

San Diego Psychoanalytic Center Newsletter
April 2014 • Vol 2

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NEW SDPC WEBSITE GOES LIVE!
SAME MISSION & STRUCTURE
EXPANDED INCLUSIVENESS & COLLABORATION

SDPC's New Name, New Look, and Expanded Community Outreach

NEW NAME

First, we changed our name
from San Diego Psychoanalytic Society and Institute to
San Diego Psychoanalytic Center

NEW WEBSITE

Our new website www.sdpsychoanalyticcenter.org
went live on 4/8/14.

What does all this mean?

Here's how we see it:

SAME DEDICATION TO OUR ORIGINAL MISSION

SDPC's mission and organizational structure remain unchanged

ADVANCED EDUCATION

We continue to offer the highest quality, advanced training in psychoanalysis and psychoanalytic psychotherapy. Our educational events for mental health professionals and the public feature broad and timely topics

EXPANDED OUTREACH

Now, we want to emphasize the high value we place on:

- **Relevance** of psychoanalytic thinking and clinical applications in diverse settings
- **Inclusiveness** in our training programs, community education, and membership
- **Close collaboration** with our colleagues, academic institutions, and professional associations

[Learn more](#) about our training programs, educational and social events, new membership categories, and what we're doing in the community

[Contact us](#) if you'd like to speak directly with a board member, graduate, or student about what we offer

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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

Referral Service

Referrals for psychoanalysis and psychoanalytic psychotherapy for adults, adolescents and children in the San Diego area

Events and Celebrations

Upcoming event: Spring celebration to honor new grads

Collegial Connections

Fellowship for mental health trainees
early-career therapists

Community of supportive,
experienced, and dedicated
psychoanalytic therapists

Community Involvement

Connections with mental health
professionals, academic institutions,
and professional societies

Practice Promotion

Support in building
your therapy practice

This is a Text Block. Use this to provide text...

ANNOUNCEMENTS

Presentation

J. Reid Meloy, Ph.D. will speak at the International Criminal Investigative Analysis Fellowship, FBI Quantico, VA on May 15, 2014

Publications

Introduction to Freud and Psychoanalysis

(For SDPC members only)

Marti Peck, Ph.D. will present a draft of her paper on an introduction to psychoanalysis. Saturday, April 26, 10 a.m. SDPC members are invited to attend and provide feedback.

INTRODUCING PSYCHOANALYSIS OFF THE COUCH

[Psychoanalysis Off the Couch](#), a public service of SDPC, is a new portal which lists psychoanalytically-oriented educational events for mental health professionals and the public. Any academic institution or professional association is welcome to [submit its educational event listings](#) free of charge.

PSYCHOTHERAPY PRACTICE-BUILDING

For Psychoanalysts and Psychoanalytic Psychotherapists: Two Breakthroughs for the Price of One!

An active, senior colleague recently reported that, because he has no website, some of his colleagues thought he had retired!

his colleagues thought he had retired:

Do you want an opportunity to show people with mental health concerns how your psychoanalytically-oriented training and experience can help them? Have you avoided or down-played an online presence because you are concerned about an unprofessional appearance of "tooting your horn" and making unwarranted claims?

Zack Sugarman, Vice President, Social Media & Digital, Wasserman Media Group, will share tactics he uses to promote star athletes and sports brands. You will learn how psychoanalysts and psychotherapists can effectively and ethically adapt these tactics to promote their practices. Some online-savvy SDPC members will also describe the impact of web marketing on their psychotherapy/psychoanalytic practice.

Join us at SDPC at 9 am, Saturday, 6/21/14 for an exciting tour and lively discussion of cutting-edge methods you can readily use to spread the word, in a professional manner, about your therapy practice.

Please note: 1. [Please register early](#). Seating is limited, and we expect this event

to sell-out quickly. 2. This event will focus on [specific practice-building tactics](#). It will not deal with the psychological impact of the internet on psychoanalytically-oriented treatment. Those important issues will be addressed in a future presentation.

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"By the way, I'm having a special this month. Have one breakthrough, get another free."

