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San Diego Psychoanalytic Center Newsletter

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News

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Research Study Participants Needed:

From Tom Beller, researcher. tpbeller@aol.com

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. Please contact me for an abbreviated version of the proposal for your review if you would like to review it. Thank you.

Member Publications

[Marti Peck, Ph.D.](#) and [Emilie Sfregola, Psy.D.](#), co-authored the article "Psychoanalytic Training and Collegiality", in the Dec 2014-Jan 2015 edition of the San Diego Psychological Association Newsletter. Please contact Michelle Spencer if you would like to receive a copy: sdpc.michelle@gmail.com

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

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.

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

We are pleased to invite you to join us in our new offices and to share with you a few bites and conversation. We hope you will be with us!

Deisy Boscan, Carolina Court, Sandy Ansari, Jessica Garcia, Denisse Morales,

*Janet Rodriguez,
Daria Russo, and Katie Santos along with our administrative staff, Erika and
Ashley.*

[Dr. Deisy Cristina Boscan and the staff of the San Diego Psychology Center](#)

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FOR RENT

SAN DIEGO (HILLCREST/BANKERS HILL): Beautiful and large corner office, in a newly remodeled spacious five office suite, soundproof walls, neutral furniture and paint color available part-time. Suite is located in a professional building near Balboa Park. Newly designed kitchen area, and great reception. Free parking. Billing services are available, and great opportunity for referral. Contact Erika at [619-297-1750](tel:619-297-1750).

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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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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