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San Diego Psychoanalytic Center Newsletter

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February 2015 • Vol 3

**TOMORROW MORNING:****To Act or Not to Act:
Ethical Challenges to Psychodynamic Treatment**

Presenters: Steven Bucky, Ph.D., Joanne Callan, Ph.D., ABPP, Sylvie Shuttleworth, Ph.D. and David Leatherberry.

When: Saturday, February 21, 2015

9:00 a.m. - 1:00 p.m. (8:30 a.m. – light breakfast)

Where: SDPC

Cost: Members free, non-members \$50, students \$25

[Register and Pay](#)

CEUs: 4

This panel focuses on advanced ethical practice for mental-health practitioners, describing enforceable standards and aspirational principles for mental-health professionals. The presentation emphasizes: (1) five general principles that are relevant to all mental-health professionals; (2) an ethical decision-making process when faced with the potential ethical, legal, clinical dilemmas; (3) those specific ethical principles in which mental-health professionals are accused within civil lawsuits, ethics, and licensing-board complaints; and (4) supervision characteristics impacting legal and ethical issues in mental-health practice. Consultation, record-keeping, and informed consent are also discussed.

A section of this presentation focuses on high-risk clinical situations, high-risk patients, with examples from malpractice cases filed against mental-health professionals. Another section focuses on mismanagement and courtroom processes (such as negligence that often emerge during malpractice legal cases) and standards of care. There will be a section on ethical issues faced by clinical supervisors and ethical and legal issues commonly faced within academic institutions. There will also be a discussion of HIPAA, evaluating dangerousness, and the need for professional boundaries.

Presenter Information:

Steven F. Bucky, Ph.D., is a Distinguished Professor, Director of Professional Training, and Chair of the Ethics Committee at Alliant International University, where he has served as Chair of the Faculty Senate, Executive Director of the Addictions Institute, and the Interim Systemwide Dean at the California School of Professional Psychology at AIU. Dr. Bucky was on California Psychological Association's Board of Directors from 1996 to 2000, on CPA's Ethics Committee from 1990 to 1997, Chair of the annual convention from 1999-2000, and was President of CPA in 1997. He is President/Chairman of the Board of the McAlister Institute. Dr. Bucky has published more than 150 papers, presented at the American Psychological Association and the California Psychological Association, and has edited *The Impact of Alcoholism*. Dr. Bucky is the recipient of numerous awards, including the Silver Psi Award and the Distinguished Service Award from the California Psychological Association. Dr. Bucky is a consultant to California's Board of Psychology, Medical Board, Board of Behavioral Sciences, and the Attorney General's office, has consulted with the District Attorney's office, the U.S. Attorney's office, the City Attorney, and numerous attorneys who specialize in the defense of mental-health

professionals. Dr. Bucky is also a consultant to the NFL, the San Diego Chargers, and the Athletic Department at San Diego State University. He currently serves as the Team Psychologist to the San Diego Padres.

[Joanne Callan, Ph.D.](#), is a Distinguished Professor in the California School of Professional Psychology – San Diego of Alliant International University. She is a Training and Supervising Analyst at the San Diego Psychoanalytic Center, and she is also a Clinical Adjunct Associate Professor in the Department of Psychiatry, University of California, San Diego. She is a Diplomate in Clinical Psychology of the American Board of Professional Psychology and a Fellow in the American Psychology Association and in the San Diego Psychological Association. Her scholarly work focuses on lifespan development as informed by attachment and object-relations theories, professional ethics, professional education and training, and gender development

Sylvie P. Shuttleworth, Ph.D. received her Ph.D. in Clinical Psychology from the California School of Professional Psychology in San Diego, CA. She has served as a therapist at San Diego State University, University of San Diego, and also the Preuss School at the University of California San Diego campus. She has worked with autistic children and their families in a home-based intervention program, in an inpatient setting for adults in psychiatric crisis, and at a specialized school setting for children and adolescents with social and emotional struggles. Dr. Shuttleworth is an adjunct professor teaching college level course work within the psychology discipline. She has done research and published in the area of attachment style, coping strategies, healthy relationships, ethical and legal issues, motivational interviewing, and the supervisory experience. Dr. Shuttleworth also has a private practice in the La Jolla area. Dr. Shuttleworth's family are immigrants to the United States from Portugal and Portuguese is her first language.

David Leatherberry is a partner in Gordon & Rees's San Diego office. As a member of the Health Care and Environmental/Toxic Tort Groups, his practice focuses on civil litigation defense and the representation of licensed health care professionals before various California state licensing boards. Mr. Leatherberry represents manufacturers in nationwide diacetyl litigation. He also represents numerous health care providers including acute care hospitals, long-term care and behavioral health facilities, adult residential facilities, and individual practitioners. Prior to joining Gordon & Rees, Mr. Leatherberry worked extensively with psychiatric acute care hospitals, long-term care, and residential care facilities through his work with the legal clinics of the University of San Diego School of Law.

