

San Diego Psychoanalytic Center Newsletter
March 2015 • Vol 3

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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

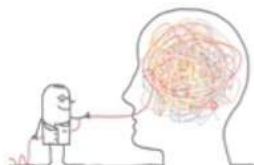
Presenters:

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.

The Undecidable Unconscious: A Journal of Deconstruction and Psychoanalysis by SDPC Corresponding Member Eric Anders, Ph.D. was recently published. You can follow the link below to access the journal online (free).

http://muse.jhu.edu/journals/the_undecidable_unconscious_a_journal_of_deconstruction_and_psychoanalysis/toc/ujd.1.html



HANNA FENICHEL CENTER FOR CHILD DEVELOPMENT

Center Director Opening

The Hanna Fenichel Center for Child Development is a non-profit organization affiliated with The San Diego Psychoanalytic Center. Our nursery school programs (ages 18 months to pre-kindergarten) are designed to support the emotional, social, physical and cognitive growth of children within a Reggio Emilia inspired environment. Beginning with the first moment of separation and experience in the world outside of home, the school provides a secure child-centered environment that fosters self-confidence and self-esteem.

DESCRIPTION, RESPONSIBILITIES & DUTIES

Preschool Director responsibilities include, but are not limited to:

- Manage and oversee daily school operations including staff, office, facility and quality assurance requirements
- Develop and maintain a strong working relationship with the Board of Trustees
- Maintain financial and business records, including the creation and maintenance of a yearly budget for a non-profit early childhood learning center
- Maintain a visible presence and act as a liaison between Board of Trustees, families and staff
- Develop and maintain strong relationships with parents/caregivers and students
- Hire, train, supervise and evaluate teachers and all staff members
- Hire and manage all contracted support services (i.e. janitorial, landscaping, security, etc.)
- Conduct school tours for prospective families
- With Board and parent community, organize and oversee annual fundraising
- Collaborate with Curriculum Director to plan and organize developmentally appropriate, child-centered curriculum for the whole child (social/emotional/cognitive/physical) in a Reggio Emilia inspired environment
- In collaboration with the Curriculum Director and Associate Director, organize and implement professional development for staff
- Maintain school records ensuring compliance with all applicable licensing and regulatory requirements as mandated by Community Care Licensing, California and local laws
- Establish, maintain and ensure a safe and healthy environment for children

QUALIFICATIONS/REQUIREMENTS

- Must have a warm, open-minded, approachable demeanor and a passion for working with children
- Minimum of 5 years' experience in a Reggio Emilia inspired environment
- Must meet the California Child Care Center Director Qualifications, Dept. of Social Services or be in process of completion by June 1, 2015
- Minimum 5 years' preschool/classroom teaching experience
- Proven organizational skills and planning abilities
- Proficient skills in the Microsoft Office Suite to include: Excel, Word, PowerPoint, etc. (MAC: pages, numbers, keynote)
- Excellent interpersonal, oral and written communication skills
- Must possess the leadership skills necessary to carry out established policies

Salary will be commensurate with experience. Starting date is flexible but targeted for June 2015.

HANNA, where amazing things grow!



IPA meetings in Boston, July 22-25

Dear All,

I wanted to alert members of a special program and reduced fee at the **IPA meetings in Boston, July 22-25**, for *individuals enrolled in APsaApsychotherapy programs, residents in Psychiatry, graduate students in Psychology and Social Work, and any Psychotherapist who has been in practice less than 5 years*. Please spread the word. Registration is through the IPA web site (<http://www.ipa.org.uk>).

Fred Busch (For the local arrangements committee)

drfredbusch@gmail.com

246 Eliot street
Chestnut Hill, MA 02467
Tel: [617-232-5674](tel:617-232-5674)

Articles by two SDPC members and one recent SDPC Psychotherapy Program graduate were published in ***The San Diego Psychologist***, **Vol.30, No.1 February/March 2015**

Harry Polkinhorn: ***Psychoanalysis Reaches Out and In, p.16***



Rebecca Buller and Felise Levine: ***Psychodynamic Theory Applications in two unique settings, p.1***



INVITATION TO SUBMIT ARTICLES TO *THE SAN DIEGO PSYCHOLOGIST*

All SDPC Members, Candidates, and Students are invited to submit articles to **The San Diego Psychologist**. Let's tell the larger mental health community about the work we're doing and the relevance of psychoanalytic thinking. For more information on how to submit articles, please visit http://www.sdpsych.org/article_submissions.php.

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.

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

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

**San Diego Psychiatric Society Workshop:
Lobbying 101—You're More Powerful Than You**

Think!

Join us on Saturday, March 21st from 9-12 am for a San Diego Psychiatric Society Advocacy Workshop. Pamela Thornburn, from the APA Government Affairs office and our own Randall Hagar from the CPA will show us how to enact changes in the law for ourselves and our patients. This includes how to effectively communicate with lawmakers and other ways to be involved with grassroots advocacy. Finally, we'll hear the latest on legislation in other states and in the nation's capitol.

Free for APA members; \$20 for non-members.

Light breakfast and caffeine provided.

