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San Diego Psychoanalytic Center Newsletter  
February 2015 • Vol 1

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## News

**Please welcome [Dr. Harry Polkinhorn](#) as SDPC's new President-Elect. He was elected at the January SDPC Board of Directors meeting.**



Harry Polkinhorn, Ph.D., maintains a private practice in psychoanalysis and psychoanalytic psychotherapy in University City. He is a licensed Marriage and Family Therapist with over 12 years' experience treating individuals, couples, and children. Dr. Polkinhorn's extensive background in the humanities provides him with a unique approach to the process of therapy. After living for years in Europe and a subsequent lengthy, dream-based treatment with a Jungian analyst, he was trained in adult psychoanalysis at the San Diego Psychoanalytic Center, where he is currently SDPC Librarian and Ralph R. Greenson Archivist. Dr. Polkinhorn is also Professor of English and Comparative Literature at San Diego State University, where he is Director of SDSU Press. He is a permanent visiting professor at the Pontifical Catholic University of São Paulo, Brazil, and adjunct in Depth Psychology at the Pacifica Graduate Institute. He has published over 40 books of poetry, fiction, translation, and edited collections. His work has been translated into Russian, French, Italian, Spanish, Portuguese, and other languages. Please see his website at <http://www.harrypolkinhorn.org>.

### **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](mailto: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.

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## Donate to SDPC Through [Amazon Smile](#)

[AmazonSmile](#) is a simple and automatic way for you to support SDPC every time you shop, *at no cost to you*. Amazon will donate 0.5% of the price of each purchase you make through AmazonSmile to SDPC. Sign up now and specify San Diego Psychoanalytic Center as the organization of your choice.

## 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.

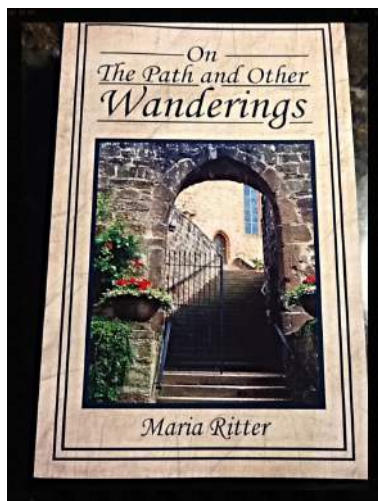
Tune in and watch live!

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

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## Member Publications

[Maria Ritter, Ph.D.](#), authored the book, **On The Path and Other Wanderings**, which is now available on Amazon (see link below).



The author, who grew up in Germany during and after WWII, sifts through the warm ashes of her painful memories and restores them with a healing vision. Joyful, traumatic, humorous and puzzling experiences find their reflective voice in

this collection of poems and stories on people, animals and encounters.

**You may find the book on Amazon**

**here:** [http://www.amazon.com/On-The-Path-Other-Wanderings/dp/1505578094/ref=pd\\_rhf\\_eetyp\\_p\\_img\\_2](http://www.amazon.com/On-The-Path-Other-Wanderings/dp/1505578094/ref=pd_rhf_eetyp_p_img_2)

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## SDPC Member Spotlight

**Kristin Whiteside, Ph.D.**

Student, SDPC Adult Psychoanalytic Program



**Hometown:** New Orleans, LA

**What was your pathway toward entering the mental health field?**

It began in college with an initial interest in medicine, behavioral medicine in particular. I was curious about the behavioral aspects of health and why people make choices that are not in their best interest. I didn't realize it at the time, but I was on the path towards understanding unconscious motivation. Drawn to health psychology, I worked with a professor studying the physical and emotional benefits of writing. Guess what? Writing daily about your feelings about a stressful or traumatic event produced measurable changes in physical health as well as depression and anxiety. There was a personal connection to this work, as I was an avid letter writer and kept a journal. Validation of the benefits of writing initiated my interest

in unconscious mental life and the mechanisms of expression, change, and growth.

**And what drew you to psychoanalysis/psychoanalytic psychotherapy?**

My interest in psychoanalysis resulted from the merger of my interests in the intellect and cognitive functions with emotional and subjective experience. Early in my training, I provided psychoeducational assessment, and I worked individually with students to develop learning strategies. As I developed relationships with my students, I saw the connection between their cognitive challenges and their ability to connect in a relationship with me. Focused on academics, we were discussing their brains, but I really wanted to learn about their minds.