SDPC EDUCATIONAL EVENTS

A Psychoanalytic Reading of Adam Smith's Texts

This presentation will focus on the life and works of Adam Smith, the founder of contemporary economics. Latent content analysis is applied to *The Wealth of*

Nations (1776/1981), showing that Smith considers dependence on others a problem. A reading of his biography illustrates his solution to one's individual independence from another is through a system of impersonalized interdependence as revealed in his economic theories. How forms of dependence/independence appear in clinical work will be discussed. [\(read more\)](#)

SDPC MEMBER SPOTLIGHT



Emilie Sfregola, Psy.D.

Dr. Sfregola, what was your pathway toward entering the mental health field?

I was originally an artist and found that my interest in art was not as much in the physical creation of the actual work itself, but in how each piece afforded a window into the human experience and the internal worlds of both the artist and viewer. I became aware that the mental health field offered the opportunity to open and explore this window into the internal world through the psychodynamic process (albeit without the artwork). After completing my undergraduate degree in sculpture, I earned my doctorate in psychology from Alliant- California School of Professional Psychology and became a psychologist.

And what drew you to psychoanalysis/psychoanalytic psychotherapy?

Psychoanalytic thinking and psychoanalysis have fascinated me for a long time. I believe there is no other treatment or discipline that has the same respect and appreciation for the depth and richness of human experience. This desire to capture and understand the complex phenomena of human experience in order to help people create lasting change and more satisfaction in their lives is what drew me to study psychoanalysis.

Tell us about your educational experience thus far at SDPC: Particular courses,

experiences, teachers, supervisors/consultants that have been most formative?

Before I began formal training in the analytic program this past year I had the opportunity to learn and be a part of the community through the Extension Division Events, the Fellowship Program, and the Child and Adolescent Study Group. What has been most beneficial for me is listening to how different people (teachers, supervisors, mentors, peers) think about and understand the same material. It has helped me in developing and refining my own way of thinking clinically.

How has your training affected a) your practice and your professional development?

My training at the Institute thus far has been a tremendous asset in my clinical work. It has helped me to gain greater insight into my patients by exposing me to different ways of thinking and working. In addition, it has provided me with a supportive community of peers and mentors in which to continue to grow and develop as a professional.

How else have you applied your analytic knowledge?

I teach an introductory course on Psychoanalytic Theories in the doctoral program at Alliant- California School of Psychology and am currently working on an article on Creativity in the Processes of Mothering and Psychoanalysis. I have also presented my psychoanalytic research through various local and national professional organizations.

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

I work with adults, adolescents, and couples providing treatment for anxiety, depression, relationship issues, self-esteem, and trauma. I

have an interest in early mothering as well as in women's issues in general, having served as Co-Chair of the Women's Committee of the San Diego Psychological Association.

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

My practice is located in the Banker's Hill/Hillcrest area. I can be reached by phone at 619-550-7148. To learn more, you can also visit my website at www.drsfregola.com.

COMMUNITY EVENTS



TRAUMA ACROSS THE LIFESPAN

Home Agenda CME/CEU Information Disclosures Sponsors more...

**June 7th & 8th 2014
Hyatt Regency La Jolla
at the Aventine**

Sponsored by the
American Psychiatric
Association and the
San Diego Psychiatric
Society

Register Here

[Trauma Across The Lifespan](#) is jointly sponsored by the San Diego Psychiatric Society and the American Psychiatric Association

June 7-8, 2014 • La Jolla, CA • traumacrossthelifespan.com

The Hanna Fenichel Center for Child Development (established in 1975 by the San Diego Psychoanalytic Society) is holding its annual **Spring Fling Fundraiser on April 26th** from 6 - 10 pm. You are invited to attend. Donations are also being accepted to support their education program throughout the year. If you would like more information, want to purchase tickets, or would like to make a contribution to the center, please contact: [858-755-0860](tel:858-755-0860). or email: info@hannafenichel.com.

