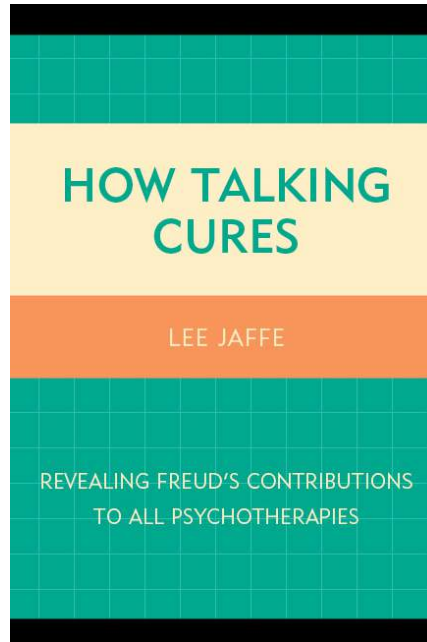
I want to announce the publication of my book *How Talking Cures: Revealing Freud's Contributions to All Psychotherapies*, which is now available on [Amazon](#). I particularly want to thank everyone in our community who continue to teach me and stimulate my thinking, making the book possible. Here's a brief description of the book...

Sigmund Freud repeatedly revised his understanding of how our minds work, how to understand mental illness, and how to relieve emotional, psychological suffering. With each revision, however, he did not methodically integrate previous ideas with newer ones. In *How Talking Cures: Revealing Freud's Contributions to All Psychotherapies*, a careful review of his concepts at each stage of his thinking reveals six different ways that talking cures—six distinct generic modes of therapeutic action by which all present-day psychotherapies work. Lee Jaffe demonstrates how these therapeutic actions can link treatment recommendations to individual diagnoses, and how they function during treatment itself. Different views of how psychoanalytic treatments work are analyzed according to their emphasis or de-emphasis of these six modes of therapeutic action. As a result, comparisons of all approaches to talking cures,

and decisions about the choice of treatment for a given patient can be grounded in an understanding of the essential ways that each therapeutic procedure works, rather than an allegiance to what providers happened to be taught during their training.

again my thanks...Lee Jaffe"

Lee Jaffe, Ph.D.



SDPC Educational Events

Newly Announced Event

Couples Therapy: A Psychoanalytic Systems Model

Guest Faculty: Felise Levine, Ph.D., presenter; Sheila Sharpe, Ph.D., discussant

This clinical presentation will focus on a couple in treatment using a psychoanalytic systems theory framework. Transference-countertransference, unconscious contracts, complementarity, and competitiveness will be among the themes discussed.

When: Friday, May 8, 2014 - 7:30pm to 9:30pm

7:00 PM - Registration/Wine & Cheese

Where: SDPC

858-454-3102(voice)

4455 Morena Boulevard, Suite 202

San Diego, CA 92117

United States

CEUs: 2Cost: Free for SDPC Members

Non-members \$25, Students \$15

Register and PayPresenter Information:

Felise B. Levine, Ph.D., is a licensed psychologist, a psychoanalyst, and a family/couples therapist in private practice in La Jolla. She is co-author, with James L. Framo and Timothy T. Weber, of the book *Coming Home Again: A Family-of-Origin Consultation*. She is past president of the San Diego Psychological Association and serves on the faculty of the Psychoanalytic Psychotherapy Program at SDPC.

Sheila A. Sharpe, Ph.D., specializes in treating couples and individuals in private practice in La Jolla, California. She is the author of the book *The Ways We Love: A Developmental Approach to Treating Couples* (Guilford Press, 2000) and has published several articles on couples therapy. She is on the faculty of the San Diego Psychoanalytic Center and teaches in the Psychoanalytic Psychotherapy Program.



FIRST ANNUAL SDPC WRITING SYMPOSIUM

CALL FOR PROPOSALS Deadline Extended

Writing about the Difficult Character in Psychoanalysis and Psychoanalytic Psychotherapy

Plenary Speaker: Reid Meloy, Ph.D.