I pursued my interest in the mind during an internship in a college counseling center, with the guidance of a psychoanalytically-oriented supervisor. The relationship with my supervisor and the theory opened a window beyond understanding patients in terms of symptoms and history. I learned through the experience that understanding could be achieved within our interactions and mutual feelings. The experience of thinking about a patient from an interpersonal point of view, considering when and how to intervene, and achieving change was compelling, and I have thus sought opportunities for psychoanalytic supervision and training ever since.

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

Each of my instructors has left a unique mark on my understanding of the mind. As a beginning analyst, I have found it very useful to think about the various ways that one may listen to patients. As such, the coursework on modes of communication, countertransference, and thinking about the child within the adult have been particularly influential. I am enjoying the theoretical courses as well, which have presented diverse viewpoints on modern ego psychology to intersubjective theory.

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

I am in the process of building my private practice, and psychoanalytic training has benefitted my professional growth twofold. I have been able to work more intensively with patients and in particular have been able to

address difficult feelings and resistance early in the treatment. In addition, my personal analysis has helped me to move forward towards my goals and aspirations, both personal and professional. It is not easy to integrate psychoanalytic training with one's real life, but the relationships that I have developed with fellow candidates, instructors and supervisors have enriched my life and work immeasurably.

### **How else have you applied your analytic knowledge?**

Psychoanalysis has been criticized for its lack of accessibility. Indeed, it is a costly treatment in terms of time and money. However, psychoanalytic thinking can and must benefit those who are not traditional candidates for psychoanalysis. In addition to my practice, I provide psychological services to students at The Preuss School UCSD, a charter school for disadvantaged students in grades 6 through 12. While there are limitations to the frequency and duration of the therapy that I provide, my work is psychoanalytically informed. Students in the counseling program learn to be curious, to look inward, and become more skilled at mentalizing. Further, they learn to speak about difficult feelings with an adult, and I have seen this generalize to their developing improved relationships with other adults in their lives. It can be challenging work with a population that is burdened with external stressors such as poverty, immigration issues, and acculturation challenges. However, students do learn to cope with their difficulties, and to take responsibility for their choices. As one student mentioned at the termination of therapy, "I learned that there is a reason for everything that I do, and that I can ask myself *why* I do what I do."

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

In my practice, I provide psychoanalytic psychotherapy for adolescents (age 12 and older) and adults seeking treatment for depression, anxiety disorders, and relationship difficulties. I also have an interest in treating patients diagnosed with ADHD, Learning Disorders, and high-functioning Autism Spectrum Disorders. In the case of younger patients, I involve parents in the therapy in order to help them to better understand, cope with, and assist their children with their developmental needs.

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

My practice is located in Encinitas just off of the 5 freeway at Santa Fe Drive. I may be reached at 760-707-7540.

# SDPC Educational Events

## **To Act or Not to Act: Ethical Challenges to Psychodynamic Treatment**

Presenters: Steven Bucky, Ph.D., Joanne Callan, Ph.D., ABPP, Brent Caudill, J.D., & Sylvie Shuttleworth, Ph.D.

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

**Brent Caudill, J.D.**, practices law in the Orange County office of Callahan, Thompson, Sherman, & Caudill, LLP. He is a graduate of Michigan State University (B.A. in Psychology with high honors, Honors College, Phi Beta Kappa, 1972) and Georgetown University Law Center (J.D. 1976), and an active

member of the California bar and an inactive member of the District of Columbia bar. Mr. Caudill is admitted to practice before the U.S. Court of Appeals for the District of Columbia Circuit; U.S. Ninth Circuit Court of Appeals; and all United States District Courts of California. He is a recognized expert in the area of defense of mental-health professionals, both in the civil and administrative contexts. He represented mental-health professionals in the precedent-setting cases of Krikorian v. Barry, Fourth District Court of Appeal (1987), Gootee v. Lightner, Fourth District Court of Appeal (1990), and Trear v.

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

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## 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](mailto:sdpc.michelle@gmail.com)

## SDPC Member Classifieds

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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

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

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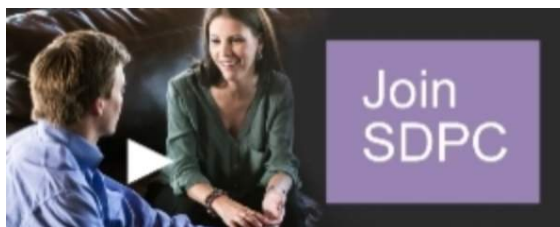
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## San Diego Psychoanalytic Center

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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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