-HANNA FENICHEL'S ANNUAL-

SPRING FLING

\$60 PER PERSON

INCLUDES BUFFET, CASH BAR,
AND SILENT & LIVE AUCTIONS

RSVPS RECEIVED BY APRIL 4TH WILL RECEIVE FREE DRINK TICKET

SATURDAY, APRIL 26TH
SIX TO TEN

CHECK IN STARTS AT FIVE THIRTY
LIVE AUCTION BEGINS AT EIGHT

ARTERRA OUTDOOR LOUNGE
MARRIOTT DEL MAR

FREE SELF -PARKING WITH VALIDATION



2014 Sawtelle Blvd.
Los Angeles, CA 90025
[310.478.6541](tel:310.478.6541)
www.n-c-p.org

The Four Tenets of the Second Psychoanalytic Paradigm:

The Unconscious, Drive, Repetition, and Transference

Saturday
April 26, 2014
9 AM–12 PM
3 CE/CME
\$50 Pre-Registration
\$60 at the Door
\$30 Student rate

Despite substantial variance in theories and approaches, psychoanalysts have relied on four fundamental tenets in performing their transformational work. They utilize the concept of the unconscious, of repetition compulsion, of drive or motivation, and of transference and counter-transference. This presentation traces the evolution of these four ideas and describes how they comprise the psychoanalytic process. It moves on to delineate how, starting in the 1950s, psychoanalysis gradually entered its second paradigm, one characterized by several distinct evolutionary changes.

Most significantly, the second paradigm rests on postmodern as opposed to modern historical ideas, features a greater partnership existing between psychoanalysts and patients than the previous hierarchical doctor-patient relationship, and considers that relationship the central vehicle of transformation. In conclusion this course presents an argument for how psychoanalysis in the 21st century requires a more integrative approach organized around these four central tenets, one that focuses on the subjectivity

Learning Objectives

upon completion of this program, participants should be able to

- Identify the differences between the first and the second psychoanalytic Paradigms
- Apply the concept of dialectical-constructivism
- Understand the differences between first paradigm and second paradigm Interventions
- Describe the names of and the ideas guiding the major theorists of the first and second psychoanalytic paradigms

**Anne Simpson,
Chair
NCP Extension Committee**

of patients rather than on the tribal-like schools and theories characteristic of psychoanalysis in the 20th century.

PRESENTER: Alan Karbelnig, Ph.D., ABPP is a supervising and training psychoanalyst at the New Center for Psychoanalysis and practices psychoanalysis, psychoanalytic psychotherapy, and forensic psychology in South Pasadena, CA. He has received local and national teaching awards. He also lectures in China as part of the Chinese American Psychoanalytic Alliance (CAPA).

CONTINUING EDUCATION CREDIT

Important Disclosure for All Learners:

None of the planners and presenters of this CME/CE program have any relevant financial relationships to disclose.

PHYSICIANS:

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the American Psychoanalytic Association and the New Center for Psychoanalysis. The American Psychoanalytic Association is accredited by the ACCME to provide continuing medical education for physicians. The American Psychoanalytic Association designates this Live Activity for a maximum of 3 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS:

The New Center for Psychoanalysis is approved by the American Psychological Association to sponsor continuing education for psychologists. New Center for Psychoanalysis maintains responsibility for this program and its content. Full attendance is required for psychologists to receive credit; partial credit may not be awarded based on APA guidelines. For the psychologists' records, certificates of attendance are provided at the completion of the course.

SOCIAL WORKERS AND MARRIAGE AND FAMILY THERAPISTS:

The New Center for Psychoanalysis is an approved provider for continuing education credits for LCSWs and MFCCs/MFTs (provider # PCE 674). This course meets the qualifications for 3 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences. Only the actual number of hours spent in the educational activity may be claimed for credit.

REGISTERED NURSES:

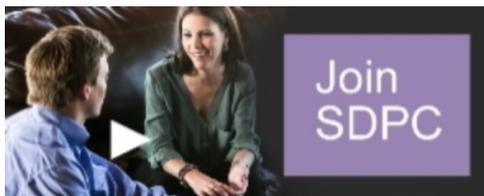
The New Center for Psychoanalysis is an accredited provider approved by the California Board of Registered Nursing (Provider #CEP1112). Registered Nurses may claim only the actual number of hours spent in the educational activity for credit.

TO REGISTER GO TO WWW.N-C-P.ORG OR CALL [310-478-6541](tel:310-478-6541)

Submit Your Announcements

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San Diego Psychoanalytic Center

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