Date of Symposium: May 16, 2015; 8.30-4

Proposal Submission Deadline January 5, 2015

Cost of Symposium: CEU credit

Instructors:

Harry Polkinhorn, Ph.D.

Caroline de Pottél, Ph.D.

Possible areas for exploration:

How can clinical writing be used to formulate countertransferences to difficult patients?

What are the pitfalls and advantages of reliance on vague diagnostic labels in writing about difficult cases?

What can metaphor and symbolic imagery contribute to articulating an understanding of mutative action with the difficult patient?

How does narrative structure influence diagnostic formulation in reports of difficult patients?

In what ways do the conventions of story-telling (character, plot, descriptions of scenes or persons, etc.) overlap with case-report writing practices, with reference to writing about difficult patients?



Théodore Géricault, Kleptomaniac, 1822
from Portraits of the Insane

Symposium Concept and Presentations:

“Writing about the Difficult Character” is conceived as a series of open-ended, collegial discussions among those with an interest in deepening their understanding of demanding patients using writing in new ways. Since the symposium will not feature the presentation of polished written arguments but will facilitate a more informal approach, SDPC encourages full participation (presenters and audience). A range of writing styles will be invited, from standard clinical case reports to the personal essay, memoir, and so on. Sufficient time will be allocated for open discussion in addition to presentation.

Link to SDPC Website for additional details about proposal submission and Symposium registration

4455 Morena Boulevard, Suite 202, San Diego, California 92117
Telephone 858-454-3102 Facsimile 858-454-0075
Email: sdpc.michelle@gmail.com
Website: www.sdpc.org

See more upcoming educational events [here](#).

The San Diego Psychoanalytic Center

is dedicated to promoting the relevance and vitality of psychotherapy and psychoanalysis

Advanced Training

Innovative, inspiring and individualized education

Continuing Education

Educational events for mental health professionals and the public about psychoanalytic thinking and clinical applications in diverse settings

Mentoring

Fellowship for mental health trainees early-career therapists

Community Involvement

Connections with mental health professionals, academic institutions, and professional societies

Referral Service

Referrals for psychoanalysis and psychoanalytic psychotherapy for adults, adolescents and children in the San Diego area (619-615-8428)

Events and Celebrations

Upcoming event: Spring celebration to honor new grads

Collegial Connections

Community of supportive, experienced, and dedicated psychoanalytic therapists

Practice Promotion

Support in building your therapy practice

Services Offered By SDPC Members

Please send your Announcements to: sdpc.michelle@gmail.com

SDPC Member Classifieds

[Maya Bristow, Ph.D. \(PSY26592\)](#) would like to announce the opening of her practice, serving two locations in central and northern San Diego county. Dr. Bristow is a candidate in the Psychoanalytic Training Program. She works with adults, adolescents and children in psychotherapy and is accepting control cases for psychoanalysis. She also specializes in psychological testing and neuropsychological evaluation for a variety of assessment purposes.

Reduced fee services are available for those who qualify and insurances are accepted, including Medicare, Tricare/Triwest, and most PPO insurances.

To schedule an appointment or for more information on Dr. Bristow's practice and areas of specialty, please call (760) 846-8852, email drbristow@drbristowpsychology.com, or visit her website at www.drbristowpsychology.com.

REMINDER: Please send all future announcements/event advertisements to Ms. Michelle Spencer at: sdpc.michelle@gmail.com. They will be included in the next volume of the SDPC weekly newsletter.

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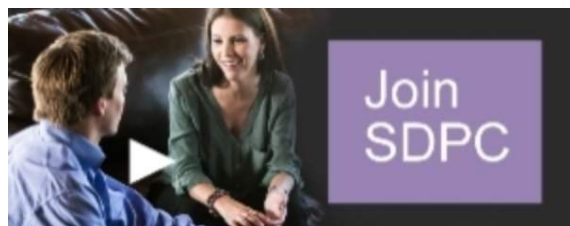
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Established in 1973 as a non-profit 501c3, the San Diego Psychoanalytic Center provides advanced mental health training in psychoanalysis and psychoanalytic psychotherapy; mentoring; community education; and public service to San Diego County.

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