

San Diego Psychoanalytic Center Newsletter
December 2014 • Vol 1

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News

The SDPC Holiday Party will be held tomorrow, December 6th from 3 - 7 pm at the Center. [Join the SDPC Community](#) for a festive time. There is no fee. Please bring your favorite side dish to share!

With much gratitude during this holiday season, we give special thanks to the following 2014 SDPC member donors:

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THANK YOU FOR YOUR SUPPORT!

Supervision Study

From researcher Tom Beller:

Dear Colleagues,

Did you have a supervisor who was very helpful to you in your professional life?

I would like to hear from you about what was helpful in that relationship.

The training of clinicians could benefit from this lost treasure.

Helpful interactions experienced by supervisees with their supervisors often go undocumented, especially those experienced in the past. This is why I am asking for volunteers to participate in a dissertation that explores helpful interactions that supervisees have experienced at some point in their lives, whether in the recent past or decades ago. A requirement is that participants have had at least one year of experience in psychoanalytic and/or

psychodynamic supervision.

Over the course of the research, there will be one interview, a written or verbal three-question follow-up, and finally a verbal or written reaction to a summary of the findings.

If you are interested, please contact Tom Beller, researcher, at tpbeller@aol.com. An abbreviated version of the proposal will be provided upon request. Thank you.

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SDPC Member Spotlight

Jesús González-Monreal

Student, SDPC Adult Psychoanalytic Program



Hometown: Tijuana, Baja California, México

What was your pathway toward entering the mental health field?

I was always interested in human behavior. After finishing the B.A. in General Psychology in Tijuana, Mexico, I began working in neuropsychology and evaluating cognitive development in children. After treating children in the autistic spectrum I began to see patients in psychotherapy. This work was in the city of Tijuana. However, at the same time I was working in SDSU in the Public Health Department in the Center for Behavioral Epidemiology and Community Health (C-BEACH) in research of health behavior regarding habits of smoking, tuberculosis, physical activity in adolescents, specifically in the immigration community. In doing research questionnaires in bicultural communities I saw the need of treating the individual as a way of understanding the motivation behind certain behaviors related to health in general.

And what drew you to psychoanalysis/psychoanalytic

psychotherapy? My interest in psychoanalysis began when I was in High School. Reading philosophical thought, I saw many authors that spoke about the importance of psychoanalysis to comprehend the reality of the other. When choosing a degree, philosophy was my main interest, however because psychoanalysis was my main attraction to mental health, I decided to first study the clinical experience of treating the other, leaving philosophy for a future day. Psychoanalysis and psychoanalytic psychotherapy are an essential theory of mind that takes a complicated path to understanding how unconscious thought creeps up behind our behavior and choices.

Tell us about your educational experience thus far at SDPC:

Particular courses, experiences, teachers, supervisors/consultants

that have been most formative? The experience at SDPC has been very enriching; the instructors are very knowledgeable, patient, and humble in the way of describing their own experience. I felt a sense of community and even family, at the end of my training in the psychoanalytic psychotherapy program. In my current training in the psychoanalytic program the stakes are even higher, with a more intense and rigorous but also rewarding training. It is an experience I will not forget.

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

I believe because of my training in the SDPC I engage with patients early on in the treatment, the respect and

patience I feel for the patient is sincere. The interest in theory and supervision are essential to work as a mental health professional and the training I have received has been the most important in all of my academic training. As far as in my own personal life, it is impossible not to work with your mind, to understand clients, the vicissitudes of conscious thought seriously enough, and not question yourself and your choices.

How else have you applied your analytic knowledge? I have a strong interest in philosophy and literature; I can say with certainty that psychoanalysis has complimented greatly those fields, in understanding via a different lens the complexity of thought.

What is something very few people know about you? I am passionate about two other things besides psychoanalysis: American professional football and Opera. This may sound strange but they actually compliment each other in a way. Both deal with strong emotions and both are very entertaining and fun.

Tell us about your practice and who you are most interested in working with. I am interested in working in analysis and psychotherapy with adults. The majority of my patients I work with are diagnosed with a personality disorder, with difficulties of impulse control; however I also see high functioning patients.

Where is your practice, and how can potential patients contact you?
In Tijuana Mexico, my contact info is at my email:
jesusrglez@hotmail.com.

SDPC Educational Events

Grievance As a Container of the Negative

Guest Presenter: Maxine Anderson, M.D.

When: Friday, January 30, 2015

7:30-9:30 p.m. (7:00 – registration/wine and cheese)

Where: SDPC

Cost: Members free, non-members \$25, students \$15

Register and Pay

CEUs: 2

While grief may lead to mourning and emergence from loss, grievance, especially stemming from early parental loss, may lead to the frozen, deadened entanglement with the lost object that is akin to Freud's concept of melancholy. This discussion will review some understanding about grievance and attempt to demonstrate in detail the clinical to and fro that may transform grievance into resolvable grief, while also respecting the massive de-animating resistance (entrenchment) that such grievance can mount against efforts to bring warmth and understanding.

Presenter Information:

Maxine Anderson, M.D. is currently a Training and Supervising Analyst at the Seattle Institute of Psychoanalysis, and a Clinical Professor in the Department of Psychiatry and Behavioral Sciences at the University of Washington. She was previously on the faculty at the Tavistock Clinic in London, England, and has published several papers in journals such as The British Journal of Psychotherapy, Journal of the American Psychoanalytic Association, and Psychoanalytic Inquiry. She has participated in numerous seminars and presentations regarding the Kleinian perspective on the human personality and ways of addressing aspects of the personality and especially unconscious processes.

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: 2

Cost: Free for SDPC Members
Non-members \$25, Students \$15

[Register and Pay](#)

Presenter 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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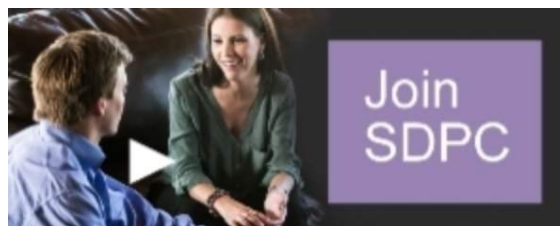
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4455 Morena Boulevard • Suite 202 • San Diego, CA 92117

Ph: 858-454-3102 Fax: 858-454-0075

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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