Mental Health Systems Home Office
9465 Farnham Street
San Diego, CA 92123

SAN FRANCISCO
CENTER FOR
PSYCHOANALYSIS



3rd UCL-CCM-SFCP Joint Conference

Free Association Today

Saturday, May 2, 2015
9:30am - 3:45pm

UCL, CCM and SFCP will host our 3rd annual joint conference on Saturday, May 2, 2015. This conference will be showing video presentations of the three eminent psychoanalysts' plenary papers presented from the UCL conference held in London, December 2014, followed by discussion with the audience in San Francisco. The conference will explore the value and role of free association today within psychoanalysis.

Professor David Tuckett

Paper: *Free Association Today*

Space is limited!

We encourage you to register now to ensure a space

Visit the Program Webpage to read the complete conference information

Program Fee:
\$ 160.00 to \$ 120.00

5 CME/CE Credits available for an additional charge



Professor David Tuckett is a Training and Supervising Analyst at the British Psychoanalytical Society and a professor of psychoanalysis at University College London. He is the past editor and chief of the *International Journal of Psychoanalysis*, President of the European Psychoanalytic Association and the author of many articles and books on psychoanalysis. He is the 2007 winner of the Sigourney award for Psychoanalysis. His most recent publications also include *Minding the Markets*, a book on psychoanalysis and the world economic markets. Professor Tuckett also developed the model of the Working Party Groups of the IPA, and was the chair of the European working party on Comparative Clinical Methods. His paper on "Does Anything Go?" has become a standard text for psychoanalytic training throughout the world.

Edna O'Shaughnessy

Paper: *Connections and Disconnections*



Edna O'Shaughnessy came to psychoanalysis from philosophy. She is a Distinguished Fellow and Training and Supervising Analyst at the British Psychoanalytical Society. She is also a child psychoanalyst. Along with Donald Meltzer she edited the *Collected Papers of Roger Money-Kyrle* and has authored many significant psychoanalytic papers including "Enclaves and Excursions," a

paper that extended the ideas of psychic retreats. She was the editor with Ronald Britton of *The Oedipal Complex Today: clinical implications*. Recently she edited along with Elizabeth Spillius of *Projective Identification: the fate of a concept*. Many of her papers are now published in *Inquiries in Psychoanalysis: Collected Papers of Edna O' Shaughnessy*.

Rudi Vermote, MD, PhD

Paper: *Free Association: Meeting the Patient Halfway*

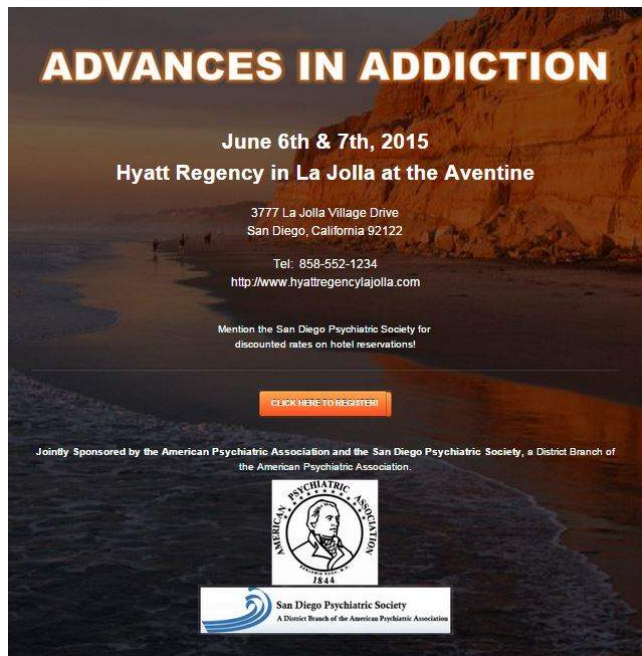


Rudi Vermote, MD, PhD is a Training and Supervising Analyst of the Belgium Society of Psychoanalysis, where he recently served as President. He is the author of many scholarly papers about the work of Wilfred Bion, and lectures throughout the world on psychoanalytic theory, psychoanalytic research and practice. His most recent book *Reading Bion* (2014), is part of the teaching series from the New Library of Psychoanalysis. In addition to his psychoanalytic practice, Dr. Vermote is head of the Psychotherapy Unit for Personality Disorders (KLIPP) at the University Psychiatric Centre Katholieke Universiteit Leuven. He has also published his own clinical work as part of the analyst at work section of the *International Journal of Psychoanalysis*.

San Diego Psychiatric Society's Annual Conference, ***Advances In Addiction***

The San Diego Psychiatric Society planning committee cordially invites

you to attend the San Diego Psychiatric Society's Annual Conference, **Advances In Addiction** on June 6th and 7th, 2015. Please visit www.sdpscme.com for the full agenda, speaker bios, and registration information. If you would like additional information, please contact Executive Director Victoria Pak at info@sandiegopsychiatricsociety.org.



ADVANCES IN ADDICTION

June 6th & 7th, 2015
Hyatt Regency in La Jolla at the Aventine


3777 La Jolla Village Drive
 San Diego, California 92122


Tel: 858-552-1234
<http://www.hyattregencylajolla.com>

Mention the San Diego Psychiatric Society for
 discounted rates on hotel reservations!

[CLICK HERE TO REGISTER](#)

Jointly Sponsored by the American Psychiatric Association and the San Diego Psychiatric Society, a District Branch of
 the American Psychiatric Association.

 AMERICAN PSYCHIATRIC ASSOCIATION
 1844

 San Diego Psychiatric Society
 A District Branch of the American Psychiatric Association

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

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