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San Diego Psychoanalytic Center Newsletter

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March 2015 • Vol 1



Tomorrow Night is Movie Night!

Birdman

Film presentation and discussion led by:

Alain Cohen, PhD

Psychoanalyst &

Professor of Film Studies & Comparative Literature, UCSD

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 weissphd@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

Articles by 2 SDPC members and 1 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***



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

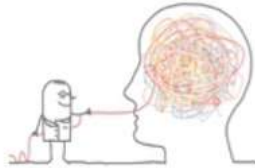
Presenters:

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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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

7:30 - 9:30 pm (7 pm - wine & cheese)

Where: SDPC

Cost: **SDPC Analytic & Psychotherapy Members: Free, Associate Members: \$21.25, Student Members: \$9, SDPC Friends: \$21.25, Non-Members \$25, Students \$15**

Register and Pay

CEUs: 2

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.

**RSVP by March 6th and Recieve \$10 off the Registration Fee!
Student Members: Register by March 6th and attend free of
charge!**

Register: sdpc.michelle@gmail.com

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

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*



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 se