Networking Event, 2/27/15

San Diego Psychoanalytic Center invites the **San Diego mental health community** to a an evening of networking, dinner, and education on Friday, 2/27/15. CME included.

SDPC member Daniel Blaess, Ph.D. will present *Show Me the Money: Financial Issues in Psychotherapy*. He will explain how dealing with money, for both the therapist and the patient, affects clinical work and the treatment as it unfolds. Transference and countertransference will be discussed.



Join your colleagues for an enjoyable evening including 3-course dinner with wine at Tom Ham's Lighthouse on Harbor Island.
2150 Harbor Island Drive, San Diego, CA 92101

Friday, February 27
6:00 - 8:00pm
\$59 per person.

Space is limited! Please RSVP to SDPC Administrator Michelle Spencer sdpc.michelle@gmail.com by February 20th to reserve your space and select your meal preferences.

And please tell your friends about this networking event.

Movie Night

Birdman

Film presentation and discussion led by **Alain Cohen, PhD**
Psychoanalyst & UC San Diego Professor of Comparative Literature
& Film Studies

Saturday, March 7, 2015

San Diego Psychoanalytic Center

4455 Morena Boulevard, Suite 202 | San Diego, CA 92117

5:30 pm- 9:00 pm **Light dinner @ 7:30**

RSVP to lweissphd@gmail.com

Cost \$15



“A washed up actor, who once played an iconic superhero, battles his ego and attempts to recover his family, his career and himself in the days leading up to the opening of a Broadway play.”

Director:

Alejandro González Iñárritu

Stars:

Michael Keaton, Emma Stone, Zach Galifianakis, Edward Norton,
Naomi Watts

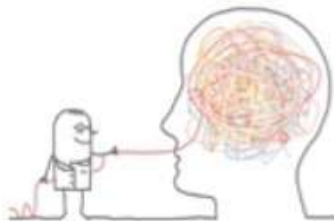
Everything You've Wanted to Know About Psychoanalytic Training but were Afraid to Ask

Come join us for an Open House at the San Diego Psychoanalytic Center and learn more about the variety of training opportunities we offer. Meet and mingle with current candidates, students, and graduates.

Saturday, March 28th

4-6 p.m.

Wine and Cheese



Presenters:

Mojgan Khademi, PsyD

Sonya Hintz, M.D.

Scott Boles, Ph.D.

Panel of Current Candidates/Students

RSVP to Michelle Spencer at sdpc.michelle@gmail.com.

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UCSD Department of Psychiatry Grand Rounds & Research Lecture Series

UC San Diego Department of Psychiatry

Subscribe to the Department Website Google Calendar for upcoming talks. Archived lectures available under Education Menu/Grand Rounds Tab.

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For further information contact: nmurphy@ucsd.edu or call 619.543.3387

SDPC Member Spotlight

Jessica Sperber, MD

Student, SDPC Psychoanalytic Psychotherapy Program



Hometown: Berkeley, CA

What was your pathway toward entering the mental health field? Well, it certainly was circuitous. In college, I was initially interested in pursuing a PhD in neurobiology, which I guess is one way to try and explore the human condition, but at some point I figured out that I'd rather come at this exploration by starting with actual people. There was a unique connection when helping and interacting with people as a volunteer medical assistant that I didn't experience in the sterile laboratory setting. This somewhat novel experience of connecting with others and caring for

them was something I wanted to do more of, and that led me to pursue medical school.

During my clinical clerkships in medical school, I found that I most enjoyed interacting with patients. There were some aspects of medical learning - memorizing criteria for the staging of congestive heart failure; or standing in the sterile operating room - that were not particularly fulfilling to me. But interfacing with the person with heart failure or appendicitis - that really did appeal. Throughout my various rotations such as internal medicine, I came to appreciate how each person had a unique history, personality and way of seeing and dealing with their medical condition. Having started to more fully appreciate human uniqueness, my psychiatry rotation solidified my interest in mental health.

And what drew you to psychoanalysis/psychoanalytic psychotherapy?

Through my own personal work and in psychiatry residency training, I became more and more aware of the impact psychotherapy could make: That we all have this mysterious internal world that affects us in ways we don't readily understand or even know is happening. That the more one understands these unconscious forces in ever-dynamic tension with one another, the more one is able to have healthier, more meaningful relationships with others, improved self-regulation skills, and enhanced self-awareness. I began to appreciate that helping people become aware of and identify their own legitimate emotional needs and wants seemed to foster growth of the self in ways that medication or CBT never could. Mirroring and validating a person in a way they have not experienced before seemed to be so healing. The therapist and patient working together to co-create a more accurate autobiographical narrative increased the capacity for self-forgiveness; setting the stage for increased emotional generosity, both with the self and with others. I also saw that when one person became healthier, their relationships could then in turn be healthier and it could help make the people they interact with healthier.

Tell us about your educational experience thus far at SDPC: Particular courses, experiences, teachers, supervisors/consultants that have been most formative?

My educational experience at SDPC has exceeded my expectations by far. I feel a great sense of belonging in attending PPP and SDPC events. I have "Aha!" moments all the time. While all of the courses have stimulated increased understanding, I think the most influential course was "Development: Becoming Who We Are, Birth to Old Age." The methodological rigor broadened my understanding of the entire development of emerging self from birth forward. I now have a more textured understanding of the interplay between the child and environment on the evolving organization of the mind. All of my supervisors have been excellent and have mentored my growth and development as a young therapist.

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

Having a greater understanding of psychoanalytic thinking helps me appreciate the fact that even the most ambitious of goals can often be achieved with psychotherapy, including reconnecting with lost vitality and love. I recognize the essential nature of helping a person gain a fuller understanding of their internal world. I think my training in psychotherapy helps me be more patient and empathic in my everyday life. When I notice strong emotions emerging in myself, or notice judgment of others or myself, I try to look at what is going on underneath. Often times, I can identify what is being triggered in me, allowing me to think in a more complex way about my own surroundings and interactions. I can use the techniques in everyday life interacting with people; increasingly aware of that going on just beneath the surface.

How else have you applied your analytic knowledge?

My analytic knowledge helps me understand issues like the drug epidemic; where poorly parented people have little sense of safety, consistency or self-soothing skills, so they reach for substances to meet these needs.

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

I have a private practice where I see people for psychotherapy and, where indicated, medication management. In addition, I collaborate with therapists to evaluate and treat people who are in therapy and need assessment for medication. I enjoy helping people whose difficulties include areas such as depression, anxiety, relationships, intimacy skills, and self-regulation skills. Additionally, I enjoy working with people with chronic pain, chronic medical conditions, and addictions.

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

My office is located in La Jolla in the Golden Triangle/UTC region. I can be reached at (858) 750-2424 or www.drsperber.com

SDPC Educational Events

The Essay that Killed a Thousand Stories: Writing the College Essay in the Age of Self-Branding (Why Analysis Doesn't Translate on Fox News)

Guest Presenter: Lacy Crawford

When: Friday, March 20, 2015 from 7:30-9:30 p.m.(7:00 – registration/wine and cheese)

Where: SDPC 4455 Morena Blvd., Ste. 202 San Diego 92117

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

CEs: 2 hours credit

<http://www.sdpsychoanalyticcenter.org/register-and-pay-online>

As anyone in the orbit of a seventeen-year-old will know, college admissions have become staggeringly challenging at the nation's top schools, requiring students to fashion themselves into superheroes to have a shot at acceptance (Stanford's 2014 admit rate was 5%). This is a particularly dangerous process for the generation raised on social media, who have been using Facebook, Instagram, and other social-media platforms to create stylized versions of themselves for public consumption since their parents gave them their first iPhone. Trained in

self-branding, these kids can find the college essay almost impossible to write: they've never been encouraged to use their own voices in narrative form, to speak authentically. With the stakes so high, they're terrified.

For fifteen years, Lacy Crawford, a writer and former teacher, worked as an independent college-applications counselor to children all over the U.S. and Europe, helping them write essays that were, in many cases, transformative in their lives. Then she had her own child, hung up her spurs, and wrote *Early Decision*, a book based on the horrors of the admissions process. Written in the context of the author's own psychoanalysis, the book aimed to give parents and students perspective on the admissions race. Her essay on the subject for the *Wall Street Journal* went viral over Labor Day weekend, but when the news outlets started to call, they didn't want to hear about maturity and development.

Educational Objectives: At the end of this presentation, participants should be able to:

1. Explain how a psychodynamically informed understanding of societal expectations around college entrance can inform improved clinical care, with reference to specific interventions.
2. Apply concepts and techniques discussed in the presentation to their own work as clinicians working with adolescents and families.

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

Referral Service

Referrals for psychoanalysis and
psychoanalytic psychotherapy for

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

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

Office available in Hillcrest, Tuesdays and Thursdays, in new, attractive building, with nice group of psychologists. \$200/day, includes coffee. If interested contact Laurie at: 619-342-1412

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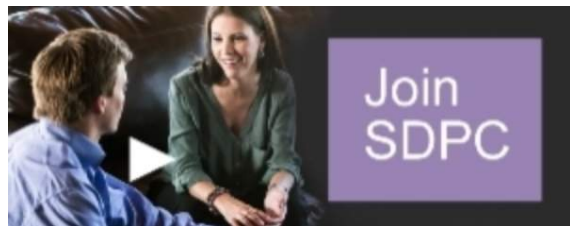
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Established in 1973 as a non-profit 501c3, the San Diego Psychoanalytic Center provides advanced mental health training in psychoanalysis and psychoanalytic psychotherapy; mentoring; community education; and public service to San Diego County.

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